

Identity Discussion Questions

What is Identity? (Definition: the condition of being oneself or itself, and not another)

What things make up your identity? (age, gender, race, history, interests, friends, family, etc.)

Is your Identity always the same, or does it change?

Do you need to switch up your Identity at home? In class? On the job?

What are some ways to focus on or emphasize positive aspects of your identity?
(Hand out Personal Qualities Check-List)

How can knowing positive aspects of your personality help you in life?

How could personality and positive identity traits help you in a job/career search?

How can personality and positive identity traits help you once you have a job?
