

# Lesson insert

## Overview

An activity using [myworldofwork.co.uk](http://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](http://myworldofwork.co.uk)
- Go to [my career options](#)
- Ask pupils to review the section on [what are my 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
- Discuss how the skills learned in reflective writing are transferable to the workplace for many other jobs, eg:
  - 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, charterhip 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?

## Languages

### English

### Reflective writing

## Resources

- Computers or tablets with internet access
- Projector or smart-board
- Thinking about skills checklist

## My World of Work links

### Articles

[What are my skills?](#)

[Transferable skills](#)

### Job profiles

[Writer](#)

[Magazine journalist](#)

[Secondary school teacher](#)

[Further education lecturer](#)

## Curriculum links

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 (3-18)

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



| Reflective writing skills | Skills                                   | Your personal skills |
|---------------------------|--|----------------------|
| ✓                         | <b>People &amp; communication skills</b> | ✓                    |
|                           | Communicating with people                |                      |
|                           | Listening to people                      |                      |
|                           | Explaining things                        |                      |
|                           | Working as part of a team                |                      |
|                           | Following instructions                   |                      |
|                           | Persuading people                        |                      |
|                           | Taking the lead                          |                      |
|                           | Caring for people                        |                      |
|                           | Helping customers                        |                      |
|                           | Being tactful                            |                      |
|                           | Using other languages                    |                      |
|                           | Helping people to learn                  |                      |
|                           | Presenting to people                     |                      |
|                           | Communicating ideas through writing      |                      |
|                           | Working on your own                      |                      |
| ✓                         | <b>Practical skills</b>                  | ✓                    |
|                           | Accuracy                                 |                      |
|                           | Working with your hands                  |                      |
|                           | Repairing and fixing                     |                      |
|                           | Making things                            |                      |
|                           | Conducting experiments                   |                      |
|                           | Caring for animals                       |                      |
|                           | Programming computers                    |                      |
|                           | Using computers                          |                      |
|                           | Being physically fit                     |                      |
|                           | Performing                               |                      |
|                           | Designing                                |                      |
| ✓                         | <b>Thinking skills</b>                   | ✓                    |
|                           | Finding solutions to problems            |                      |
|                           | Being logical                            |                      |
|                           | Coping with pressure                     |                      |
|                           | Solving mathematical problems            |                      |
|                           | Researching and investigating            |                      |
|                           | Coming up with new ideas                 |                      |
|                           | Being creative                           |                      |
| ✓                         | <b>Organisational skills</b>             | ✓                    |
|                           | Budgeting                                |                      |
|                           | Planning and organising                  |                      |
|                           | Time management                          |                      |
|                           | Working with numbers                     |                      |
|                           | Paying attention to detail               |                      |
|                           | Making decisions                         |                      |