

Knowing Myself

Lesson Plan

Aim

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

Mapping

| CES 'I Can' Statements | CMS Competencies |
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| <ul style="list-style-type: none"> ★ 'I Can' share, evaluate and evidence my skills for learning, life and work to help me make successful future choices and changes ★ 'I Can' consistently demonstrate the skills, attributes and behaviours needed to sustain and progress my career | <ul style="list-style-type: none"> ★ I am aware of how I change and grow throughout life ★ I adapt my behaviour appropriately to fit a variety of contexts |

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 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 further steps after leaving school.