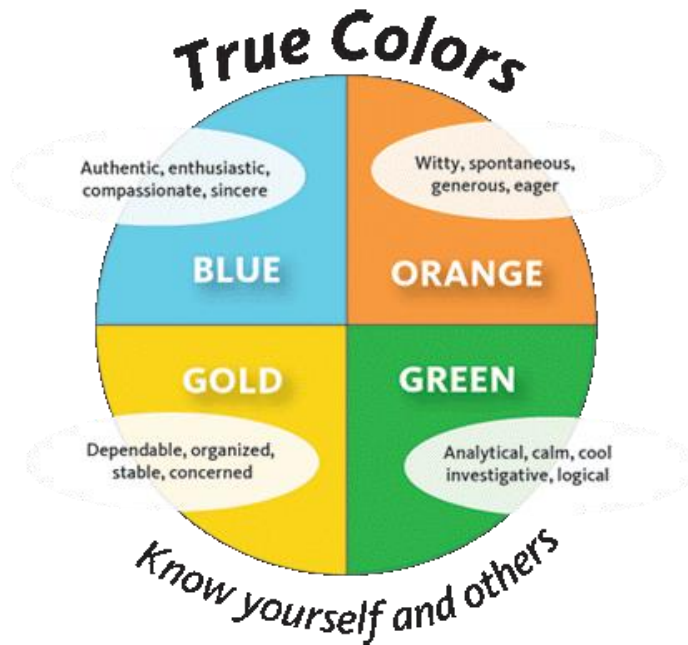


TOOL BOX

True Colors: Know Yourself and Others



[True Colors](#) is another excellent tool for sparking exploration and dialogue around careers. Adapted from *The Color Guide to Life: Know and Live Your True Self* (2014), this activity is incredibly accessible and ideal for the classroom.

After completing a short personality inventory, students discover their “true color,” which comes with a corresponding personality description. Along with the description, the handouts include a list of personality strengths and values, the do’s and don’ts of relating to each personality type, styles and stressors, and matching career choices. Besides being a great tool for self-reflection, the lesson can springboard students to performing deeper career research.

Students love learning about themselves and seeing how their true colors will help in their future careers!