

# Personal Strengths, Skills, and Uses

**Big Idea (5):** Exploring our strengths and abilities can help us identify our goals.

**Big Idea (6):** New experiences, both within and outside of school, expand our career skill set and options.

**Competency (5):** Identify and appreciate their personal attributes, skills, interests, and accomplishments and their growth over time

**Competency (6):** Recognize their personal preferences, skills, strengths, and abilities and connect them to possible career choices

**Content (6):** self-assessment (includes inventories of preferences, skills, personal attitudes values, and interests)

**Content (5):** emergent leadership skills (communication, motivation, direction, support, initiative, etc.)

**First Peoples Principles of Learning:** Learning is reflective

**Name:** \_\_\_\_\_

**Look through the list of skills below. For EACH category, highlight TWO skills that you think are your strongest.**

<b>Emotional Skills</b> 1. Understanding your own feelings 2. Staying calm when upset 3. Showing empathy 4. Managing frustration 5. Being confident 6. Handling disappointment 7. Expressing emotions in healthy ways 8. Staying positive 9. Being patient 10. Understanding others' emotions	<b>Academic Skills</b> 1. Reading fluently 2. Writing clearly 3. Solving math problems 4. Researching information 5. Studying for tests 6. Listening to instructions 7. Thinking critically 8. Taking good notes 9. Asking useful questions 10. Working independently	<b>Organizational Skills</b> 1. Keeping materials tidy 2. Planning ahead 3. Finishing tasks on time 4. Prioritizing what's important 5. Following schedules 6. Using checklists 7. Packing the right materials 8. Managing time 9. Setting goals 10. Tracking progress	<b>Digital/Technology Skills</b> 1. Typing 2. Using search tools safely 3. Editing documents 4. Creating slideshows 5. Navigating apps 6. Using email 7. Understanding online safety 8. Organizing digital files 9. Coding basics 10. Troubleshooting simple tech issues
<b>Social Skills</b> 1. Cooperating with others 2. Sharing 3. Taking turns 4. Communicating clearly 5. Being respectful 6. Working in groups 7. Handling conflict 8. Making friends 9. Showing kindness 10. Listening to others	<b>Physical Skills</b> 1. Running 2. Jumping 3. Throwing 4. Catching 5. Balance 6. Coordination 7. Strength 8. Flexibility 9. Hand-eye coordination 10. Endurance	<b>Creativity Skills</b> 1. Drawing 2. Painting 3. Writing stories 4. Inventing ideas 5. Designing things 6. Acting 7. Dancing 8. Playing music 9. Crafting 10. Problem-solving creatively	<b>Leadership Skills</b> 1. Helping others 2. Making decisions for a group 3. Listening to team members 4. Encouraging others 5. Taking responsibility 6. Explaining ideas clearly 7. Solving group problems 8. Being fair 9. Staying calm under pressure 10. Inspiring others to try their best
<b>Self-Management Skills</b> 1. Staying focused 2. Controlling impulses 3. Motivating yourself 4. Managing stress 5. Completing tasks 6. Using feedback 7. Building good habits 8. Taking responsibility 9. Being adaptable 10. Setting boundaries	<b>Communication Skills</b> 1. Speaking clearly 2. Listening actively 3. Asking good questions 4. Giving explanations 5. Using body language 6. Writing messages/emails 7. Presenting to a group 8. Giving constructive feedback 9. Understanding tone 10. Retelling information	<b>Problem-Solving Skills</b> 1. Identifying the problem 2. Brainstorming solutions 3. Testing ideas 4. Using logic 5. Making decisions 6. Understanding cause and effect 7. Asking for help when needed 8. Not giving up 9. Evaluating results 10. Trying new strategies	<b>Life Skills</b> 1. Cooking simple meals 2. Cleaning up after yourself 3. Telling time 4. Managing money (like counting coins) 5. Packing your bag for school 6. Following directions 7. Knowing when to ask for help 8. Taking care of personal hygiene 9. Planning a small task or project 10. Being safe at home, school, and outside



