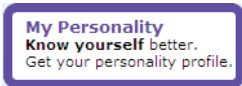







## My College QuickStart™ Lesson Plan:

Name: \_\_\_\_\_

<b>Grade Level(s)</b>	Grades 6–8 and Grades 9–12
<b>Goal(s)</b>	<ul style="list-style-type: none"> <li>• Become familiar with the concepts of self-assessment and personality typing and how these concepts relate to goal making and future planning.</li> <li>• Gain the skills you will need to interpret the results of the MyRoad™ ORA Personality Profiler.</li> </ul>
<b>Time Required</b>	<ul style="list-style-type: none"> <li>• 45–60 minutes to complete the ORA Personality Profiler.</li> <li>• 45 minutes for the student assignment and classroom discussion topics.</li> </ul>
<b>Materials Needed</b>	<ul style="list-style-type: none"> <li>• My College QuickStart™—MyRoad ORA Personality Profiler</li> <li>• “Understanding Personality” and “Personality Type in Action” worksheets (attached)</li> </ul>
<b>Before You Begin</b>	<ul style="list-style-type: none"> <li>• Log in to your My College QuickStart™ account. (Refer to the “Get Connected” reference sheets for assistance.)</li> </ul>
<b>Student Objective</b>	<ul style="list-style-type: none"> <li>• Use the ORA Personality Profiler to start the process of self-exploration.</li> </ul>
<b>Student Assignment</b>	<ol style="list-style-type: none"> <li>1. Go to <b>www.collegeboard.com/quickstart</b> and sign in.</li> <li>2. Click on  <b>My Personality</b> Know yourself better. Get your personality profile.</li> <li>3. Click on <b>Try the ORA Personality Profiler Now.</b></li> <li>4. Click on  <b>ORA Personality Profiler*</b></li> <li>6. Make sure the appropriate level (Middle School or High School) is selected.</li> <li>7. Click on  <b>Go</b></li> <li>8. Follow the on-screen instructions.</li> </ol>

## My College QuickStart™ Lesson Plan:

<p><b>Student Assignment (cont'd)</b></p>	<ul style="list-style-type: none"> <li>Review the ORA Personality Profiler results.             <ol style="list-style-type: none"> <li>After you have taken the Profiler, you may view your results by clicking on  </li> <li>By clicking on any of these links near the top of the screen, you can view more about your personality type:                 <ul style="list-style-type: none"> <li>My Type</li> <li>Detail Results</li> <li>Majors</li> <li>Careers</li> </ul> </li> <li>Complete the lesson worksheets, “Understanding Personality” and “Personality Type in Action.”</li> </ol> <p>Note: If it is not possible for you to complete the worksheets before class, your teacher may have you complete the worksheets during class as part of the classroom discussion.</p> </li> </ul>
<p><b>Optional Assignments</b></p>	<ul style="list-style-type: none"> <li>Within MyRoad, you may enter your information into My Plan and begin building an online portfolio and résumé.             <ol style="list-style-type: none"> <li>Click on </li> <li>Click on any of the sections’ links and fill out the resultant forms.</li> </ol> </li> <li>You may review MyRoad’s Insights section and identify articles that interest you within the Campus View or Hot Topics sections.             <ol style="list-style-type: none"> <li>Click on </li> <li>Click on <b>Campus View</b> or <b>Hot Topics</b>.</li> </ol> </li> </ul>
<p><b>Classroom Discussion Topics (Optional)</b></p>	<ol style="list-style-type: none"> <li>Discuss the “Understanding Personality” worksheet.             <ol style="list-style-type: none"> <li>Did you find it hard to answer any of the questions on the worksheet? What does that mean to you?</li> <li>If a friend or family member were to describe you, do you think the results would be similar?</li> <li>How is this exercise helpful to you when thinking about how you study, interact with friends and family, and participate in extracurricular activities?</li> </ol> </li> <li>Discuss the ORA Personality Profiler.             <ol style="list-style-type: none"> <li>The purpose of the ORA Personality Profiler is to help you; it’s up to you to decide how to use it. Its purpose is <i>not</i> to pigeonhole you or to deal in stereotypes.</li> <li>You will have a chance to accept or reject each of the statements contained in your profile.</li> </ol> </li> </ol>

## My College QuickStart™ Lesson Plan:

**Classroom  
Discussion Topics  
(Optional)  
(cont'd)**

3. Discuss the similarities and differences between the answers on the worksheet and the results of the ORA Personality Profiler. You are the best judge of your own personality.
  - a. Were the answers similar? If so, in what ways? If not, how did they differ?
  - b. After reading over the results and more detailed information, do you feel the ORA Personality Profiler was more accurate than you had expected?
  - c. What areas of the results seem more/less applicable to who you are?
4. Discuss how the ORA Personality Profiler can help you to:
  - a. Recognize and appreciate your unique strengths and abilities;
  - b. Understand and value the personality differences exhibited by people around you;
  - c. Recognize your developmental needs and identify new skills and abilities that will help you be more successful, productive, and happy; and
  - d. Successfully manage your educational, vocational, and avocational pursuits.

