

# Strengths scale

## Lesson plan

### Aims

To help young people to begin to think about their strengths and skills. To help them think about which are most developed and how they can develop others.

### Mapping

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

### Learning Outcomes

Young people will understand:

- the strengths and skills they already have and ones they would like to develop
- how they can develop skills and strengths over time.

### Development of Activity

#### Previous activity – My week

The previous activity in this career education programme was “My Week”. The young people will have identified strengths they get from activities doing their weekly activities. They can use these skills and strengths to get started with this activity.

#### Introduction

In this activity, young people will think about the strengths they have and would like to develop. They are given a scale from 1 to 10 to rate them on. They can plan how they will develop their skills and strengths further.

#### 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 'Strengths scale' worksheet or ask someone to print it for you
- ★ If you can't print the worksheet, copy the scale onto a sheet of paper. On the other side of the paper, draw the table on page 2 of the worksheet.

### **Activity instructions**

- ★ Think about skills and strengths that you have.  
Need help? Look at the worksheet of suggested skills and strengths.
- ★ How good do you think you are at them? Rate them from 1 to 10.
  - 1 means you want to get better at it
  - 10 means you are already very goodNeed help? Ask your family or friends to help you think of strengths and skills that you have. Talk to them about how good you are at them.
- ★ Complete the table in the worksheet called 'Improve your strengths and skills':
  - Look at the skills and strengths you rated lower. For example, the ones you rated from 1 to 7.
  - Which of these skills and strengths would you like to get better at? Add them to the table.
  - 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.
- ★ You might want to rate your skills again in the future to see if you have gotten better at them. Set a date to do this.

### **Follow-up**

The young person should follow their plan to develop their skills and strengths. They should rate them again in the future to see if they feel that they have gotten better at them. You may want to remind them later in this programme to do this.

### **Next activity – Introduction to MyWOW registration and About Me Tool**

The next activity in this career education programme is the Skills Explorer activity. This uses the Skills Explorer tool on My World of Work. The young people can use the skills and strengths they have added to their scale to get started.