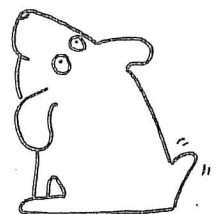
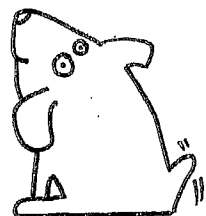


GETTING TO KNOW ME



GETTING TO KNOW ME

- | | |
|----|---|
| 1 | Who am I? |
| 2 | My family tree |
| 3 | My favourites |
| 4 | My friends & others |
| 5 | Circle of trust |
| 6 | My memories |
| 7 | My values |
| 8 | What am I like as a person? |
| 9 | What am I usually like at school? (An overview) |
| 10 | What am I like in lessons? |
| 11 | My wishes |
| 12 | My career goals |
| 13 | How are things going? |



WHO AM I?

Name:

Date of birth:

Address:

Telephone number:

Form group:

Class group:

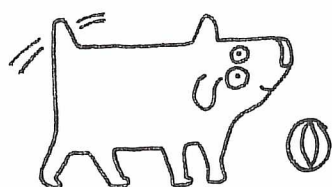
Form tutor:

Head of year:

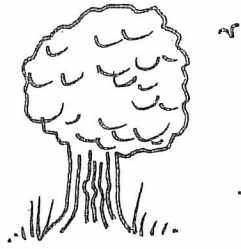
I live with

Family I am close to but don't live with

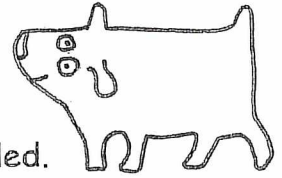
My hobbies/things I like to do



Wanna play?

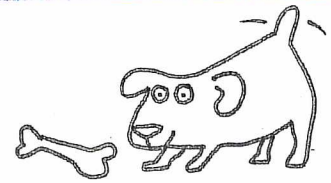


MY FAMILY TREE



Try drawing your family tree in the space provided.

MY FAVOURITES



Favourite possessions

Favourite TV programmes

Favourite music/band

Favourite food

Favourite sports

Favourite books

Favourite computer games

Favourite holiday

Favourite teachers

Favourite subjects

Favourite animal



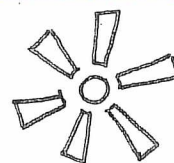
MY FRIENDS AND OTHERS

TRUE OR FALSE?

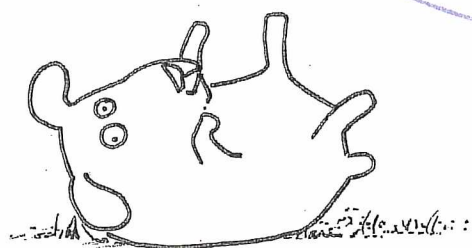
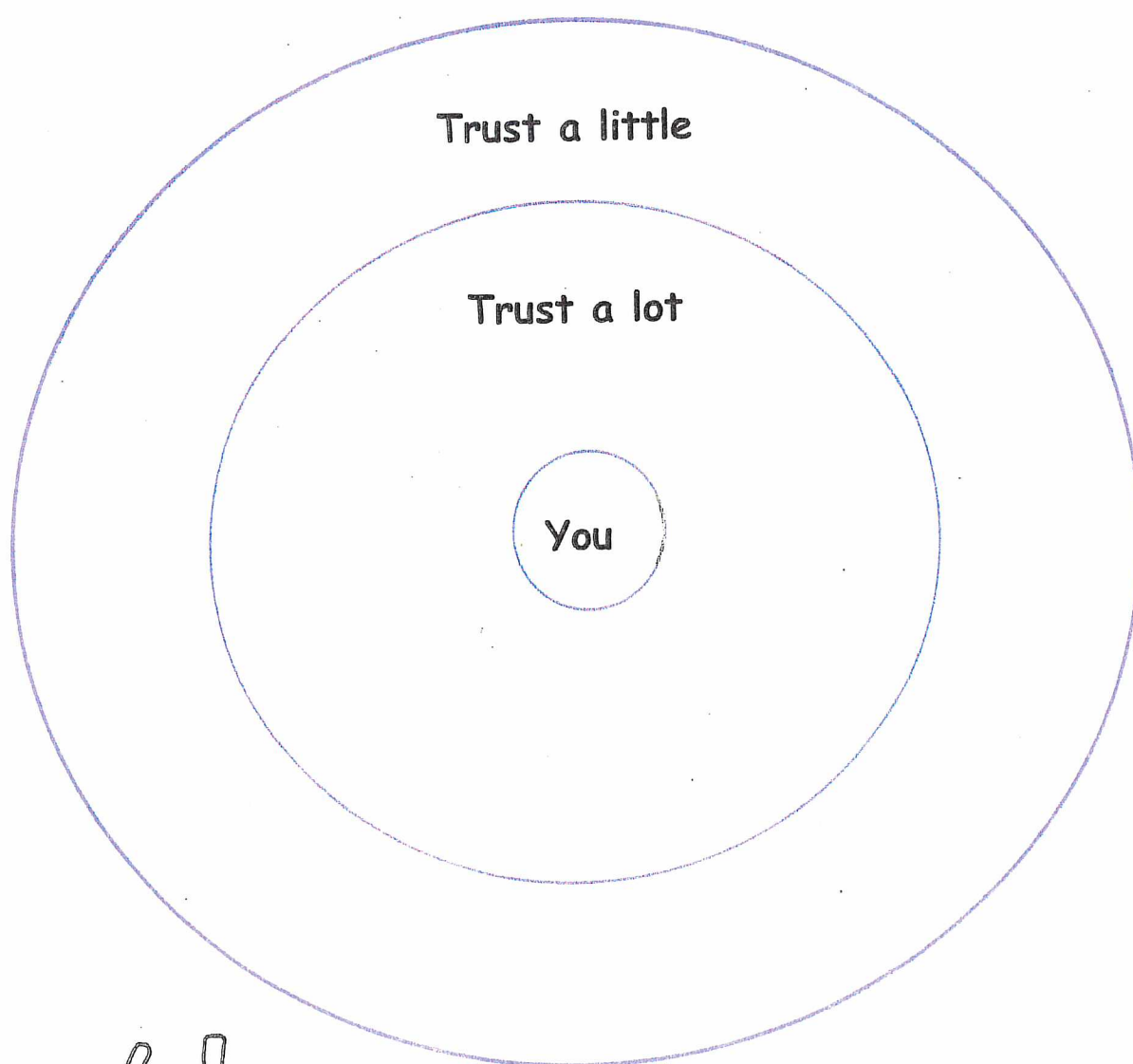
I have got lots of friends	TRUE	FALSE
My parents like my friends	TRUE	FALSE
I have a good social life	TRUE	FALSE
My friends sometimes get me into trouble	TRUE	FALSE
I sometimes get my friends into trouble	TRUE	FALSE
I am able to keep my friends	TRUE	FALSE
Most of my friends are older	TRUE	FALSE
I have hobbies and interests	TRUE	FALSE
Other people copy what I do	TRUE	FALSE
I copy what other people do	TRUE	FALSE
I like to be the centre of attention	TRUE	FALSE
My social life is more important than school	TRUE	FALSE
There is nothing to do where I live	TRUE	FALSE
My parents restrict my social life	TRUE	FALSE
I need lots of excitement in my life	TRUE	FALSE



