# Identity matters

## This accompanies the Identity matters video.

**Task 1** – you may wish to answer these questions individually or in a group

1. Thinking of the quotes you've been presented in the Identity Matters video, consider do you agree with their perspective or not? Do you agree/disagree with these perspectives? Why?

Write down and/or share your thoughts.

2. Thinking of the quotes you've been presented in the Identity Matters video, consider do emotions described, do they apply to you (or anyone you know)? Do the emotions described apply to you at all, or have you witnessed them in other academics?

Write down and/or share your thoughts.

3. Thinking of the quotes you've been presented in the Identity Matters video, consider what, if anything came as a surprise to you?

Write down and/or share your thoughts.

**Task 2** – you may wish to answer these questions individually or in a group

1. Consider the timelines presented in the Identity Matters video, have you ever thought about charting your life events alongside your career events before? (Why/why not?)

Write down and/or share your thoughts.

2. How do you instinctively feel about the learning curve of a new job? Consider the timelines presented in the Identity Matters session, how do you feel about the learning curve of a new job? (Perhaps cast your mind back to how you felt when you started a role). Write down and/or share your thoughts.

3. Have a go at creating your own personal timeline.

Highs

Lows

time