



This guide will help you to:

- Create your own **my Blueprint** account for free
- Complete the **Who Am I** surveys to help you to:
  - Learn about your learning styles
  - Learn about your personality type
  - Explore where your interests lie
  - Understand what subjects you are most knowledgeable in
  - Learn about different factors that motivate you

**Instructions:**

This booklet is set up to guide you through from start to finish. The order of these tasks will help you to:

- Reflect and learn about yourself - build self-awareness
- Help you to understand how to become more successful at school
- Understand your strengths and the connections to jobs/careers

**Ready to begin your journey? Flip to the next page and let's begin!**

## Step A – Sign Up to Create a myBlueprint Account

(Note: Please use **Google Chrome** when using this website)

- 1) Go to [www.myBlueprint.ca/pembinatrails](http://www.myBlueprint.ca/pembinatrails)
- 2) Click **Sign-up** to create an account
- 3) Please choose your **High School** from the list or **Grades 7, 8, 9** from the drop down box and then click **Create Account**
- 4) Click on **Student** as the account type. Choose the **current grade** you are in, then click **Continue**
- 5) Complete the section titled **personal info**.  
Please make sure to provide an email address that you can access at the school in order to verify your account afterwards.
- 6) You will create a **username** and **password** so that you can sign in at a later date. Record your username and password below.

**Username:** \_\_\_\_\_

**Password:** \_\_\_\_\_

My Blueprint will send you an email to confirm your new account. You will need to access that email to verify your account.

**Congratulations! You are ready to get started.**

## Step B – Getting Ready for the Learning Styles Survey

Do you remember what you read? Are you good at remembering names? Everyone has different styles of learning they like best. What are yours? Before you complete this survey using my Blueprint, take a moment to share what you already know about yourself as a learner. Answer the following 3 questions before moving on:

1) What do you already know about yourself as a learner? Explain

2) What is the best way for you to learn new information?

3) What do you think are the best ways for you to study and

prepare for a test or a quiz? Explain

Great! Thanks for sharing your thoughts. After you finish the **learning styles survey** you will reflect and share new information you learned about yourself from the results of the survey. **Let's get started!**

## Step C - Completing the Learning Styles Survey

- 1) Open your my Blueprint account:
  - a) open **Google Chrome**
  - b) In the URL type in [www.myblueprint.ca/pembinatrails](http://www.myblueprint.ca/pembinatrails)
  - c) Type in your **username email** and **password**
  - d) Click **Log In**

- 2) On the left side menu, click on **Who Am I**

You will be asked 20 questions that will help the program to learn about you. It is very important that you read the questions carefully and answer them honestly for the program to learn about you.

**There are no right or wrong answers – Take your time!**

- 3) Click on the **Learning Styles Survey** and complete the 20 question survey.
- 4) Now that you have finished the survey, list your 3 learning styles and the % for each.

_____	_____ %
_____	_____ %
_____	_____ %

## Step D - Learning Styles Survey Reflection

What are your top learning styles? What does that mean? Explain.

List several suggested study tips my Blueprint shared with you that may help you or someone with similar learning styles to you.

How is this info you've shared alike or different than the information you initially shared on page 3 of this book? Explain.

Does this give you any ideas about what you or your teachers can do to help you to increase your achievement at school?

## Step E – Getting Ready for the Personality Survey

You are a unique individual, yet we all have personality traits that are similar to others. Learning about your personality type helps you to: understand what drives your thinking and behaviour and helps you to appreciate the diversity/differences that exist in other people. Share what you already know about your personality by answering these 3 questions.

- 1) Some people like being at the “centre of attention” while others prefer to remain in the background in crowds. How do you feel this relates to you and your personality?

- 2) When making big decisions, some people use “how they feel” to help make their decisions, while other people “think carefully” before making those decisions. How about you?

- 3) Some people prefer strict deadlines while other people might desire more flexibility with due dates and timelines. How does this relate to you? Explain.

