# Review Activities

# Chapter 7: Knowing Yourself

For each chapter in Job Savvy, students have received **Workbook Activities** and margin activities with **Activities Supplements**. Students have direct access to these activities in the print and ebook workbook. As instructors, you may choose to assign the following **Review Activities** to help students review the content they have learned and practiced, and to evaluate student comprehension.

Blind, deaf, and unable to speak, a child’s world was limited to the fenced yard of her home. Yet she grew to be a world traveler, a presenter, and a well-known American author, political activist, and lecturer. Helen Keller became so well known that a major motion picture told her story.

Dr. Ben Carson grew up poor and raised by a single parent. Later he was recognized worldwide as a gifted neurosurgeon. Dr. Carson led the first surgical team to successfully separate Siamese twins joined at the head. Yet, when he began practicing at Johns Hopkins University Medical Center, nurses and patients often mistook him for an orderly.

What makes some people succeed despite hindrances in their lives? What makes others fail despite their talents? In his book, *Gifted Hands*, Dr. Carson contends that our inability to think big often prevents us from achieving our greatest successes in life.

You really can’t think big unless you have good self-esteem. In the workplace, employers look for people with confidence. Such employees are more motivated on the job. They are more creative in their work. These are traits employers want in their employees. Developing healthier self-esteem takes time and work, but it is possible with a positive outlook on life.

## Review Activity: Guest Speaker

Contact the mental health association, a family counseling service, or the speaker’s bureau in your area. Ask for a speaker to address your group on ways to develop and maintain good self-esteem in the workplace.

## Review Activity: Character Strength Assessment

Before class, assign the *Job Savvy* workbook Journal Activity on page 104 using <https://JobSavvy6.JIST.com/CharacterStrengthSurvey>. Ask the students to bring their journal notes to class. Divide the class into small groups. In the group, have students share the results of the survey and their opinions about the results.

## Review Activity: Learning from Others

Require students to do the activity “Learning from Others” in *Job Savvy* (page 116). This exercise has helped thousands of individuals improve their self-esteem by discovering how others perceive them. After completing this activity, discuss with the group ways to build on strengths they discover. Talk about what improvements they plan to make. Discuss plans to accomplish this.