



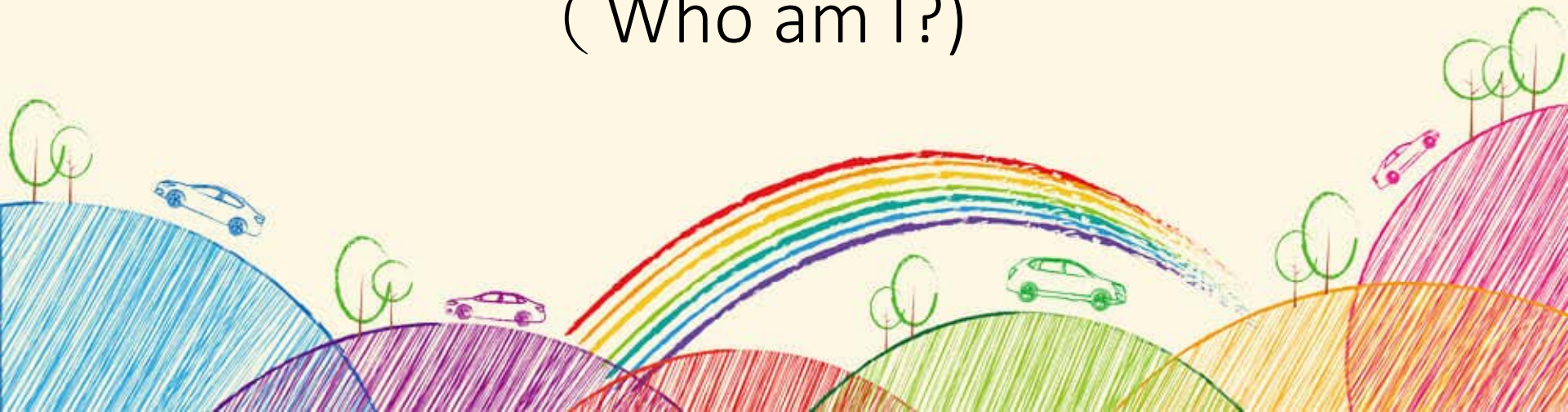
Unit 3 Your Future, My Future





第一節 我是誰？

(Who am I?)



Warm up:

1. 觀看Youtube 影片：三分鐘Personality test # <https://reurl.cc/41M2jX>
請選出適合自己的顏色並用英語分享)

★Usable Sentence.

I chose _____. I think it's quite right/ a little right/less right.



2. (1) What are their jobs?

(2) What kind of personalities do they need to do the jobs?



Presentation:

個人特質形容詞 (Personality Adjective)

Positive Adjective	正面形容詞	Negative Adjective	負面形容詞
brave	勇敢的，無畏的	timid	羞怯的；膽小的
kind / friendly	體貼的/友善的	unkind / unfriendly	不體貼的/不友善的
outgoing	外向的	shy	害羞的
honest	誠實的	dishonest	不誠實的
funny	有趣的	boring	乏味的；無聊的
confident	自信的	diffident	無自信的
patient	有耐心的	impatient	不耐煩的，無耐心的
easy-going	脾氣隨和的(好相處的)	bad-tempered	脾氣壞的，易怒的
careful	仔細的	careless	粗心的
polite	有禮貌的	impolite	不禮貌的

句型練習：

Q: What kind of a person
are you?

A: I am a shy and quiet person.



Activity- personality : (搭配學習單Unit3:Worksheet1-Personality)

學習單內容:

(1). Please use a blue pen to circle the personalities that suit you.

(請用藍色筆圈出適合你的性格。)

(2). Invite two classmates to use a red pen to circle the personalities that suit you.

