

PORTFOLIO #7

PART A: To help you to explore your own identity formation, write 10 answers to the question, “Who am I?”. You may respond in terms of your social roles, responsibilities, or commitments; the groups to which you belong; your beliefs and values; your personality traits and abilities; and your needs, feelings, and behavior patterns. List only those features that are really important to you- features that if lost, would make a real difference to your sense of who you are.

After you have completed your list, indicate the importance of each feature to your identify today by assigning it a number from 1 (most important) to 10 (least important). Finally, rank the items according to their importance to you five years ago.

	Rank Today	Rank 5 years ago
1. I am:		
2. I am:		
3. I am:		
4. I am:		
5. I am:		
6. I am:		
7. I am:		
8. I am:		
9. I am:		
10. I am:		

PART B: Type a separate two page paper, double-space and one inch margins, to discuss the above list. INCLUDE THE ABOVE CHART IN YOUR PAPER.

PART C: REMEMBER: TYPE AN OPINION about completing this assignment. This should be labeled as an opinion at the end of your paper. A brief paragraph (few sentences) is sufficient or you may type a longer response if desired. Did you learn from this assignment?