



Leader Overview: Student Identity Program

This guide is designed to equip you as a student program leader to effectively use the Identity Trait Program and Worksheets within a school setting. These tools will empower you to help students identify their strengths, vulnerabilities, and growth areas as they work toward personal development, emotional resilience, and transformation. By guiding participants through these sessions, you will foster deeper connections, encourage growth, and support their journey toward discovering their true identity.

Preparation:

Take the following steps to prepare for Session 1 and begin the Identity Program with your students:

1. **Review this Leader Overview:** Familiarize yourself with the overall process and structure of the program, including the purpose of each session and the tools provided.
2. **Download and Print the Student Overview:** Bring this to the Session 1 meeting to share with your students.

Session 1: Program Buy-In and Identity Assessment

1. **Review the Student Overview:** During your meeting (Session 1), discuss the program with your students to ensure everyone understands how the program works and how it will help them uncover their strengths and personal growth areas. This will set the foundation for the journey ahead.
2. **Complete the Identity Assessment:** Once the group is ready, have each participant click on the QR code or go to www.faith-identity.org/student-assessment to take the assessment and register to get access to their results. This will be the starting point for their personal reflection based on their 'primary' and 'secondary' identity traits.
3. **Download and Print Trait Worksheets:** The online Identity Assessment will indicate each participant's primary and secondary traits. Download and print these worksheets to share with the group in future sessions.



Session 2: Character Traits Worksheet

Guide your students to reflect on their character traits. Encourage them to think about how these traits have shaped their decisions in the past and how they can use them to make better choices moving forward. This is a time for personal reflection and group sharing.

Session 3: Spiritual Strengths Worksheet

This session helps students recognize their emotional strengths, including their resilience and coping mechanisms in the face of challenges. Use this time to encourage students through group discussions, examples, and support. Invite students to share personal stories of overcoming emotional hurdles.

Session 4: Vulnerabilities Worksheet

Help students acknowledge their vulnerabilities, including past struggles, personal challenges, and areas of growth. Create a safe and supportive environment where they can openly discuss their difficulties. Emphasize that acknowledging vulnerabilities is key to emotional and personal development.

Session 5: Navigating Challenges Worksheet

In this session, work with students on developing strategies for overcoming current challenges they may face in school, relationships, or personal growth. Discuss how they can adapt to these challenges and overcome them using their strengths and available resources.

Session 6: Learning Styles Worksheet

Assist students in identifying their learning styles. Understanding how they learn best will empower them to engage more effectively in schoolwork and personal growth. Encourage them to apply this knowledge to their learning journey both inside and outside the classroom.

Session 7: Relational Strengths Worksheet

Focus on the relational strengths students possess and how these strengths can help them build positive relationships with peers, teachers, and others around them. Discuss the importance of empathy, communication, and understanding in fostering healthy relationships in their personal lives.

Session 8: Conversational Strengths Worksheet

Encourage students to reflect on their conversational strengths and how they can engage in meaningful dialogue, resolve conflicts, and communicate effectively. Emphasize the role of positive communication in building stronger relationships and resolving misunderstandings.

As a student program leader, your role is to guide students through these sessions with empathy, encouragement, and emotional support. Each worksheet serves as a tool for personal reflection, and together they create a roadmap for students to discover their potential, overcome obstacles, and experience growth and transformation. By working through these materials, you will help your students build a strong foundation for lasting change, both in their personal lives and in their interactions with others.