(請兩位同學用紅筆圈出適合你的性格。)

外向的 outgoing	內向的 introverted	積極的 positive	消極的 negative	禮貌的 polite	不禮貌的 impolite
慷慨的 generous	節儉的 thrifty	耐心的 patient	急躁的 impatient	勤快的 hardworking	懶散的 lazy
熱情的 passionate	冷淡的 indifferent	勇敢的 brave	膽怯的 timid	細心的 careful	粗心的 careless
開朗的 optimistic	憂慮的 worried	容易相處 easy-going	嚴格的 strict	負責的 responsible	不負責 irresponsible
聰明的 smart	好奇的 curious	冒險的 adventurous	有趣的 funny	友善的 friendly	冷漠的 indifferent

•Oral Sharing

1. Group members share with each other (小組成員互相分享)
2. 2 to 5 students come to the stage to share it.(2到5位同學上台分享)

Usable Sentences:

I am a/an _____, _____ and _____ person.

My classmates say: I am a/an _____, _____ and _____ person.



I feel.... (我覺得...)



Wrap up:

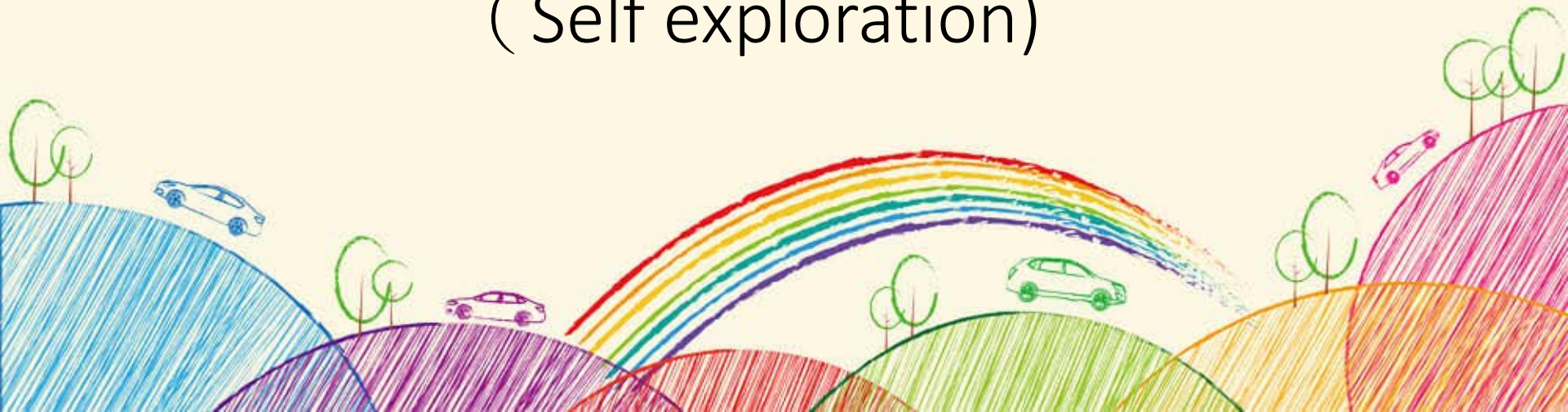
請歸納自己圈選的和同學圈選的相同和不同的地方，並思考為什麼，下次上課時進行週哈里窗。





第二節 自我探索

(Self exploration)



Warm up:

1. 請同學分享自己的歸納分析，對於同學圈選與你不同
2. 的部分你有什麼想法？

★ Usable Sentences.

I am (so / a little) (surprised / glad/worried/sad)to see
that I have _____ personality from my classmates' feedback.



Presentation:

1. 觀看“周哈里窗影片（此片長11分鐘26秒，但我們只觀看5分50秒）。
(<https://www.youtube.com/watch?v=KdYo5jn29w4>)



周哈里窗的重點講解：（影片內容重點呈現）



Johari Window Model

- ✓ Developed by Joseph Luft and Harry Ingram in the mid 1950's
- ✓ It is a useful tool for self understanding, awareness, and personal growth.
- ✓ It also can be used to discover your strengths, blind spots and areas to explore
- ✓ Works best in a high trust environment



Developed by Joseph Luft and Harry Ingram in the mid 1950's.

(由 Joseph Luft 和 Harry Ingram 在 1950 年代中期開發。)

It is a useful tool for self understanding, awareness, and personal growth.

(透過此工具幫助自我理解、覺察和個人成長。)

It also can be used to discover your strengths, blind spots and areas to explore.

