

VELS	Year	BLUEPRINT	MIPs and MIPs Best Practice Framework
Level 6 – Physical, Personal and Social Learning Personal Learning Strand – Dimension: the Individual Learner	9, 10	<i>Phase 2 (A) Personal Management</i> 1.2 Build a positive self concept and understand its influence on life, learning and work	MIPs Aim: Develop Skills to manage their pathways throughout their working lives Best Practice Framework: 3. Pathways Planning Process

STRENGTHS AND ABILITIES

Teachers' notes

Outcome

Develop a profile of important strengths and abilities.

Rationale

Strengths and abilities play an important role when students are looking at future experiences, including jobs and careers.

It is equally important for students to identify their deficiencies and weaknesses and to plan how these can be overcome by using goal-setting techniques.

Task description

1. Teacher facilitates whole-class discussion on the meanings of strengths, weaknesses, deficiencies, abilities and interests.
2. Working in pairs or small groups, students complete individual worksheets, sharing their experiences as they complete the sheets.
3. Students can then reflect on the relationship of their findings to their future experiences, including careers. They can report back to the rest of the group or this can be discussed as a whole-class activity.

Extension activities and Local Standards

- Students ask their friends/parents to fill in the same worksheet about them and then look at differences in self perception and peer perception. Discuss this with parents/peers.
- Students Develop a personal profile on www.myfuture.edu.au or Career Voyager and explore a selection of suggested occupations and career fields related to *myfuture* questionnaire responses

Suggested resources

- Copy of 'Things I'm good at' worksheet for each student
- myfuture website at <http://www.myfuture.edu.au>
- *Job Guide* – in print (Section 1) or online at <http://jobguide.dest.gov.au/>
- MindMatters website at <http://online.curriculum.edu.au/mindmatters>

Career competencies

This activity links to the Identifying step in <http://myfuture.edu.au>.

Worksheet: Things I am good at

You all know some of the things that you are good at.

Being good at something means that you gain some satisfaction and enjoyment from doing it. When you know what you can do well, you can develop those abilities and apply them to work or leisure.

Our abilities can be divided into seven main groups: Nature or Recreation, Organising or Clerical, Practical or Mechanical, Analytic or Scientific, Creative or Artistic, Persuading or Service, Helping or Advising.

What I'm good at

In the table below, put a tick (✓) in the appropriate column to show how well you do certain things.

Activities	Very good	Good	Not so good
Playing sports			
Gardening			
Making friends			
Remembering things			
Maths			
Playing a musical instrument			
Being responsible			
Learning new work			
Talking to people			
Working on machines			
Cooking food			
Listening to others			
Being able to work as part of a team			
Following directions			
Being friendly			
Speaking in front of people			
Working without supervision			
Designing things			
Drawing			
Lifting heavy objects			
Working with animals			
Photography			
Running/jogging			
Eating			
Being honest			

1. If you can think of some more of your strengths, list them here.

2. List some of the things you aren't very good at from the previous list and write down some ways that you can address them.

3. Now, under the headings below, list the activities from the last table that you are good/very good at under the appropriate headings. An example of one has been done for you.

Nature or Recreation

Playing sport

Organising or Clerical

Practical or Mechanical

Analytic or Scientific

Creative or Artistic

Persuading or Service

Helping or Advising



Interests

In many cases, the things you are good at become the things in which you are interested. For example, if you have the ability to play a musical instrument, you may develop an interest in starting a rock band.

As we go through life, some of our interests may change and we may find that what was an interest when we were young does not interest us today.

In the space below, list some of your leisure-time interests – these are sometimes called hobbies.

My interests and hobbies

Tying it all together

Look at the things you are good at. What occupations might these be useful for?
