

# MY CAREER IDEAS

Name...

Year group...

Date...



# MY SKILLS

To be successful in school, life and your career you will need to have certain skills. Tick any skills that you think you have already developed.

- |   |  |
|---|--|
| <input type="checkbox"/> Caring for people            | <input type="checkbox"/> Working on your own       |
| <input type="checkbox"/> Working in a team            | <input type="checkbox"/> Using your imagination    |
| <input type="checkbox"/> Communicating well           | <input type="checkbox"/> Good at practical tasks   |
| <input type="checkbox"/> Problem solving              | <input type="checkbox"/> Being creative            |
| <input type="checkbox"/> Working with money           | <input type="checkbox"/> Using maths               |
| <input type="checkbox"/> Literary skills              | <input type="checkbox"/> Learning from mistakes    |
| <input type="checkbox"/> Playing a sport              | <input type="checkbox"/> Using a computer          |
| <input type="checkbox"/> Drawing and painting         | <input type="checkbox"/> Speaking another language |
| <input type="checkbox"/> Playing a musical instrument |  |

What other skills can you think of that might be important in school, life and your career?

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## Employability skills

These are the skills that future employers will be looking for...

- Communicating with others
- Using maths
- Teamwork
- Problem solving
- Creativity
- Using ICT
- Being well organised
- Leadership skills
- Creativity
- Being able to work alone (independent)
- Being actively involved in your community

Taken and adapted, with permission, from...

<https://www.cwcareershub.co.uk/courses/benchmark-4-essential/lessons/pshe-resources/topic/year-7-careers-booklet-ks3/>

# WHAT AM I LIKE?

Check your personal qualities. Circle your scores and discuss any “not sures” with someone else who knows you to help you to decide. Pick out the 2 qualities that you show most often in school.

0 = not like me    1 = quite like me    2 = very like me    ? = not sure

Personal quality	Score			
Team player	0	1	2	?
Sensitive	0	1	2	?
Friendly	0	1	2	?
Energetic	0	1	2	?
Organised	0	1	2	?
Adventurous	0	1	2	?
Easy going	0	1	2	?
Thoughtful	0	1	2	?
Good sense of humour	0	1	2	?
Honest	0	1	2	?
Conscientious	0	1	2	?
Responsible	0	1	2	?
Resilient	0	1	2	?
Ambitious	0	1	2	?
Patient	0	1	2	?
Polite	0	1	2	?
Considerate	0	1	2	?
Helpful	0	1	2	?
Adaptable	0	1	2	?
Enthusiastic	0	1	2	?
Creative	0	1	2	?
Determined	0	1	2	?
Leader	0	1	2	?

# ALL ABOUT ME

Imagine that you are being interviewed for a Saturday job. Complete the form below and summarise the important information about yourself.

My name is...

My age...

I am good at...

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At school I enjoy...

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In my spare time I...

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In the future I would like to...

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My strongest personal qualities are...

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My best skills are...

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# CAREERS RESEARCH

Use the website <https://icould.com/buzz-quiz/> to complete the following tasks...

What type of animal are you?

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Name 2 famous people who are the same animal as you

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Name 3 areas of work that your animal is well suited to

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# 10 FACTS ABOUT...

Use the National Careers Service website to find out more about one of your career ideas - <https://nationalcareers.service.gov.uk/explore-careers>

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