



Pre-work Assignments for CASL:

- 1) Persuasive Speech: Students will deliver a 2-minute persuasive speech on Communications Day, March 13. Start thinking about the topic of your speech now, and begin rehearsing it prior to Orientation on March 4.
- 2) “Who Moved My Cheese for TEENS” by Spencer Johnson, MD. Students will read this book prior to attending History & Culture Day on March 6.
- 3) Leadership activity: Students will complete the following learning activities prior to Communications Day on March 13. Bring your results with you on March 13 to be prepared for a group discussion.

EXERCISE 1 | Who Am I?

1. Visit [http://www.humanmetrics.com/cgi-win/JTypes2 .asp](http://www.humanmetrics.com/cgi-win/JTypes2.asp).
2. Respond to each question by clicking on the "YES" or "NO" option. **NOTE: There is no right or wrong answer.** The best answer is the one that you relate to the most.
3. When finished, select the "Score It!" button. If you miss a question, you will be able to hit the "return" button to go back to the page, locate which question you missed, add your response and hit "Score It!" again.
4. The Score It web page will return four letters and corresponding numbers. These are unique to you and your responses. Write these letters and numbers down.
5. Next, visit <http://www.personalitypage.com/portraits.html>
6. Select the four-letter combination returned to you to review the Personality Portrait information that corresponds with those letters.
7. Print this page for future reference. Bookmark this page if desired.
8. At the bottom of the Personality Portrait page, there are three icons with corresponding links to additional details: Careers, Relating and Growth. Select these links to learn more about your personality preferences in these areas. Note that on the bottom of the Growth section are “Top 10 Rules to Live By” for your personality type. This can be useful information for reviewing periodically to help keep you focused and grounded.
9. You can repeat the exercise at any time. In most cases, the same outcome is returned even when you participate in the exercise several years later.

EXERCISE 2 | What Are My Values?

What are your goals? What do you want to do for a living? Where and how do you want to work? Before you can answer these and many other important questions that pertain to your career and quality of life goals, you need to know and understand what your values are. These are the principles and factors that you view as most important in life. The My Values Exercise helps you identify what these values are through a simple but mindful process. To discover a better understanding of yourself and what you want from your life and career, visit <https://osgoodandassociates.com/free-tools/myvalues-exercise/> to download the My Values Exercise. Make note of the outcome and bring it with you to the CASL workshop.