

# NEW MEXICO 4-H

## Aggie Next Step

### My Personality



## Post Secondary Pathways



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# My Personality

## INTRODUCTION

Understanding your personality can help you identify careers that match your strengths, preferences, and natural tendencies. This lesson helps participants identify their personality traits and reflect on how their traits can guide their future career choices.

## SET UP

Review lesson materials and determine which worksheets and handouts you will use for the lesson. Print enough pre/post assessments, worksheets, and handouts for each participant.

## ACTIVITY

1. Have participants complete the **Pre-assessment**.
2. Introduce the topic: *Today, we are going to explore personality types and how they relate to careers.*
3. Ask guiding questions to spark conversation:  
*Q: What does "personality" mean to you?*  
*Q: Who has taken a personality test before? What did you learn?*  
*Q: Why is understanding our personalities important?*  
*Q: How might personality influence career choices?*
4. Explain that personality awareness helps guide career exploration, academic planning, and decision-making.
5. Distribute **Discovering Your Colors** worksheet. Allow participants time to complete the self-assessment to identify their personality color.
6. Distribute **Exploring Your Colors** handout. Divide students into pairs or small groups. Give them 5-10 minutes to discuss their color results, using the following questions to spark conversation:  
*Q. Are you surprised by your color? Explain.*  
*Q. Who disagrees with their color? Why?*

## Supplies

- Worksheets
- Handouts
- Pens/Pencils

## OUTCOMES

**Students will be able to:**

- **Identify** their primary personality color.
- **Describe** traits associated with their personality color.
- **Explain** how personality traits can influence career interests and choices.
- **Recognize** that individuals often have a blend of personality traits.
- **Reflect** on how their personality can guide future academic, career, and personal decisions.





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8. Provide the *Career Research by Color* and *Career Clusters and Career Pathways* handouts. Students should select 2-3 careers aligned with their personality color to research and reflect on, if time allows. This may also be assigned as homework or completed in another session.
10. Wrap up the session by asking students to reflect: How will you apply what you've learned about your personality to your *everyday life and future career decisions*?
11. *Exit Ticket* – depending on time, this can be done as a class discussion, or students can complete the worksheet in class, as homework, or in the following class.
- 12. Have participants complete *Post-assessment*.**

## WRAP UP

Your personality is a big part of what makes you unique. Knowing your strengths and preferences can help you make better choices now and in the future, especially when thinking about careers you'll love.





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## RESOURCES

### NM Standards:

NM PED Standards: Career and Technical Education (CTE):

CTE 1.1.1: Identify training, education, and certification requirements for one's occupational choice

CTE 1.1.2: Demonstrate knowledge and skills in language arts required to pursue the full range of postsecondary education and career opportunities

CTE 2.1.9: Listen to and speak with diverse individuals to enhance communication skills

CTE 9.1.1: Identify and demonstrate the use of positive work behaviors and personal qualities needed to be employable

Common Career Technical Core (CCTC) Standards: Career Ready Practices (CRP):

CRP-10: Plan education and career path aligned to personal goals

Optional ELA Alignment (Grades 6-12):

SL1: Participate in a range of conversations

W7: Conduct short research projects

### Video Resources:

Personality is So Important in Choosing Our Work

<https://www.youtube.com/watch?v=hW0EDdD1pMY>

What Career Personality Are You? The Six Career Personality Types (Holland Codes) <https://youtu.be/3MT7ouxoS6M?si=CyINpDlkSdXT8Dza>

How Personality Predicts Success in Different Fields

<https://www.youtube.com/watch?v=rtNZxSKJ43s>



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