

***Self-knowledge: The First Step in Career Planning***

**Presenter: George A. Letchworth, Ph.D., ASPIRE Mentor, McKenzie High School**

Each October Oregon sophomores and juniors take the PSAT. When students receive their PSAT results it includes an "Online Access Code" that they can use on the CollegeBoard website for free access to My Personality. The Personality Profiler provides students feedback on their Strengths, Learning Styles, Social Interactions and Motivation and links their personality types to careers and college majors. In this workshop participants will go through a demonstration of My Personality and how to relate it to career decision making. A handout will be provided with step-by-step instructions on how to guide students through the My Personality exploration.

**George A. Letchworth, Ph.D., ASPIRE Mentor, McKenzie High School**

George A. Letchworth, Ph.D. is an emeritus professor of psychology and education and is a certified MBTI Practitioner. He assisted in establishing the ASPIRE program at McKenzie High School and has been a mentor for 13 years. He offers ten separate workshops on different college planning topics each year.