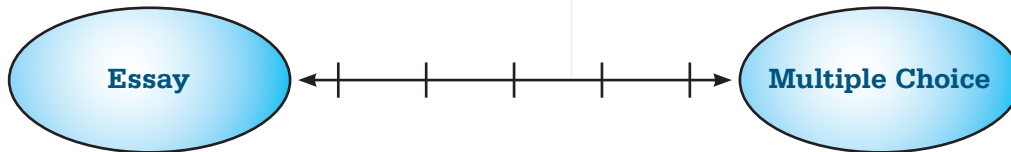
## My College QuickStart™ Lesson Plan:

Name: \_\_\_\_\_

### Worksheet 1: Understanding Personality

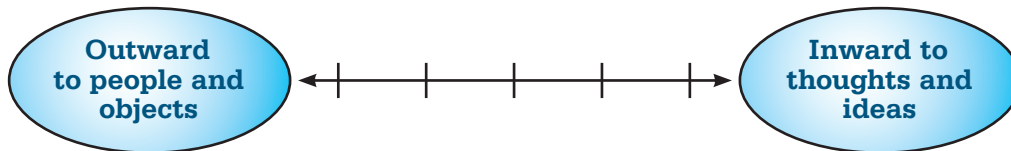
For each of the four questions below, circle the position that best describes your personality. Then, provide an example from your everyday life that supports your choice.

**Sample: Which kind of test do you prefer?**



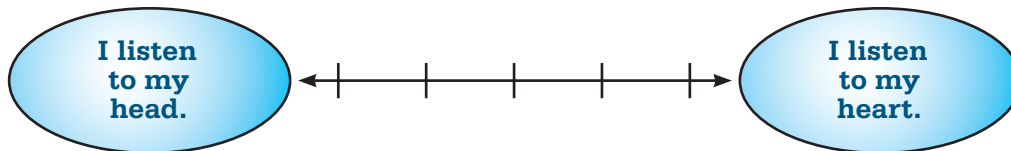
**Example:** In history, we had an essay test and a multiple-choice/short-answer test. I did better on the short-answer portion than the essay test, even though I missed a lot of multiple-choice questions.

1. How do you focus your attention and energy?



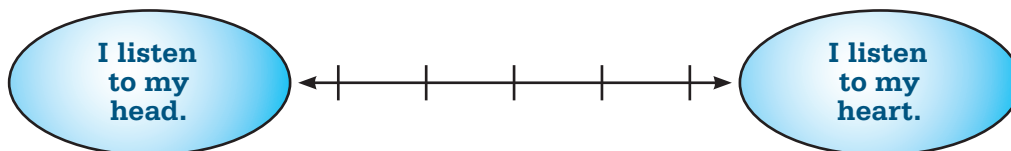
**Example:**

2. How do you gather and make sense of information?



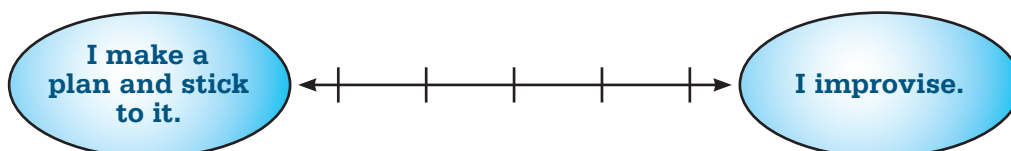
**Example:**

3. How do you make decisions?



**Example:**

4. How do you approach assignments?



**Example:**

**My College QuickStart™ Lesson Plan:**

Name: \_\_\_\_\_

**Worksheet 2: Personality Type in Action**

Fill in your four-letter personality type in the top left box, and in each box below it, circle the letter that applies to your personality type. As you go across each row, write an example in each box demonstrating how that characteristic affects your behavior in the specified situation. If you feel that the trait doesn't apply in the given situation, write about how your behavior differs from that associated with the named attribute.

Your type:	Example of how this characteristic applies or doesn't apply:	Example of how this characteristic could affect how you do homework:	Example of how this characteristic could affect how you participate in class:	Example of how this characteristic could affect how you work in small groups:
<p><b>E or I</b> (extrovert or introvert)</p>				
<p><b>S or N</b> (sensing or intuiting)</p>				
<p><b>T or F</b> (thinking or feeling)</p>				
<p><b>Z or A</b> (organizing or adapting)</p>				