(它也可以用來發覺你的優勢、盲點和需要探索的領域。)

Works best in a high trust environment.

(最好在高度信任的環境中執行。)

There are four areas:

Open: Known by self and known by others

Hidden: Known by self but not known by others

Blind: Not known by self but known by others

Unknown: Not known by self and not known by others

Johari Window Model



Known by
Others

Unknown
by Others

Known
by Self

Unknown
by Self

Open
Area

Blind
Area

Hidden
Area

Unknown
Area

The goal of the model is to make open area as large as possible.

Johari Window Model



Known by
Others

Unknown
by Others

Known
by Self

Unknown
by Self



How to do?

Johari Window Model

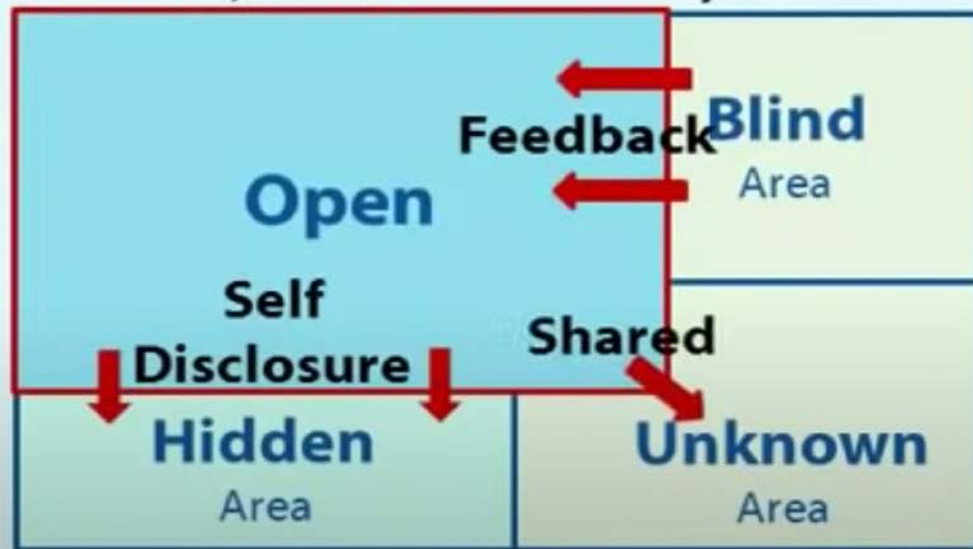


Known by Others

Unknown by Others

Known by Self

Unknown by Self



The Green Tail

- ✓ *If someone says you have a green tail, the person is crazy.*
- ✓ *If two people say you have a green tail, it is a conspiracy.*
- ✓ *If seven people say you have a green tail, you turn around and look.*



The Green Tail (綠色尾巴)

If someone says you have a green tail, the person is crazy.

(如果有人說你有一條綠尾巴，那他就是瘋了。)

If two people say you have a green tail, it is conspiracy.

(如果兩個人說你有一條綠尾巴，那就是陰謀。)

If seven people say you have a green tail, you turn around and look.

(如果七個人說你有一條綠色的尾巴，你就會轉身看。)

Constructive Feedback

- ✓ Purpose – to help not hurt!
- ✓ It is specific, and focused on behavior that can be changed
- ✓ Limited to amount of feedback the targeted person can use
- ✓ Feedback should be clarified to avoid misunderstanding
- ✓ "Accentuate the positive"



Constructive Feedback. (建設性的回饋意見。)

Purpose- to help not hurt! (目的-是幫助不是傷害!)

It is specific, and focused on behavior that can be changed.

(它是具體的，專注於可以改變的行為。)

Limited to amount of feedback the targeted person can use.

(受限於目標人員可以使用的回饋量。)

Feedback should be clarified to avoid misunderstanding.

(應澄清回饋內容以避免誤解。)

Accentuate the positive.(強調積極的一面。)

2. Activity 1: 周哈里窗學習單-

(1).請依上一次完成學習單按照新的學習單 -周哈里窗的步驟填空。

(搭配學頤單： Unit3:Worksheet1(上一節完成的)和Unit3: Worksheet2)

學習單內容1-填寫步驟： Follow the steps and fill in the blank areas.

