



# Skills development & becoming a young professional

Look at the skills below and using the scale of 1-10, put an 'X' where you think you were before starting the lesson, then use a circle to highlight where you think you are now that you have completed this lesson. Have you used and improved some key skills?

<b>PROBLEM SOLVING</b> (Initiative)		1	2	3	4	5	6	7	8	9	10
<b>COMMUNICATION</b> (Presenting, Listening)		1	2	3	4	5	6	7	8	9	10
<b>SELF-MANAGEMENT</b> (Organisation)		1	2	3	4	5	6	7	8	9	10
<b>TEAMWORK</b>		1	2	3	4	5	6	7	8	9	10
<b>CREATIVITY</b>		1	2	3	4	5	6	7	8	9	10
<b>NUMERACY</b>		1	2	3	4	5	6	7	8	9	10
<b>DIGITAL SKILLS</b>		1	2	3	4	5	6	7	8	9	10
<b>INFORMED</b>		1	2	3	4	5	6	7	8	9	10
<b>LEADERSHIP</b>		1	2	3	4	5	6	7	8	9	10
<b>CONFIDENCE</b>		1	2	3	4	5	6	7	8	9	10
<b>DRIVE</b> (Aiming High)		1	2	3	4	5	6	7	8	9	10
<b>RESILIENCE</b> (Staying Positive)		1	2	3	4	5	6	7	8	9	10
<b>REFLECTION</b>		1	2	3	4	5	6	7	8	9	10
<b>SELF-BELIEF</b>		1	2	3	4	5	6	7	8	9	10



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THE KEY THINGS I AM GOING TO DO TO HELP PREPARE FOR MY CAREER FOLLOWING THIS SESSION ARE:

THE KEY THINGS I HAVE LEARNT FROM THIS SESSION ARE:

THINGS I NEED TO GO AND FIND OUT MORE ABOUT NOW:

This session has taught me useful things about careers	Agree	OK	Disagree
This session has helped me think about my skills	Agree	OK	Disagree
I enjoyed this session	Agree	OK	Disagree