

# Animal Me

## Lesson plan

### Aim

For young people to identify personalities and preferences and to help them find out more about themselves.

### Mapping

CES 'I Can' Statements	CMS Themes and competencies
<ul style="list-style-type: none"> <li>★ I can use online tools available to me</li> <li>★ I own and can manage my profile and can use it to help me discuss my interests, strengths and skills with my parents/carers and others</li> </ul>	<ul style="list-style-type: none"> <li>★ Self: I develop and maintain a positive self-image</li> <li>★ Strengths: I am aware of my skills, strengths and achievements</li> <li>★ Horizons: I understand that there are a wide variety of learning and work opportunities that I can explore and are open to me</li> </ul>

### Learning Outcomes

Young people will understand how:

- to access and use the Animal Me quiz
- to consider who they are, what they're like and what options might suit them in the future
- their personality can differ from others

## Development of Activity

### Introduction – Context of lesson

The young person should understand that throughout their time in school they will be able to explore who they are and how this relates to career planning.

Animal Me is a simple quiz to help pupils think about their personality.

Based on their responses and results, pupils will be assigned an animal to symbolise their personality type. The pupil will be given a report with lots of details about their personality plus the kinds of jobs that may suit this personality type.

### Pupil Instructions

#### Let's get started

- ★ Access the **Animal Me** quiz at <http://animalme.myworldofwork.co.uk/>

#### Complete the Animal Me quiz

- ★ Click 'Get started' to begin the quiz
- ★ You can use the 'Animal Me guide' below to help you
- ★ Look at the pairs of statements and click the one that's most like you
- ★ Once you have selected the statements that are most like you, at the bottom there will be some information about your personality
- ★ You can then click 'Next question' to move on and continue to work your way through the questions
- ★ After all sections are complete you can reveal your animal
- ★ Your Animal Me results will describe your personality
- ★ It will give you job ideas and describe what you are great at
- ★ Read through the results to find out more
- ★ What animal are you? What parts sound most like you? Why do you think this?

#### Tips to help you

- ★ Remember there are no right or wrong answers
- ★ You can ask someone to help you go through the quiz
- ★ You can talk through your results with others. Do they think this sounds like you?
- ★ You can complete the quiz as often as you like
- ★ Why not ask others if they would like to have a go and compare your results
- ★ Check out other Animals by clicking on 'See all animals'

### Follow-up

Young people could begin to explore job profiles on My World of Work, by going to **My career options** and selecting 'I have a career in mind'.