#### 4) Step F – Completing the Personality Type Survey

1) Open your my Blueprint account:

- a) open **Google Chrome**
- b) In the URL type in [www.myblueprint.ca/pembinatrails](http://www.myblueprint.ca/pembinatrails)
- c) Type in your **username email** and **password**
- d) Click **Log In**

2) On the left side menu, click on **Who Am I**

You will be asked 40 questions that will help the program to learn about you. It is very important that you read the questions carefully and answer them honestly for the program to learn about you.

**There are no right or wrong answers – Take your time!**

3) Click on the **Personality Survey** and complete the 40 question survey.

4) Now that you have finished the survey, list your **4 letter combination** that connects to your personality.

\_\_\_\_\_

5) What **WORDS** do those letters represent or mean?

\_\_\_\_\_

## Step G – Personality Type Survey Reflection

- 1) Read through the **OVERVIEW** the survey has provided you about your personality type. Choose 4 or 5 items from that **OVERVIEW** shared and list them below.

- 2) Click on **VIEW MORE**. Explore this information. What is this information saying about your personality? Explain.

- 3) List information from the personality survey that you already knew about yourself, and any information that surprised you. I already knew the following about myself.....

Things I learned about myself that surprised me were.....



## Step H – Getting Ready for the Interests Survey

What captures your interest? When you're doing things you enjoy and are interested in, you'll likely be happier and more successful in life. This next survey will help you to better understand your interests and how these interests which could help guide the choices you make for jobs/occupations in your future. Share what you already know about your interests by answering these questions.

- 1) Some people enjoy creative expression (changing the way they dress, their hair, creating artwork without instructions, using their ideas to design things) while other people are more interested in having guidelines to follow and following directions that are given to them) **How does this relate to you?**

- 2) Some people are more interested in working by themselves while others prefer to spend their day connecting with people. **How does this relate to you?**

## Step I – Completing the Interests Survey

- 3) Log back in to your my Blueprint account:
  - a. open **Google Chrome**
  - b. In the URL type in [www.myblueprint.ca/pembinatrails](http://www.myblueprint.ca/pembinatrails)
  - c. Type in your **username email** and **password**
  - d. Click **Log In**

- 4) On the left side menu, click on **Who Am I**

You will be asked 48 questions that will help the program to learn about you. It is very important that you read the questions carefully and answer them honestly for the program to learn about you.

**There are no right or wrong answers – Take your time!**

- 5) Click on the **Interest Survey** and complete the 48 question survey.
- 6) Upon finishing the survey, you will be provided with a name for your “**interest type**.” List the name of your **interest type** below.  
Interest type is \_\_\_\_\_
- 7) Below the “**overview**” will list “**primary interest traits**”. List those below.

\_\_\_\_\_

## Step J – Interests Survey Reflection

- 1) Read the “**OVERVIEW**” that was provided to you when finished the survey. List 3-4 pieces of information that was shared in the overview. List these below.

- 2) Within the survey results, click on **VIEW MORE** and read this information. Click on **LEARN MORE**. What other information was shared about you? List that information below.

- 3) What have you learned about yourself from this interest survey?

## Step K – Getting Ready for the Knowledge Survey

What subjects do you love? We all have at least one class that we look forward to. Whatever subject it is, if you like it, you can probably find a career in it. School can help you to understand what your strengths are. Finding a job/occupation that aligns with your skills and knowledge can help people find greater success when at work. Answer the following questions before completing the **Knowledge Survey**.

1) What are your favourite subjects at school? Why?

2) What subjects are most difficult, or, are less interesting? Why?

3) Have you ever thought about jobs you might like to explore when you're older? List them below **and explain why** you think they are a good fit.

## Step L – Completing the Knowledge Survey

- 1) Log back in to your my Blueprint account:
  - a. open **Google Chrome**
  - b. In the URL type in [www.myblueprint.ca/pembinatrails](http://www.myblueprint.ca/pembinatrails)
  - c. Type in your **username email** and **password**
  - d. Click **Log In**
  
- 2) On the left side menu, click on **Who Am I**

You will be asked 30 questions that will help the program to learn about you. It is very important that you read the questions carefully and answer them honestly for the program to learn about you.

