

My skills and strengths

Lesson plan

Aim

To help young people to begin to think about their strengths and skills.
To help them think about which ones they have and the ones they would like to develop

Mapping

CES 'I Can' Statements	CMS Themes and competencies
★ I can consistently demonstrate the skills, attributes and behaviours needed to sustain and progress my career	Strengths: ★ I am aware of my skills, strengths and achievements ★ I can build on my strengths and achievements

Learning Outcomes

Young people will:

- ★ understand the skills and strengths they have
- ★ start to think about strengths that they would like to have

Development of Activity

Introduction

In this activity, young people will think about the skills and strengths they have and would like to develop. For the skills and strengths that they have, they can think about how they use them.

Activity on next page...

Instructions for the young person

You can use these instructions for your young people to explain the activity.

A work-around has been included for those who can't print the worksheet. You can give this option to young people at the time and in the way you think best.

Before you start

- ★ Print the 'My skills and strengths' worksheet or ask someone to print it for you
- ★ If you can't print the worksheet, write skills and strengths I have on one side of a sheet of paper. On the other side of the paper, write skills and strengths I would like to have.

Activity instructions

Using the worksheet

- ★ Look through the list of skills and strengths.
- ★ Are there ones that you already have? Tick the star.
 - Think about ways that you use these skills and add them to the box
- ★ Are there skills and strengths that you would like to have? Tick the arrow.
- ★ Are there skills and strengths that don't suit you? Tick the cross.
- ★ Do you have other skills and strengths that are not listed? Add them to the box at the end of the worksheet.

Need help? Ask your family or friends about the strengths and skills that they think you have.

- ★ Finally, think about the skills and strengths that you would like to have. Complete the table at the end of the worksheet called 'Improve your strengths and skills':
 - Choose three of the skills that you would like to have.
 - Write a plan for what you could do to get better at each skill or strength.
 - Add a date that you could do this by and who you would need to help you.

Activity on next page...

Using a sheet of paper

★ Think of skills and strengths that you have. Write or draw these on your paper under that heading.

Need help? You could look through the sheet of skills and strengths ideas. Or ask your family or friends what skills and strengths they think you have.

★ For each skill or strength that you write or draw, think about how you use it. Add this to your paper.

★ Are there skills and strengths that you would like to have? Write or draw these on your paper under that heading.

- Choose 3 of these skills or strengths.
- Write a plan for what you could do to get better at each skill or strength.
- Add a date that you could do this by and who you would need to help you.

Follow-up

The young person should follow their plan to develop their skills and strengths. They should look back on the skills and strengths that may be needed for future jobs. How do their skills and strengths match the ones that may be needed in the future?