



Building my skills for life & work

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?

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