A. Open: (Known by self and known by others)-
(寫下你知道而且別人也知道的性格。)

B. Hidden: (Known by self but not known by others)
(寫下你知道但別人不知道的性格。)

C. Blind: (Not known by self but known by others) know.
(寫下你不知道但別人知道的性格。)

D. Unknown:(Not known by self and not known by others)
(寫下你不知道而且別人也不知道的性格。)

The worksheet is titled "Johari Window" and includes the following instructions:

1. Open: (Known by self and known by others) (寫下你知道而且別人也知道的性格 -)
2. Hidden: (Known by self but not known by others) (寫下你知道但別人不知道的性格 -)
3. Blind: (Not known by self but known by others) (寫下你不知道但別人知道的性格 -)
4. Unknown: (Not known by self and not known by others) (寫下你不知道而且別人也不知道的性格 -)

The grid is labeled "Johari Window" and has the following structure:

	(自己知道) Known by self	(自己不知道) Not known by self
(別人知道) Known by others	(Open)	(Blind)
(自己不知道) Not known by others	(Hidden)	(Unknown)

Below the grid, there are three questions:

1. Which personality do you like best in the open area and why? (你喜歡哪一個性格?)
Ans: I like " " the most, because " ".
2. Which personality are you surprised in blind area and why? (你對盲區、隱藏性格感到最驚訝?)
Ans: I am surprised I have " " because " ".
3. What kind of personality do you want to have in the future and what will you do? (未來你想擁有什麼樣的性格、怎麼去做?)
Ans: " "

Johari Window

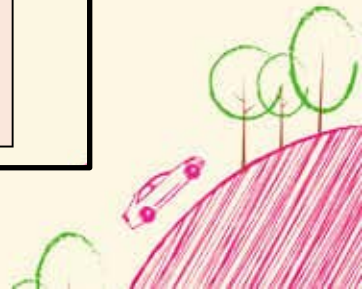
(自己圈選)
Known by self

(自己未圈選)
Not known by self

(他人圈選)
Known
by others

Not
known by
others
(他人未圈選)

(Open)	(Blind)
(Hidden)	(Unknown)



學習單內容 2- Explore yourself (探索自己)

1. Which personality do you like best in the open area and why?

(在開放區，你最喜歡哪一個性格？)

Ans: I like “_____” the most. Because....

2. Which personality are you surprised in blind area and why?

(在盲目區，哪種性格讓你感到驚訝？)

Ans: I am surprised I have/am _____. Because....

2. What kind of personality do you want to have in the future and what will you do?

(未來你想擁有什麼樣的性格，你會怎麼做？)

Ans: I want to have a _____ personality. Because...

Wrap up:

1. 老師回饋:

2. 請將學習單分享給海外的夥伴並請他/她給予回饋。

3. 寫心得感想:

(1) What do you think about your diversity?

(對於自己的多元面貌有何想法?)

(2) How do you feel about your own negative personality?

(你如何看待自己的消極特質?)

(3) Which personality would you like to have in the future? How do you do it?

