

# Activity 3: Adjective Assessment

**NOTE: Activity NOT for New Groups.**  
This activity will require youth to know each other well enough to be able to successfully accomplish tasks.

Many times people see us differently than we see ourselves. Peoples' perceptions of us as leaders are very important and can determine our effectiveness as a leader. By working to develop "a match" between how we attempt to portray ourselves and how others see us, we can better understand why certain people act the way they do towards us.

## OBJECTIVES:

For youth to:

- select their leadership strengths.
- describe the positive leadership traits of their peers.
- compare views of themselves with the views others have of them.
- see themselves through other persons' perspectives.

## LIFE SKILLS:

- Getting along with others.
- Accepting differences.

## MATERIALS:

- Copies of the ADJECTIVE ASSESSMENT Survey for each youth
- Pens or Pencils

## TIME:

20 minutes

## SETTING:

Room with chairs in a circle

## DO

- Have participants sit in a circle and hand each one an ADJECTIVE ASSESSMENT survey. Have them write their names on it and in the first column at the right of the page (column 1), have them circle five adjectives they feel best describe themselves. Tell youth to fold the column so that no one else can see what they circled.
- Without filling anything else out, have participants pass it to their neighbor.
- When youth have received their neighbor's survey, have them circle in one column five adjectives that they think best describe the team member listed on the sheet.
- Pass the paper to the next person and have that person circle five adjectives in a separate column. Repeat the process with the remaining columns. Each person should use a different column.
- Collect the surveys after all of the columns are filled, and give each participant their original survey. Have youth compare their responses to those that others gave them.

## REFLECT

- Were the adjectives you selected for yourself similar to the ones that others selected for you? Why or why not?
- Were the adjectives you selected for others similar to the one's they checked for themselves? Why or why not?
- Did you find something out about one of your peers that you didn't know before? How does that change your perception of them?
- How did you feel when selecting adjectives for the others?
- Are you comfortable knowing others' opinions of you?

## APPLY

- Will knowing how others see you affect your behavior in the future? As a leader? Will your perception of others change?
- How did the adjectives selected for yourself relate to your leadership abilities and style?
- Select a leader whom you admire. If you had to fill out the ADJECTIVE ASSESSMENT for him or her, what would you circle? Why?



## ADJECTIVE ASSESSMENT SURVEY

ME	Neighbor 1	Neighbor 2	Neighbor 3
Steady	Steady	Steady	Steady
Determined	Determined	Determined	Determined
Trustworthy	Trustworthy	Trustworthy	Trustworthy
Independent	Independent	Independent	Independent
Creative	Creative	Creative	Creative
Refined	Refined	Refined	Refined
Diplomatic	Diplomatic	Diplomatic	Diplomatic
Idealistic	Idealistic	Idealistic	Idealistic
Rational	Rational	Rational	Rational
Spontaneous	Spontaneous	Spontaneous	Spontaneous
Self-confident	Self-confident	Self-confident	Self-confident
Sincere	Sincere	Sincere	Sincere
Intelligent	Intelligent	Intelligent	Intelligent
Understanding	Understanding	Understanding	Understanding
Considerate	Considerate	Considerate	Considerate
Calm	Calm	Calm	Calm
Witty	Witty	Witty	Witty
Decisive	Decisive	Decisive	Decisive
Quiet	Quiet	Quiet	Quiet
Dominant	Dominant	Dominant	Dominant
Serious	Serious	Serious	Serious
Enthusiastic	Enthusiastic	Enthusiastic	Enthusiastic
Articulate	Articulate	Articulate	Articulate
Organized	Organized	Organized	Organized
Reflective	Reflective	Reflective	Reflective
Logical	Logical	Logical	Logical
Open	Open	Open	Open
Conscientious	Conscientious	Conscientious	Conscientious
Assertive	Assertive	Assertive	Assertive
Intense	Intense	Intense	Intense