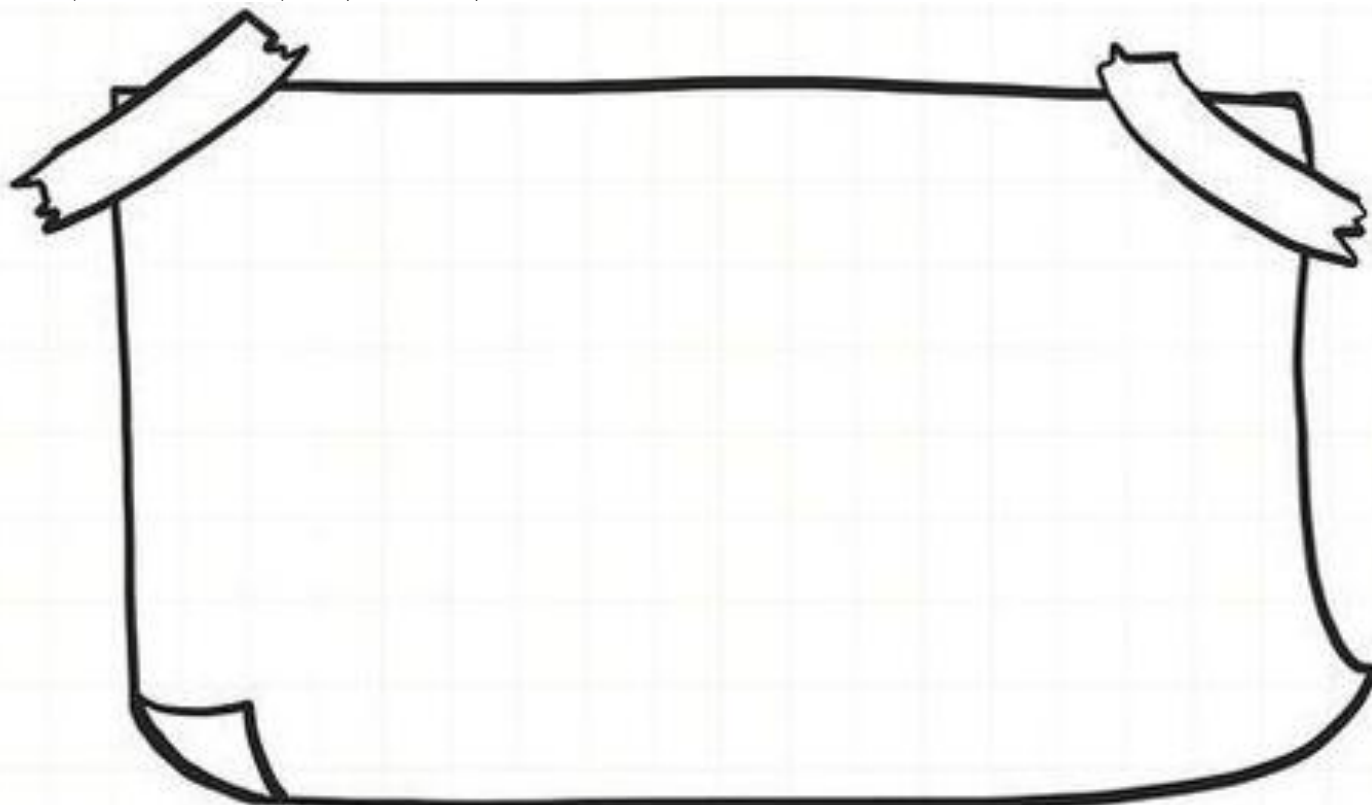
Write down your two top skills per section, below. Then, identify a job which would require this skill. Then, explain why the job would require that.

Skills	Which job would require this skill?	Why is that?
Emotional skill #1:		
Emotional skill #2:		
Academic skill #1:		
Academic skill #2:		
Organizational skill #1:		
Organizational skill #2:		
Digital skill #1:		
Digital skill #2:		
Social skill #1:		
Social skill #2:		
Physical skill #1:		
Physical skill #2:		
Creativity skill #1:		
Creativity skill #2:		
Leadership skill #1:		
Leadership skill #2:		
Self-Management skill #1:		
Self-Management skill #2:		
Communication skill #1:		
Communication skill #2:		
Problem-Solving skill #1:		
Problem-Solving skill #2:		
Life skill #1:		
Life skill #2:		

Of all of the skills that you listed, which are your top, strongest skills?

