

# What Are My Skills?

## We All Have Skills

You can probably do many different things well. We all develop skills through a wide range of activities, not just in the classroom. Here are some other places where you can develop new skills:

- Extra-curricular school activities
- Hobbies and clubs
- Sports
- Part-time and summer jobs
- Volunteer work
- Leisure activities
- Homemaking
- School – to – work transition programs
- After- school lessons and classes
- Family and household responsibilities

## Skill Evidence

1. Read over the Skills Chart on page 40. For each skill category, add some more examples of things that demonstrate the skill.
2. Copy the following chart. Using a scale from 1 (least well) to 5 (most well), record in the second column how well you perform in each skill category.
3. Where you're given yourself a score of 3 or higher, use the third column to provide an example of a way you have used the skill.

Skill	Rating	My Example
Numerical	e.g. 4	e.g. I worked part-time as a cashier
Communication		
Leadership		
Sense Awareness and Use (of shapes, colours and sounds)		
Problem – solving (to investigate, assess,, analyse, test or solve)		
Helping		
Organizing		
Hand – on / Technical		
Self - Management		
Creative / Innovative		

# Skill Chart

Skills	Examples
Numerical	<ul style="list-style-type: none"> <li>• Estimate costs when buying things</li> <li>• Measure ingredients in a recipe</li> <li>• Calculate sports statistics</li> <li>• Make a budget</li> </ul>
Communication	<ul style="list-style-type: none"> <li>• Read the school newspaper</li> <li>• Write an e – mail or text to a friend</li> <li>• Chat on the telephone</li> <li>• Understand and follow directions</li> </ul>
Leadership	<ul style="list-style-type: none"> <li>• Help plan a school dance</li> <li>• Organize homework</li> <li>• Coach a team</li> <li>• Start a club at school</li> </ul>
Sense Awareness and Use (of shapes, colours and sounds)	<ul style="list-style-type: none"> <li>• Enjoy an art show</li> <li>• Enjoy a concert</li> <li>• Decorate a bedroom</li> <li>• Doodle when thinking</li> </ul>
Problem – solving (to investigate, assess,, analyse, test or solve)	<ul style="list-style-type: none"> <li>• Find out why paper keeps jamming in a printer</li> <li>• Analyse why a friend is fighting with her boyfriend</li> <li>• Assess why a friend is an impulsive spender</li> </ul>
Helping	<ul style="list-style-type: none"> <li>• Calm down a friend who has a problem</li> <li>• Be a peer advisor</li> <li>• Help care for a sick family member</li> <li>• Volunteer at a community centre</li> </ul>
Organizing	<ul style="list-style-type: none"> <li>• Keep school work neat</li> <li>• Make a list of the day’s tasks</li> <li>• Use a planner or calendar on your cellphone</li> <li>• Keep a stamp collection</li> </ul>
Hand – on / Technical	<ul style="list-style-type: none"> <li>• Use a computer</li> <li>• Repair things at home</li> <li>• Build models</li> <li>• Sew a piece of clothing</li> </ul>
Self - Management	<ul style="list-style-type: none"> <li>• Set goals and meet them</li> <li>• Be on time for appointments</li> <li>• Have a healthy lifestyle</li> <li>• Handle stress well</li> </ul>
Creative / Innovative	<ul style="list-style-type: none"> <li>• Write stories</li> <li>• Make sculptures</li> <li>• Design clothes</li> <li>• Perform in a school musical</li> </ul>

