

Topic 2 Overview

Skills, strengths and interests

Purpose

This topic is designed to help students identify their skills, interests, and abilities as a starting point to help guide future career decision-making.

Learning Outcomes

Students will:

- Understand that knowing themselves, their skills, interests, and abilities is the first step in thinking about what career paths might suit them.
- Understand how they can develop their skills and abilities through school subjects and extra-curricular activities and build an employability skills record with endorseMe®.
- Use Career Central to record their progress.

Activities

1. What am I good at?
2. What interests me?
3. What skills do I have?
4. Developing interests and skills outside of the classroom

Activity 1

What am I good at?

Learning Outcomes

Students will:

- understand everyone has different strengths
- identify some of their own strengths and understand how these could be applied in different careers
- understand that knowing themselves, their skills, interests and abilities is the first step in exploring which careers and pathways might suit them

Suggested Time Allocation

20-40 minutes

Advance Preparation

- Print [‘What makes me ‘Me’](#) worksheet (if using)
- Print [‘Which qualities would be useful for which jobs?’](#) (if using)

Resources

- Introducing the topic – ‘Skills, strengths and interests video’
<https://youtu.be/zg5dyU-Vy28>
- Resource 7: What makes me ‘Me’ worksheet
- Resource 8: Which qualities would be useful for which jobs? worksheet

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- 1 (Recommended) Check for prior knowledge by starting with a brainstorm activity. Pose the question: What is a skill? How many skills can you think of? What is the difference between skills and natural ability? This could be completed as a full class, in groups or online using a [word cloud](#). (5 minutes)
 - 2 (Required) Watch: [‘Skills, strengths and interests’](#) video. (3 minutes)
 - 3 (Optional) Resource 7: Individually and in pairs complete the [‘What makes me ‘Me’ worksheet](#) (15 minutes)

- 4 (Optional) Resource 8: Complete individually or in pairs: Which qualities would be useful for which jobs? (15 minutes)

Activity 2

What interests me?

Learning Outcomes

Students will:

- identify at least 3 different jobs that might interest them and record in Career Central to revisit around school subject selection time.

Suggested Time Allocation

30-60 minutes

Advance Preparation

- Students will all need a device connected to the internet (phones are not ideal but can be used if necessary)

Resources

- 'Exploring your interests' video <https://youtu.be/ZqXaKnf0mbI>
- Online Interest Profiler www.mynextmove.org/explore/ip
- Resource 9: What interests you? Take a test!
- Career Central login

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- 1 (Recommended) Start with a brainstorm activity. Pose the question: Why do you think it might be a good idea to have more than one career idea? This could be completed as a full class, in groups or online using a word cloud. (5 minutes)
 - 2 (Required) Watch '[Exploring your interests](#)' video (2 minutes)
 - 3 (Required) [Resource 9: What interests you? Take a test!](#) Once students have identified at least 3 different jobs they are interested in they will need to record these in Career Central to revisit later. (25 minutes) This activity may need to be completed as homework.

Activity 3

What skills do I have?

Learning Outcomes

Students will:

- understand the difference between skills that can be learnt and natural ability (talent)
- learn about employability skills and how they can develop these during their time at school

Suggested Time Allocation

20-30 minutes

Advance Preparation

- Download the '[Employability Skills Presentation](#)' slides
- Print '[How many boxes do you tick](#)' worksheet

Resources

- Understanding talent video <https://www.youtube.com/watch?v=LfUvchfrcSO>
- Resource 10: Employability skills presentation and student worksheet <https://smartnz.nz/wp-content/uploads/2022/04/endorseMe-Self-Assessment.pdf>

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- 1 (Optional) Check for prior knowledge by starting with a brainstorm activity. Pose the questions: What is a skill? What is the difference between skills and natural ability? This could be completed as a full class, or in groups. (5 minutes)
 - 2 (Optional) Watch the '[Understanding Talent](#)' video (2 minutes), and follow up with a class discussion: While the focus of this video was on sport, how might these key points also apply to careers? (5 minutes)
 - 3 (Required) Deliver [Employability Skills Presentation](#) including the student exercise '[How many boxes do you tick](#)' See [Resource 10 Employability Skills](#) (15 minutes)

Activity 4

Developing interests and skills outside of the classroom

Learning Outcomes

Students will:

- identify ways they can develop their interests and skills through extra-curricular activities.
- know how to use Career Central to record their progress and support career decision making during their time at high school.

Suggested Time Allocation

20-30 minutes

Advance Preparation

- Download the [Career Central presentation slides](#)
- Students will all need a device connected to the internet

Resources

- 'Getting started with Career Central' Presentation <https://smartnz.nz/wp-content/uploads/2022/05/Getting-started-with-CC-presentation-Copy.pptx>
- Resource 10: Employability skills student worksheet <https://smartnz.nz/wp-content/uploads/2022/04/endorseMe-Self-Assessment.pdf>
- Resource 11: Developing interests and skills outside of the classroom – Career Central activity

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- 1 (Required) Check for prior learning about Career Central – do students know how to access and use it? If not, deliver '[Getting started with Career Central' Presentation](#) and talk students through logging in to Career Central. (5 minutes).
Note students will each need a device connected the internet. The last slide has a video link to a YouTube clip so the teacher will also require internet connection.
 - 2 (Required) [Resource 11: Developing interests and skills outside of the classroom – Career Central activity](#) (15 minutes)