



TODAY

Student Portrait Book

PERSONAL PERSPECTIVES

NAME _____

DATE _____

***Snapshots* TODAY**

You might have some pictures of yourself when you were younger. Each snapshot is an image of you at a different place and time.



You can see the changes from then to now.



What if you had snapshots from those days of your thoughts, your feelings, your dreams? What if you could see images over time of your mind, heart and soul?

You'd have some pictures from the inside.

The *Snapshots* activities provide you with the opportunity to 'take some pictures of yourself from the inside'.

***Snapshots* TODAY** are word pictures of your interests, thoughts and expectations.

This is all about you and your perspectives.



Snapshot One

What You Like



This is a snapshot of what you like – the things you enjoy doing or learning - **your interests**.

Look at the Snapshot One Activity on the next page – the Interests Checklist.

Start by underlining every ‘Interests’ word that you like now or you might like in the future.

Pick the 10 words that interest you the most. Place a checkmark in the ‘My List’ column beside your top 10 interests today.

If you have a more specific word for your interest, feel free to substitute it. (Example: Individual Sports – ‘wakeboarding’)

Talk to someone else who has identified their top 10 interests from this checklist. Put their 10 interests in column One.

Talk to at least two more people and record their interests in columns Two and Three. If time permits, talk to five people.

Notice what interests of yours are unique.

Notice what interests of yours are common.

Five years from now, will your interests be the same?

“If you are interested, you never have to look for new interests. They come to you. When you are genuinely interested in one thing, it will always lead to something else.” Eleanor Roosevelt

Snapshot One Activity

Interest Checklist

<u>Interests</u>	<u>My List</u>	<u>One</u>	<u>Two</u>	<u>Three</u>	<u>Four</u>	<u>Five</u>
Animals/Pets/Wildlife	_____	_____	_____	_____	_____	_____
Art/Painting/Pottery	_____	_____	_____	_____	_____	_____
Astronomy/Space	_____	_____	_____	_____	_____	_____
Building Things	_____	_____	_____	_____	_____	_____
Collecting Things	_____	_____	_____	_____	_____	_____
Comedy/Humor	_____	_____	_____	_____	_____	_____
Computers	_____	_____	_____	_____	_____	_____
Cooking	_____	_____	_____	_____	_____	_____
Dancing	_____	_____	_____	_____	_____	_____
Designing Things	_____	_____	_____	_____	_____	_____
Drama/Theater	_____	_____	_____	_____	_____	_____
Drawing/Cartooning	_____	_____	_____	_____	_____	_____
Fashion/Sewing	_____	_____	_____	_____	_____	_____
Fitness/Exercise	_____	_____	_____	_____	_____	_____
Fixing Things	_____	_____	_____	_____	_____	_____
Foreign Languages	_____	_____	_____	_____	_____	_____
Gardening/Landscaping	_____	_____	_____	_____	_____	_____
Helping Children/Elderly	_____	_____	_____	_____	_____	_____
History/Family History	_____	_____	_____	_____	_____	_____
Individual Sports	_____	_____	_____	_____	_____	_____
Kayaking/Sailing	_____	_____	_____	_____	_____	_____
Leadership/Politics	_____	_____	_____	_____	_____	_____
Magic/Illusion	_____	_____	_____	_____	_____	_____
Mechanics/Cars	_____	_____	_____	_____	_____	_____
Meeting New People	_____	_____	_____	_____	_____	_____
Money	_____	_____	_____	_____	_____	_____
Music/Singing/Concerts	_____	_____	_____	_____	_____	_____
Nature/Geography	_____	_____	_____	_____	_____	_____
Organizing Things	_____	_____	_____	_____	_____	_____
Outdoor Recreation	_____	_____	_____	_____	_____	_____
Photography	_____	_____	_____	_____	_____	_____
Playing Games/Puzzles	_____	_____	_____	_____	_____	_____
Psychology	_____	_____	_____	_____	_____	_____
Public Speaking/Debate	_____	_____	_____	_____	_____	_____
Reading	_____	_____	_____	_____	_____	_____
Science	_____	_____	_____	_____	_____	_____
Shopping	_____	_____	_____	_____	_____	_____
Team Sports	_____	_____	_____	_____	_____	_____
Travel	_____	_____	_____	_____	_____	_____
Video Games	_____	_____	_____	_____	_____	_____
Watching Movies/TV	_____	_____	_____	_____	_____	_____
Web Surfing/Chat	_____	_____	_____	_____	_____	_____
Working With Numbers	_____	_____	_____	_____	_____	_____
Working With Tools	_____	_____	_____	_____	_____	_____
Writing Stories/E-mail	_____	_____	_____	_____	_____	_____

Date Completed _____