

# Knowing Myself

## Lesson Plan

### Aim

To review and record current Career Management Skills (CMS).

### Mapping

CES 'I Can' Statements	CMS 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' consistently demonstrate and apply the skills I have learned across the curriculum in relation to the world of work</li> </ul>	<ul style="list-style-type: none"> <li>★ I am aware of my skills, strengths and achievements</li> </ul>

### Learning Outcomes

- ★ To understand how to relate CMS to their current situation
- ★ To be aware of how CMS benefits you
- ★ To understand how CMS will help with decisions what to do next

### Development of Activity

Introduction: This activity is to enable young people to recognise why CMS might be useful in subject choice, CVs for part time jobs, work experience, building networks etc.

### 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.

## Instructions

### Before you start

- ★ Print out the “Knowing Myself” worksheet or ask someone to print it out for you or draw the boxes and headings on a piece of paper

### Activity

- ★ Think about the importance of CMS and good career planning
- ★ Look at each section of the worksheet and write down everything you can think of that represents you and that you are proud of
- ★ Once you have completed this, read over the worksheet and think about how each of these sections relate to your career management skills (self, strength, horizons, networks)
- ★ You can discuss your completed worksheet with a family member or friend

## Follow-up

- ★ After completing the worksheet young person should consider how easy or difficult was it and why.
- ★ Consider how this will support future choices (writing CVs, deciding on subjects etc.) and discuss with an adult.
- ★ Try creating an online CV on [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk) to put their new skills into practice.
- ★ Completion of the worksheet will allow reviewing and recording of CMS which supports the planning to move forward into S5 or S6 or first steps after leaving school.

## Next Activity – Flip of a Coin

These activities will allow young people to investigate their strengths and skills through a number of activities.