

Overview

An activity using myworldofwork.co.uk to link the study of English and the topic of reflective writing to possible careers.

Objectives

As part of a wider lesson, this lesson insert intends to:

- Make a link between the skills developed in reflective writing practice and the skills needed for the world of work

My World of Work activity (20mins)

- Arrange pupils in groups of two or three
- Go to myworldofwork.co.uk
- Go to [My career options](#)
- Ask pupils to review the section titled '[Show off your skills](#)'
- Hand out the thinking about skills checklist (one for each pupil) and ask the groups to agree and tick off the skills they think are developed in reflective writing activities
- Ask pupils to work on their own to think about their own personal skills and use the checklist to tick the skills they feel confident with

Connect the learning (in the wider lesson)

- Discuss some typical jobs that use reflective writing like writer, journalist, teacher or professor/lecturer (see job links below)
- Discuss how the skills learned in reflective writing are transferable to the workplace for many other jobs, e.g.:
 - Written communication skills/report writing
 - Use of professional language/vocabulary
 - Problem solving and analytical skills
 - Self-awareness – knowledge of strengths and weaknesses
 - Ability to learn from experience
 - Skills for continued professional development (many professions require you to keep reflective logs alongside evidence of achievement for professional accreditation, chartership etc)
- Discuss how confidence in reflective writing (writing about yourself and your experiences) relates to completing CVs and application forms for jobs

Review and reflect (5mins)

- Ask pupils to reflect on the skills they have ticked for reflective writing versus the skills they have ticked for themselves. Are there any of the reflective writing skills that they feel they need to further develop?

Resources

- Computers or tablets with internet access

My World of Work – job profile links

Education psychologist	Further education lecturer	Magazine journalist
Teacher – secondary school	Writer	Technical author

Curriculum links

This activity is suitable for all year groups studying: English – National 5

SQA:

Enables learners to develop their literacy skills and to understand, analyse and evaluate a range of texts (including Scottish texts) in the contexts of literature, language and media. The course also enables learners to create and produce texts and to apply their knowledge and understanding of language.

Portfolio –Creative:

The piece displays very good creativity, feelings/reactions/ experiences are expressed/explored with a very good degree of self awareness/ involvement/ insight/sensitivity.

Career Education Standard pupil entitlements

Supports entitlements set out in the Career Education Standard for young people to:

- Experience a curriculum through which they learn about the world of work and job possibilities and which makes clear the strengths and skills needed to take advantage of these opportunities
- Know where to find information and access support making effective use of online sources such as My World of Work
- Develop Career Management Skills as an integral part of their curriculum

Meta-skills

This activity is designed to support development of the following meta-skills:

Self-management – Manage the now

Focusing

The ability to effectively filter and sort information to maintain a sense of focus is essential in an age of information abundance and constant change.

Initiative

Initiative is a readiness to get started and act on opportunities built on a foundation of self-belief.

Social intelligence – Connect with the world

Communicating

Communication is the ability to openly and honestly share information in a way that creates mutual understanding about thoughts, intentions and ideas between all parties involved.

Leading

Leading is the ability to lead others by inspiring them with a clear vision and motivating them to realise this.

Innovation – Create our own change

Curiosity

Curiosity is the desire to know or learn something in order to inspire new ideas and concepts.

Sense making

Sense making is the ability to determine the deeper meaning or significance of what is being expressed and to recognise wider themes and patterns in information and situations.

Critical thinking

Critical thinking is the ability to evaluate and draw conclusions from information in order to solve complex problems and make decisions.



Thinking about skills

Reflective writing skills	Skills	Your personal skills
✓	Adapting	✓
	Positive attitude	
	Persevering	
	Resilience	
	Adaptability	
	Reflecting	
✓	Collaborating	✓
	Networking	
	Building Relationships	
	Compromising	
	Cooperating	
	Supporting	
	Mediating	
✓	Communicating	✓
	Reading	
	Listening	
	Verbal communication	
	Written communication	
	Working with technology	
✓	Creativity	✓
	Creative	
	Innovative	
	Resourceful	
	Designing	
✓	Critical thinking	✓
	Problem solving	
	Working with numbers	
	Evaluating	
✓	Curiosity	✓
	Questioning	
	Observation	
	Researching	
✓	Feeling	✓
	Social conscience	
	Respecting	
	Empathising	
✓	Focussing	✓
	Concentrating	
	Attention to detail	
	Filtering	
	Sorting	
✓	Initiative	✓
	Risk taking	
	Self esteem	
	Time management	

	Managing resources	
	Developing a plan	
	Implementing ideas	
	Taking initiative	
✓	Integrity	✓
	Reliable	
	Self awareness	
	Ethical	
✓	Leading	✓
	Making decisions	
	Motivating others	
	Negotiating	
	Delegating	
	Coaching	
	Mentoring	
	Taking responsibility	
✓	Sense making	✓
	Recalling	
	Understanding	
	Analysing	