



My  
World of  
Work

# 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:

- Encourage pupils to understand the importance of knowing your personal skills, strengths and achievements in English assessment work as well as in the workplace
- Encourage pupils to consider their skills and strengths developed in reflective writing activities

## 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 sections on [what are my skills?](#) and [what are my strengths?](#) and discuss the difference between the two
- Ask pupils to review the section on [how your strengths help you build confidence](#)

## Connect the learning (in the wider lesson)

- Discuss how knowing more about yourself, your skills and your strengths can help build confidence
- 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)

- Homework: Ask pupils to complete the strengths quiz if they haven't already done so and research the career suggestions relating to their strengths
- Ask pupils to reflect on their strengths and how they might use them in reflective writing activities
- Optional: Ask pupils to identify moments in their life/past experience where they demonstrated these strengths (this will provide a stimulus for their reflective writing in future lessons)

## Languages

### English

### Reflective writing

## Resources

- Computers or tablets with internet access
- Projector or smart-board

## My World of Work links

### Articles

[What are my skills?](#)

[What are my strengths?](#)

[How your strengths help you build confidence](#)

[Strengths dictionary](#)

## 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