

**I'm Awesome
But I Have My
Limitations
Highlights our
Strengths
Shows we are
not alone in our
limitations
Teaches useful
skills
Is entertaining
and fun!!!**



Esther Cameron

Participants will remember more from **I'm Awesome** than from a traditional lecture and they will have more fun than at a typical party

Abstract

All of us are have tremendous potential. We have more abilities than we realize.

All of us also have some real limitations... more than we realize.

This booklet provides an overview of the **I'm Awesome, But I Do Have My Limitations** program. The program is designed to:

- .Recognize participants for their abilities and accomplishments
- .Equip them with some tools to stay safe and achieve their potential
- .Illustrate they are not alone in their limitations.

I'm Awesome is designed to serve as a source of encouragement to participants as they proceed through school and continue on the journey of lifelong learning and begin their career planning.

Participants will learn a great deal and have fun!!!



Jared directed Esther to place stickers on the chart while wearing goggles which made everything look upside down.

Perceptually Inverted Navigation (PIN)
Jared Nunes (Goggles)
Esther Cameron (Blindfolded)

Presentation Designer

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Ron is the 2010-11 Secretary-Treasurer of HFES and serves on its Executive Council. He has served as the President of the APA Division of Applied Experimental & Engineering Psychology.

Ron has worked as a human factors practitioner in both large company (IBM) and small consulting firm environments. He has served as a technical leader and manager of human factors, the corporate coordinator of Human Factors and Usability at IBM, the Learning Integrator and Program Manager for Skills and Employee Development for the IBM Software Group, the second line manager of IBM New Employee Orientation and the manager of IBM Technical Leadership and Technical Learning globally, Career Coaching and US Employee University Education.

Ron taught psychology at the university level and presents regularly at professional psychologists' and educators' conferences, and to various high school and college student groups, often on career preparation.



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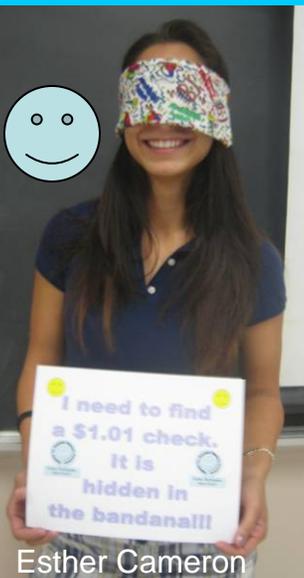
I'm Awesome



Colleen M. Williams

I've:

- .Achieved
- .Contributed to teams
- .Excelled
- .Graduated
- .Helped People
- .Learned
- .Led
- .Won



Esther Cameron

I:

- .have a can do attitude
- .ask good questions
- .find the right tools
- .solve problems in new ways
- .am persistent
- .can do many things that may seem impossible.



But I Have My Limitations

My previous experiences can get in the way:

Name the ink colors on the following three lines

Green Red Blue Brown Black
 Black Brown Red Blue Green
 Green Blue Brown Red Black

Did you go fast or slow?

If you went fast did you name the ink or say the words?

The way my brain works may be getting in the way:

1. Draw small clockwise circles with your right foot.
2. Draw a six with your right hand.
3. What happens to your right foot?

So, I need to decide if I should be doing it. If so, I need to think of a new way to be successful.

Hint: Start drawing the six from the bottom.

I can only go so fast without making a mistake:

Spell SPOT really fast five times.
 What do you do at a green light?

And some things just can't be done...



Greg Evans

You can't catch the falling dollar most of the time...

BE SAFE!!!

Please

Remember...

You are awesome...

- .Keep yourself safe
 - .No cell phones while driving
 - .No speeding
- .Make yourself successful
- .Excel by optimizing your strengths
- .Work to minimize the impact of your limitations
- .Be patient, but persistent accomplishing your goals
- .Following directions and paying attention can be difficult, so confirm your understanding
- .Think carefully
- .Don't overlook key details
- .Begin assignments when assigned, not when due
- .If you need more time, ask early not late
- .Ask your teachers and family for help when needed



Elizabeth Hampson

When your teachers and leaders write your confidential recommendations earn the right to have them say your contributions have been **Awesome!!!**