CIRCLE OF TRUST



- Which of the most important people in your life do you feel able to talk to and trust? (Family, friends and teachers).
- Write the names of the people you trust most in the 1st circle and the names of the people you trust a little in the 2nd circle. Write the names of anyone you don't trust outside the circles.



MY MEMORIES



Some of my **happy** memories include:

Some of my **sad** memories include:

Some of my **frightening** memories include:

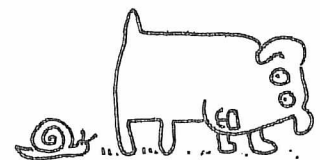
Some of my **proudest** memories include:

MY VALUES

- Award a grade from 1 - 10 to show how important the following things are to you.
- Add anything else that you consider important.

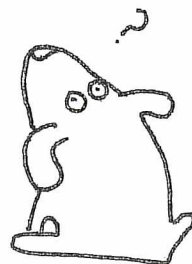
1 = not at all important 10 = very important

	GRADE
Making my parents proud of me	
Knowing I have done a good job	
Getting compliments	
Getting awards (certificates)	
Winning (knowing I've done better than someone else)	
Having friends	
Having money	



WHAT AM I LIKE AS A PERSON?

Circle the words that describe you best:



KIND

BORING

HONEST

HELPFUL

LAZY

LATE

HAPPY

GREEDY

FUNNY

A BULLY

CALM

ANGRY

QUIET

NERVOUS

CONFIDENT

SCRUFFY

LOUD

FIDGETY

FRIENDLY

ORGANISED

DISORGANISED

GENTLE

BRAVE

ROUGH

SHY

FORGETFUL

THOUGHTFUL

CLEVER

WELL- PRESENTED

NAUGHTY

GIGGLY GOOD

CLUMSY

SPORTY

MOTIVATED ON TIME

WHAT AM I USUALLY LIKE AT SCHOOL?



Rate yourself out of 10

1= POOR

10= BRILLIANT

	Grade
Attending school regularly	
Arriving on time to school	
Attending my lessons when I am at school	
Arriving on time to lessons	
Being organised with my equipment	
Remembering my homework	
Behaving well in lessons	
Behaving well at break and lunch	
Getting on well with teachers	
Getting on well with people in my class	

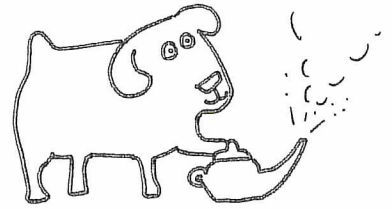
WHAT AM I LIKE IN LESSONS?

Rate yourself out of 10
1= POOR 10= BRILLIANT

	Teacher	Getting on with teacher	Behaviour in lessons	Getting on with class work	Handing in h/w on time
MATHS					
ENGLISH					
SCIENCE					
PE					
TECH					
HISTORY					
GEOGRAPHY					



MY WISHES



- Imagine that you have a magic lamp that grants you 3 wishes to make your life better. (Not money or possessions).
- What would you wish for?

1.

2.

3.

MY CAREER GOALS

I would like to work in a :

- hotel
- factory
- office
- restaurant
- farm
- in the country
- school
- shop /super market
- library
- travel ground
- a town/city
- near
- park
- building site

I would like a job that has...

- excitement
- promotion prospects
- training
- security
- overtime
- responsibilities
- good wages
- danger

I would like to...

- work with food
- work with numbers
- help other people
- work with machines
- work with animals
- work with money
- work with people

I would like to work with...

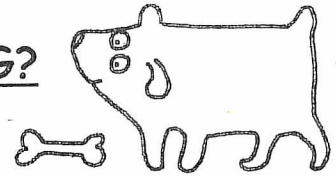
- lots of people
- different people each day
- the same people every day
- a small group
- by myself



Circle those things which are important to you in choosing a job.

My career goals 1
2.

HOW ARE THINGS GOING?



What is going well for you at school? Why?

What is not going so well at school? Why?

What is going well for you at home? Why?

What is not going so well at home? Why?

What do you think might help at school?

What do you think might help at home?

Who could help you at school?