**There are no right or wrong answers – Take your time!**

- 3) Click on the **Knowledge Survey** and complete the 30 question survey.
  
- 4) Now that you have finished the survey, list the **top subject area** that was identified for you. \_\_\_\_\_
  
- 5) Below the “**overview**” will be a list of your “**top 2 or 3 subject areas.**” List the subject areas that were provided to you below.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Step M – Reflecting on the Knowledge Survey Results

- 1) Read the **OVERVIEW** that was provided. Click on **VIEW MORE**.

List the percentage match for the subject area listed.

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- 2) Do you agree with the results my Blueprint suggested for you?

Explain why or why not.

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- 3) Click on "**LEARN MORE.**" List the **subjects and their percentage match** in the spaces below

_____	_____	_____
_____	_____	_____

- 4) What **Career Cluster** for you did my Blueprint recommend?

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- 5) Click on "**view occupations.**" List any recommended occupations for you below. (**Click on it to learn more**).

_____	_____	_____
_____	_____	_____

## Step M – Getting Ready for the Motivations Survey

We all have things that motivate us. We often do our best work when we are feeling highly motivated. For example, is it important to you to make a difference in the world? Is independence important to you? When you know what drives you, you can look for opportunities that help you feel fulfilled. Knowing what your **motivating factors** are can help you to succeed at school and later in life by finding a fulfilling career.

Read the 2 questions below. Take the time to answer the questions **before** completing the **motivation survey**.

- 1) We all have things we like to do that motivate us. Can you list 3 things that help motivate you and help you to get things done?

\_\_\_\_\_

- 2) Can you determine what it is that motivates you to do these things? (Hint: What is it that helps you be productive and get things done?) Share your thinking below.

## Step N – Completing the Motivations Survey

- 1) Log back in to your my Blueprint account:
  - a. open **Google Chrome**
  - b. In the URL type in [www.myblueprint.ca/pembinatrails](http://www.myblueprint.ca/pembinatrails)
  - c. Type in your **username email** and **password**
  - d. Click **Log In**
  
- 2) On the left side menu, click on **Who Am I**

You will be asked 18 questions that will help the program to learn about you. It is very important that you read the questions carefully and answer them honestly for the program to learn about you.

**There are no right or wrong answers – Take your time!**

- 3) Click on the **Motivations Survey** and complete the 18 question survey.
  
- 4) Now that you have finished the survey, list the **top motivation factor** identified for you. \_\_\_\_\_
  
- 5) Below the “**OVERVIEW**” will be a list of your “**top 2 or 3 motivation factors**”. List these 3 below.

\_\_\_\_\_



## Step O – Reflecting on the Motivations Survey Results

- 1) Read the **OVERVIEW** from your motivation survey results. Click on **VIEW MORE**. List your primary and secondary motivating factors below.

Primary motivating factor: \_\_\_\_\_

Secondary motivating factor: \_\_\_\_\_

- 2) Click on **LEARN MORE** for each of these motivating factors. List 2 pieces of information about each one below

Primary Motivating Factor

Secondary Motivating Factor

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

- 3) Check out the **Additional motivating factors** (2 or 3). List these below.

\_\_\_\_\_

Click on **LEARN MORE** under the Additional Motivating Factors. Are there any other motivating factors listed? Share these below.

\_\_\_\_\_

Is there anything that surprises you about your **motivating factors**?