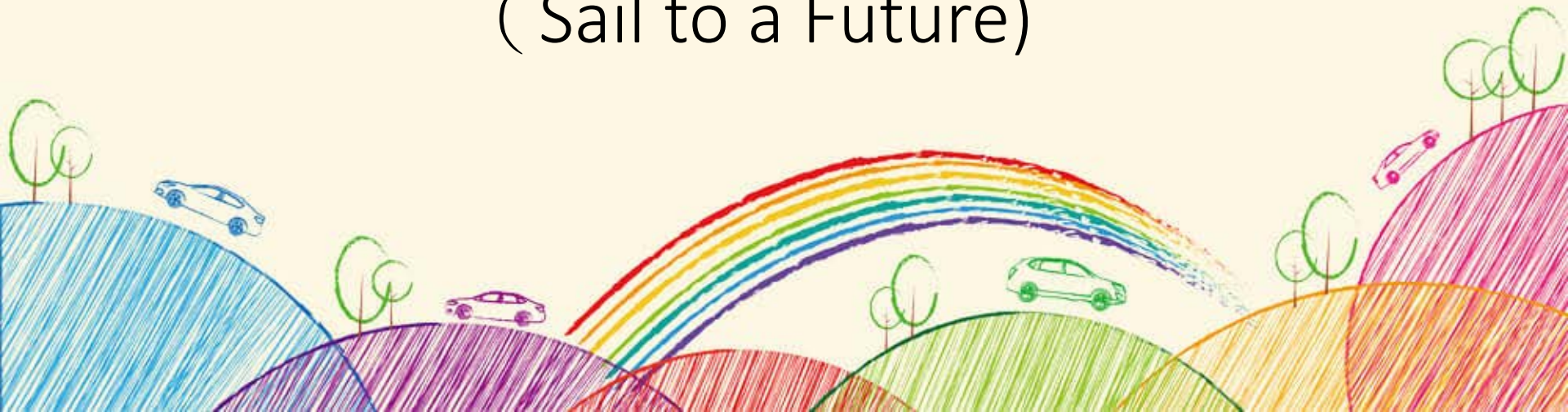
(未來你想擁有什麼樣的性格? 你怎麼做呢?)

(4) What do you think differently through the exchange of worksheets?

(透過學習單交流, 你有什麼不同的想法?)



第三節 航向未來 (Sail to a Future)



Warm up:

1. Personality Test Quiz -WHAT JOB IS THE BEST FOR YOU?

<https://www.youtube.com/watch?v=2TS2vh4wkek>

請學生搭配學習單跟著影片做一個

約6分鐘的職業小測驗

Unit3:Worksheet3. WHAT JOB IS THE BEST FOR YOU? Test

Question	Choice		
Q1 How do you work better?	With a person or two 2 (2分)	In a group (1分)	Single(3)
Q2 Which one do you prefer?	To learn something new all your life(3分)	To always promote at work(2分)	To work a little and to have free time(1分)
Q3 what is your talent from the list?	To write, to find solutions, to see in perspective(1分)	Artist talent(3分)	o work a little and to have free time(2分)
Q4 Pick a quality that you have :	Stress resistant(2分)	Hard-working(1分)	Very creative(3分)
Q5 With which you do you relate better?	yourself(3分)	people(2分)	animals(1分)
Q6 our dream profession is:	to help people with your work(1分)	to be a start(3分)	to do something extraordinary(2分)
Q7 Your best grades are:	Exact Science(2分)	Literature, Psychology, Foreign Language(1分)	Sports, Painting Music(3分)
Q8 Pick a profession goal:	To invent something(3分)	to make a million dollars(2分)	to do what you love(1分)
Q9 Pick and activity you like:	To play a classic game(1分)	to read what you like(3分)	to see a documentary(2分)
Q10 Pick a topic you like:	Genetic(2分)	Foreign literature(1分)	Acting(3分)

◆RESULT

Total Score: _____

From 10 to 14 stars:
the best job for you might be animal care, interior designer, event planner ,athletic trainer ,fashion consultant or chef

From15 to 19 stars the best job for you might be nurse ,therapist, surgeon ,teacher, lawyer, economist, insurance or real estate agent

From 20 to 25 stars the best job for you might be blogger reporter translator social media manager writer flight attendant or dietitian.

From 26 to 30 stars the best job for you might be toy designer software developer engineer firefighter zookeeper musician or actor

My score is _____.

The best job for me might be _____.

Result (結果) :

★From 10 to 14 stars: the best job for you might be

animal care, interior designer ,event planner ,athletic trainer ,fashion consultant or chef

★From 15 to 19 stars the best job for you might be

nurse ,therapist, surgeon ,teacher, lawyer, economist, insurance or real estate agent

★From 20 to 25 stars the best job for you might be

blogger, reporter, translator, social media, manager, writer, flight attendant or dietitian.