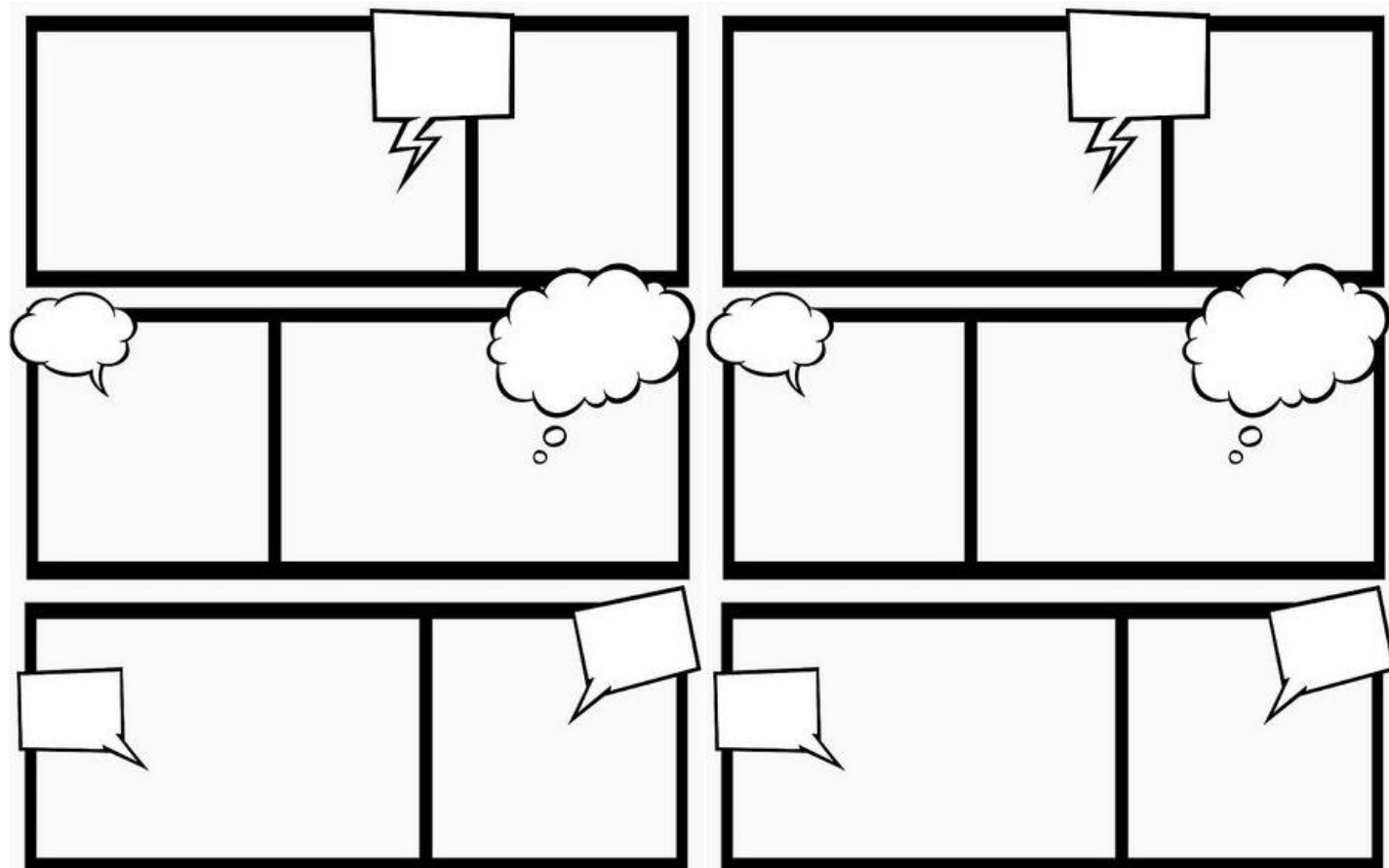
\_\_\_\_\_ and \_\_\_\_\_

Tell a story about a time when your top skill was super obvious:

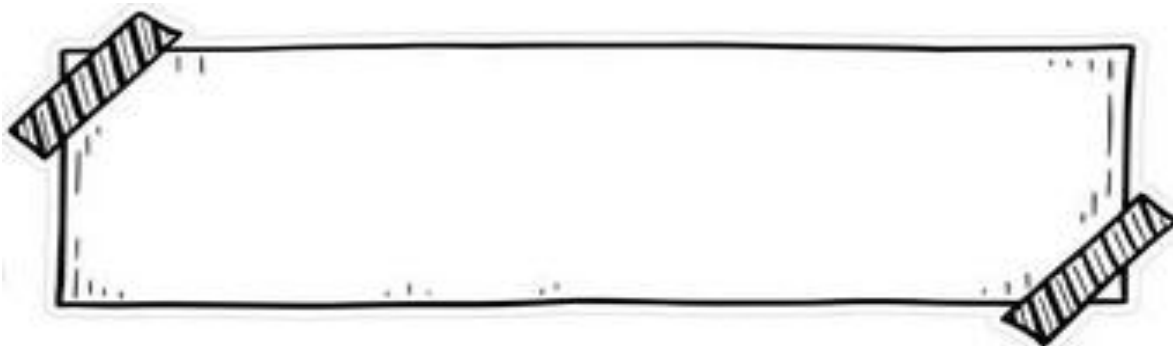


Which skill have you shown the most growth in? \_\_\_\_\_

Create a comic – one that shows your skill BEFORE it improved, and one that shows your skill AFTER it improved:

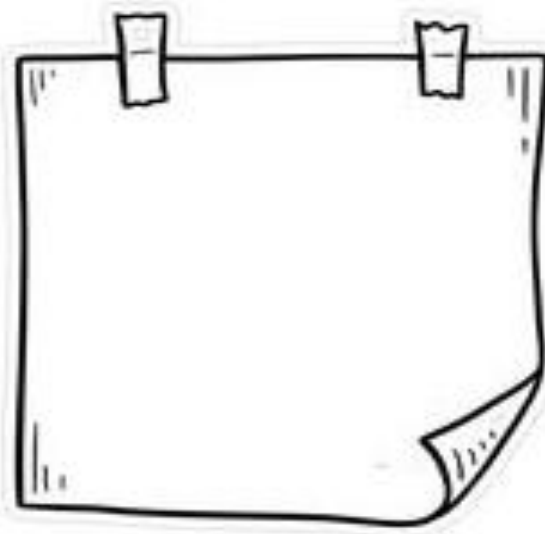
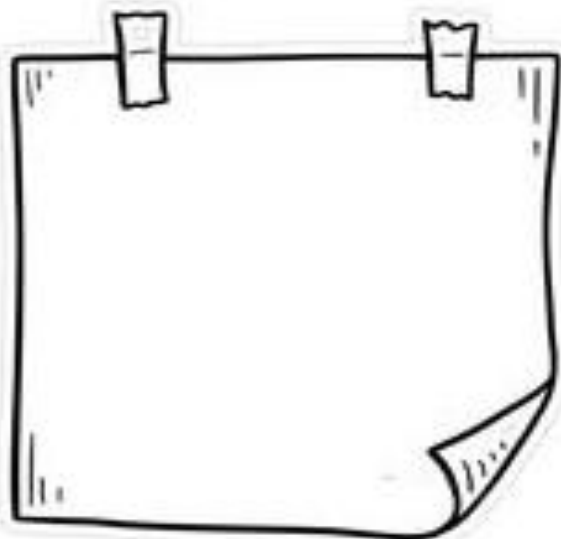


There are people who are not good at the skills that YOU are good at. Why are you thankful thank you are good at this skill?



What interests or hobbies do you have? Write as many as possible.

Which kinds of jobs would these hobbies or interests be good for?



Pick one hobby / interest from your list above. Why would that hobby / interest, be really useful in one of the jobs that you listed?