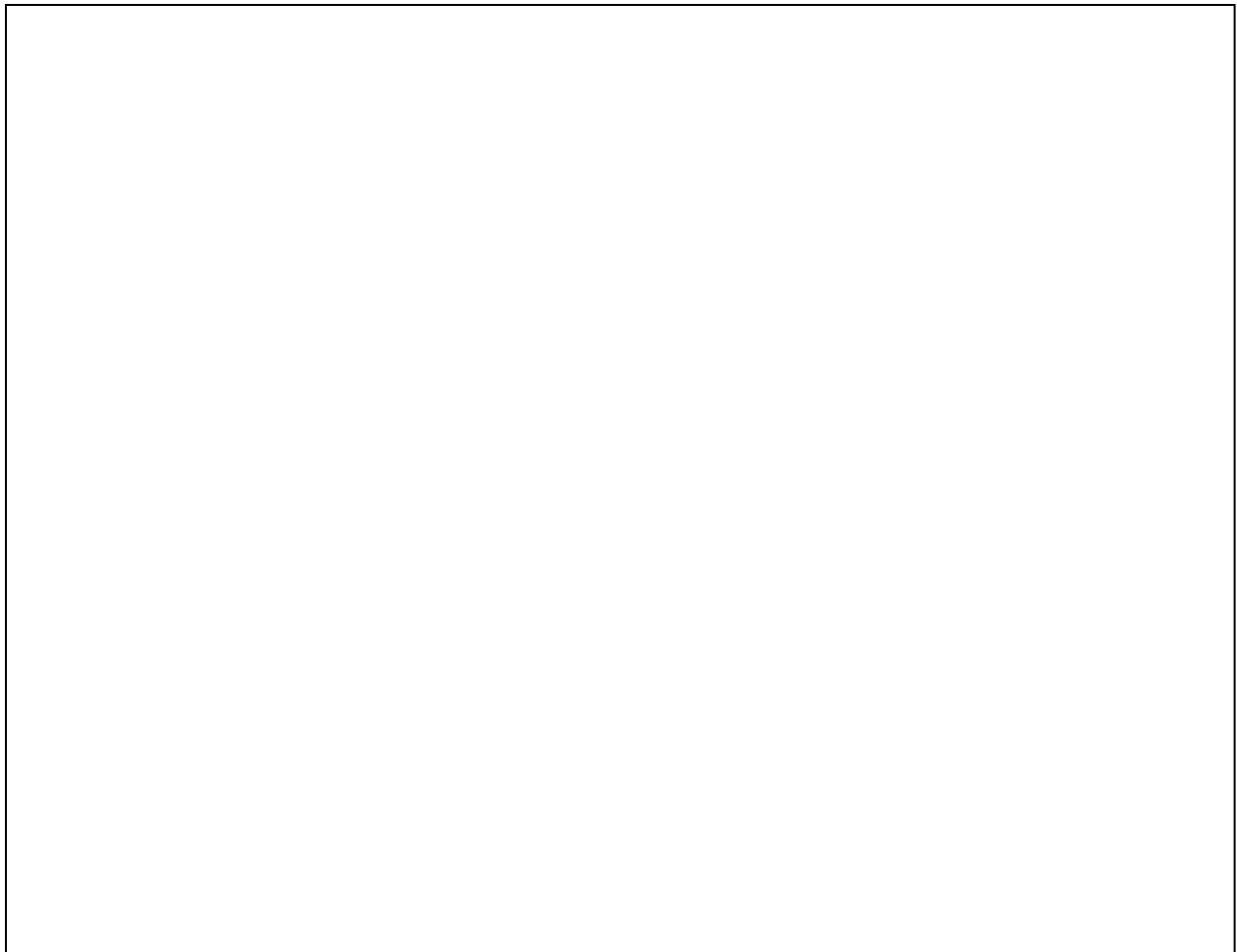
Explain.

**One last task for you.....**

Reflecting on our learning is one of the best ways to solidify what we've learned and it helps us to improve. **Look back at the work you've completed in this booklet and the survey results in my Blueprint.** Take some time to reflect on your survey results.

**What have you learned about yourself from exploring these surveys?**

(Just write freely..... there is no right or wrong! Just summarize what you feel you have learned about yourself.)

A large, empty rectangular box with a thin black border, intended for the student to write their reflections on the surveys.