★From 26 to 30 stars the best job for you might be

toy designer ,software developer ,engineer, firefighter, zookeeper, musician or actor



分享測驗完之後的結果

★Usable Sentences.

My score is _____.

The best job for me might be _____.



Presentation:

1. Activity 1: What am I?

GUESS: 猜猜看這是描述哪一項職業?

Q1: I work in a restaurant. I cook food. I am in charge of the kitchen.

What am I?

Q2: I work in a hospital. I help sick people. I am not a doctor.

What am I?

Q3: I'll drive a car. I pick people up. I take people where they want to go .

What am I?

Q4: I wear a uniform. I catch criminals. You can call me in an emergency.

What am I?

Q5: I work in a classroom. I help people learn. I have many students.

What am I?

Q6: I'll visit many countries I work in a cockpit I control an airplane

What am I?



Q7: I work in a restaurant I'll take your food order I bring food to your table

What am I?

Q8: I grow crops. I also keep animals. I sometimes drive a tractor.

What am I?

Q9: I drive in a big red truck. I sometimes climb ladders. I put out fires.

What am I?

Q10. I wear a special suit . I fly in a rocket. I sometimes do a spacewalk.

What am I?



你們將來想從事什麼樣的職業?為什麼?

Q : What do you want to be in the future and why?

A : I want to be _____. Because it is cool/
interesting/making a lot of money.....



2. Activity 2: My Future Job (搭配學習單 Unit3:Worksheet 4)



The screenshot shows the 1111 Job Bank website interface. At the top left is the 1111 logo and the text '人力銀行 www.1111.com.tw'. To the right are navigation links: '類別找工作' (Job Categories) and '地圖找工作' (Map Jobs). A dropdown menu is open, displaying various job categories organized into five columns: 地區 (Region), 工作型態 (Job Type), 熱門 (Popular), 身份 (Identity), and 企業 (Company). The '身份' column has '社會新鮮人' (Social Freshman) highlighted with a red box. To the right of the dropdown, there are input fields for '地點' (Location) and '職務' (Job Title), and a blue '搜尋' (Search) button.

地區	工作型態	熱門	身份	企業
中部找工作	轉職專區	限時回應職缺	校園徵才	幸福企業
南部找工作	兼差打工	遠距工作	社會新鮮人	外商專區
	實習專區	遠距面試	高階獵頭	精密機械
	家教網	無經驗可	研發替代役	
	接案外包	月薪四萬起↑	公職考訊	
	人才派遣	固定休六日	教職網	
		年薪14個月	大學網	
		行政工作		

1. Google搜尋1111人力銀行
2. 點入類別找工作
3. 點入社會新鮮人

行業類別選單

地區類別選單

職務選單
(全職)

點入這三類別
選擇自己想要的

新鮮人找工作

新鮮人熱搜

限時回覆

科系找工作

求職攻略

免費履歷諮詢

新鮮人找工作

請選擇... ▼

請選擇... ▼

請選擇... ▼

找什麼工作或公司呢?

進階搜尋

找工作

無經驗可 僅搜尋職缺名稱

新鮮人熱搜

科系找工作

限時回覆



學習單內容：

Unit 3: Worksheet 4

☆☆ ~ ~ My Future Job ~ ~ ☆☆

Q1: 請到(1111 人力銀行)搜尋自己未來想要從事的職業並說明工作內容：

Please go to (1111 Human Resources Bank) to search for the career you want to pursue in the future and explain the job content.

工作名稱(Job title) : _____.

公司名稱(Company Name) : _____

工作內容(Work content):

條件要求(Work requirements) :

薪水 : salary

Q2: 為什麼你想選擇這家公司的這個工作？

(Why do you want to choose this job in this company.)

你可以就工作內容符合自己的興趣專長或其他或工作地點、時間、薪資和福利來討論。

(You can discuss job content based on your own interests, expertise or others or where and when you work or wages and benefits.)



Q3:你要如何規劃充實自己，讓自己未來有機會從事這個工作。

(How do you plan to improve yourself so that you have the opportunity to do this job in the future?)

請規劃三個階段國中、高中和大學(Please plan the three stages of junior high school, high school and university)



