

# Introduction to About Me



Length:  
40-50 minutes

## About this lesson

Students begin to connect who they are today to who they might become by considering aspects of themselves they believe are important.

## Learning objectives

By the end of this lesson, students will

- reflect on their personalities and achievements
- recall their experiences, skills, and interests
- make connections between what they know about themselves now to their future

## Inquiry prompts

- How can understanding myself shape how I think about the future?

## Before you begin

1. Ensure that you are able to log into your student demo account on Xello.
2. Ensure that students are able to log into their accounts and access **About Me**.
3. Decide whether to take discussion notes with your class via a slide deck and projector for students to view, or on a whiteboard in the physical classroom.
4. Create a Xello **Assignment**. This is where students will submit their reflections at the end of class.
5. NOTE: Students will likely revisit this lesson each year. If this is not their first time completing this lesson, they should add to or update the **Experiences**, **Skills**, and **Interests** on their profiles to reflect their evolving personalities and achievements.

## Teaching strategies

- 1 Start by allowing students five minutes to reflect on the following questions:
  - What are the most important things to know about you, both personally and academically?
  - How does knowing these things impact how you think about the future?
- 2 Show students the [Explore Your Future With Xello](#) video. When the video is done, ask for reactions.
- 3 Now direct students to log in to their Xello accounts. Direct them to the **About Me** tab. Model each of the following tasks for students before giving them time to work on their own, offering assistance as needed:
  - Upload a profile picture and cover photo (if they haven't done this before) or update their existing photos if they'd like.

## Materials required

- Computers or tablets with Internet access
- Whiteboard and whiteboard markers (optional)
- [Explore Your Future With Xello](#) video

## Outcomes

Students:

- upload a profile picture and cover photo
- add at least 1 experience to the **Experiences** timeline
- add or update at least 1 **Interest**
- add or update at least 1 **Skill**
- reflect on how understanding themselves shapes their future in a Xello **Assignment**

Lesson prerequisites

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- Add or update at least one experience to their **Experiences** timeline. Students should aim to have experiences of each type (work, volunteer, education, and life).
  - Add or update at least 1 **Interest**.
  - Add or update at least 1 **Skill**.
- 4 At the end of the activity, have students revisit their answers to the discussion questions you posed at the beginning of class. They should make any updates necessary and then submit their reflections to the Xello **Assignment**.