

# Using the My World of Work Strengths tool

## Lesson plan

### Aim

For young people to learn about their strengths and how they can relate to their career options.

### Mapping

CES 'I Can' Statements	CMS Themes and competencies
<ul style="list-style-type: none"> <li>★ I can identify my interests, strengths and skills and use them to make informed choices</li> <li>★ I can access advice and support to help me make informed choices about further learning and opportunities</li> </ul>	<ul style="list-style-type: none"> <li>★ Self: I develop and maintain a positive self-image</li> <li>★ Strengths: I am aware of my skills, strengths and achievements</li> <li>★ Horizons: I understand that there are a wide variety of learning and work opportunities that I can explore and are open to me</li> <li>★ Horizons: I know how to find and evaluate information and support to help my career development</li> </ul>

### Learning Outcomes

Young people will understand how:

- ★ to access information about strengths on My World of Work
- ★ to access and complete the Strengths tool on My World of Work
- ★ strengths relate to career options

### Development of Activity

#### Introduction – Context of lesson

Young people will be able to complete the Strengths tool on My World of Work. Strengths are things you're naturally good at. Knowing their strengths can help young people research careers, subjects or courses which bring out the best in them

Activity on next page...

## Pupil Instructions

### Before you start

- ★ Sign into your My World of Work account [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk)
- ★ If you do not have an account, click 'register' at the top right-hand side of the page. If you need help to do this, watch this [video](#) on how to register

### Strengths activity

- ★ Select 'My career options' at the top of the page, click 'Go to section' and then click on [What are my strengths?](#)
- ★ Read through the article which will explain what strengths are and why they are important
- ★ Once you have done that, click 'Try the strengths tool'
- ★ You can use the 'Strengths [user guide](#) and [video](#) help you
- ★ You will be asked to complete three sections. Work your way through all the questions to find out your strengths
- ★ Once you have completed the quiz you will be shown your full results. You will find out about the strengths you use often, the strengths you use less often and your strengths themes
- ★ Your results will also detail some career suggestions, subject choices and leisure activities. In addition, you will find information about your employability level to help you become work ready
- ★ Do you agree with your results? Why not discuss your strengths results with others?

### Research jobs related to your strengths

- ★ Once you have read through your results click on 'View your career suggestions'. Bookmark anything you find interesting

### Top tips

- ★ You can access the Strengths tool in a range of ways, such as in your account overview, your To-do list or in My career options
- ★ Find out how strengths help build your confidence [www.myworldofwork.co.uk/my-career-options/how-your-strengths-help-you-build-confidence](http://www.myworldofwork.co.uk/my-career-options/how-your-strengths-help-you-build-confidence)

## Follow-up

Young people can revisit the Strengths tool and reflect on the results in their report.

Young people can continue to explore My World of Work and complete activities on their To-do list in their account.