

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

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

-
- 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:

- 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

20-30 minutes

Advance Preparation

- Print off the Rangatahi Futures Career Profiles posters to stick up around the classroom (if using)
- Purchase a block of chocolate (optional)

Resources

- Rangatahi Futures Career Profiles video (<https://youtu.be/fgJ3uxTKti8>)
- Rangatahi Futures Career Profiles posters (<https://www.careers.govt.nz/assets/pages/Rangatahi-Futures/10-English/RF-Year-10-Career-profiles.pdf>)
- Optional block of chocolate

-
- 1 (Required) Watch [Rangatahi Futures Career Profiles video](#) to set up the activity. (3.5 minutes)
 - 2 (Optional) [Resource 9: Class brainstorm](#) – Following on from the video, how many jobs can you think of that have led to someone buying a block of chocolate?
 - 3 (Optional) Group exercise. Stick [Rangatahi Futures Career Profiles Posters](#) on walls around the classroom. Get students to read the profiles and stand under the profile that best describes them. As a profile group, students brainstorm as many jobs as they can think of under that profile and share with the class. See [Resource 9](#) for ideas. (25 minutes)

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 <https://smartnz.nz/wp-content/uploads/2022/04/endorseMe-Self-Assessment.pdf>

Resources

- Understanding talent video <https://www.youtube.com/watch?v=LfUvchfrcS0>
- Resource 10: Employability skills Powerpoint presentation and student worksheet

-
- 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

-
- 1 (Recommended) Discussion about discovering new interests and developing skills. Pose the questions: Thinking about your school subjects...
 - What new interests have you discovered so far this year?
 - What kinds of skills are you developing through your school subjects that you think might be useful to you later in your career?
 - Outside of school, how could you discover new interests?
 - What kinds of skills can you develop through extra-curricular activities (remind students about employability skills)?

This could be completed as a full class, or in groups. (10 minutes)
 - 2 (Required) 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.*
 - 3 (Required) [Resource 11: Developing interests and skills outside of the classroom](#) – Career Central activity. (15 minutes)