

Animal Me

Worksheet

Learning Outcomes

This activity will help you to:

- ★ access and use the Animal Me quiz
- ★ consider who you are, what you are like and what jobs might suit you in the future
- ★ understand how your personality can differ from others

Activity

Introduction

It is important to think about who you are, what you are like and start to explore what options might suit you in the future.

Animal Me helps you discover more about yourself. You'll learn about your personality. Plus – just for fun – you'll find out which animal is most like you.

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 on 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 also 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 the other Animals by clicking on 'See all animals'

Next

You can begin to explore job profiles on My World of Work, by going to the www.myworldofwork.co.uk/my-career-options and selecting 'I have a career in mind'.

Guide on next page...

Animal Me – Guide

Animal Me helps you discover what makes you tick and what you're good at. You'll learn about your personality

Plus – just for fun – you'll find out which animal is most like you

It's easy to answer and only takes five minutes

Instructions



Let's get started

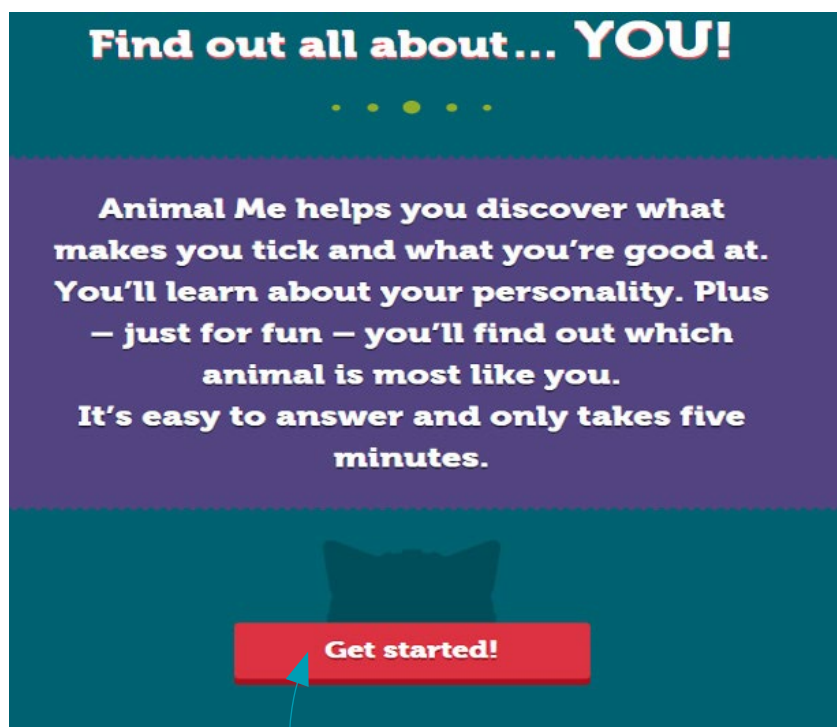
1. Access the **Animal Me** quiz at <http://animalme.myworldofwork.co.uk/>

Note: the pictures in this guide show what My World of Work looks like on a computer screen. If you use a mobile device, for example your phone or a tablet, My World of Work will look different and things may be in different places on your screen



Complete the Animal Me quiz:

2. Click 'Get started' to begin the quiz:



Click Get started

Continues on next page...



3. Look at the pairs of statements and click the one that's most like you:

Question 1

1 2 3 4

Look at the pairs of statements below. In each pair, click on the statement that's most like you.

I think out loud	Or	I think before I speak
I usually act quickly	Or	I usually act carefully
I'm a good talker	Or	I'm a good listener
I prefer to stand out	Or	I prefer to blend in
I tend to work best in groups	Or	I tend to work best alone

Click the statement most like you

Continues on next page...



- 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

Look at the pairs of statements below. In each pair, click on the statement that's most like you.

I think out loud	Or	I think before I speak
I usually act quickly	Or	I usually act carefully
I'm a good talker	Or	I'm a good listener
I prefer to stand out	Or	I prefer to blend in
I tend to work best in groups	Or	I tend to work best alone

I am more **Extrovert**, these people are usually:
sociable, active, confident, firm

Next question >

Information about your personality

Click Next question to move on

Continues on next page...



6. After completing all 4 sections you can reveal your animal:

I like to plan and organise Or **I like things to be a surprise**

I like writing lists Or **I don't like writing lists**

I like things tidy Or **I don't mind untidiness**

I prefer finishing a task Or **I prefer starting a task**

I usually work hard until I'm finished Or **I usually work hard at the last minute to get things done**

I am more **Perceiving**, these people are usually:
flexible, able to relax in the middle of a task, spontaneous, open-minded

Reveal animal >

Click Reveal animal

7. Your Animal Me results will describe your personality, give you job ideas and describe what you are great at:

Seals are
.....
Cheerful animals, who love to have fun. They play games with their friends. They take care of each other. They help their friends through cold winters.

3 words to describe you
.....
Curious, flexible, inventive

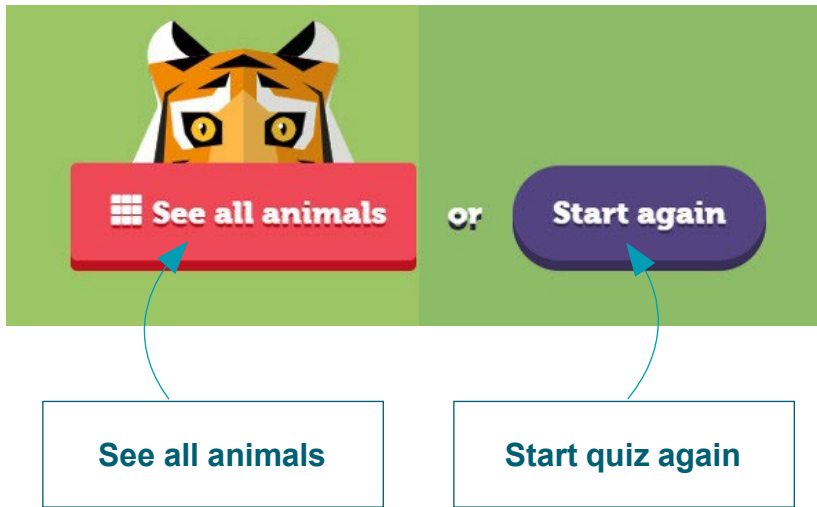
Job ideas
.....
Social work and caring for people
Jobs like counsellor, home carer, social worker.

Languages
Jobs like interpreter, translator.
.....

Continues on next page...



8. You can complete the quiz as often as you like by selecting 'Start again' or you can check out all the other animals by selecting 'See all animals':



9. See all animals:

