**Career 8 – Identifying Your Skills & Interests**

**Assignment**

Watch the following video <https://www.youtube.com/watch?v=9S6D_aMrxew>

Answer the following questions:

1. In your own words explain the following terms;

Interests –

Skills –

2. Create a list, just like the one in the video, identifying subject/things you like learning and activities you like doing. Identify ***five*** for each side of the list.

|  |  |
| --- | --- |
| **Subjects / Things You Like Learning** | **Activities You Like Doing** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

3. Explain the following:

Functional Skills –

Subject Skills –

Personal Trait Skills –

4. Identify three personal examples for each of the following:

Functional Skills –

Subject Skills –

Personal Trait Skills –

**WHAT ARE TRANSFERABLE SKILLS?**

Skills you have acquired during any activity in your life -- jobs, classes, projects, parenting, hobbies, sports, virtually anything -- that are transferable and applicable in many different jobs or occupation settings.

Examples of Transferable Skills:

Communicating Troubleshooting Testing Designing

Researching Writing Planning Analyzing

Self-Understanding Speaking Persuading Innovating

Organizing Understanding Motivating Selling

Prioritizing Logical Thinking Problem Solving Encouraging

Teaching Learning Developing Improving

Updating Synthesizing Creating Imagining

Visualizing Talking Leading Supervising

Estimating Achieving Reporting Negotiating

Interpreting Searching Team-building Reasoning

Debating Decision Making Advising Influencing

Performing Proofreading Filing Comparing

Sharing Enhancing Critical Thinking Reading

Complete the chart below by identifying the transferable skills you’ve learned in school and applying them to the outside world.

|  |  |  |
| --- | --- | --- |
| **Subject** | **Transferable Skills**  **Learned** | **Application** – To be used in other  aspects of your life &  future career |
| Math |  |  |
| Science |  |  |
| Social Studies |  |  |
| English |  |  |
| French / Spanish |  |  |
| Music / Band |  |  |
| Art |  |  |
| Community Experiences  (teams, clubs, volunteering) |  |  |

**REFLECTION QUESTIONS/ANSWERS**

1. What are your strongest skills?

2. How can these skills be used in a job? Why are these skills important?

3. What skills do you need to work on? How can they be improved?