

## Strengths and Areas for Improvement (Skills)

When preparing to leave school we concentrate on looking at what we are good at. Look at areas we can improve on and what we can do to try and work on these.

Talk through with a family member or carer.

Circle with two different colours to identify what you feel you are good at and areas you think you could improve on.

### Skills

I Can.....



Can you think of other skills that you need that are important for life and work that are not on the list? (discuss with parents/carers or research on the internet)

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### Extension Task 1

Pick up to 4 of the skills and explain how you have done them and why they are important for life or work.

- Write your answers down
- record a video of yourself (it is important to be able to talk about yourself)

Pick up to 3 skills you can improve on

Explain how you can improve on those skills.

For example:

- Take videos/photos of yourself helping work in the garden.

- Setting your alarm and getting yourself up and ready in the morning.
- Tidy your room without being asked
- Plan, prepare and make lunch or dinner for your family
- Learn new skills using ICT.
- Etc.

## Extension Task 2

<https://www.youtube.com/watch?v=vGjNI16pxn8>

Above is the link for useful video explaining skills needed for employment.

These 8 skills are important employability Skills – Research and explain using images from the internet/magazines and by writing around the Skill, what it means and how you have this skill.



Communication



Team Work

Problem  
Solving

Initiative and  
Enterprise

Planning and  
organising

Self-  
Management

Learning

Technology