## 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**

Numerical
Communication  Read the school newspaper Write an e – mail or text to a friend Chat on the telephone Understand and follow directions  Leadership  Help plan a school dance Organize homework Coach a team Start a club at school  Sense Awareness and Use (of shapes, colours and sounds)  Problem – solving (to investigate, assess,, analyse, test or solve)  Helping  Calm down a friend who has a problem Be a peer advisor Help care for a sick family member Volunteer at a community centre  Enal of the school newspaper Write an e – mail or text to a friend Chat on the telephone Understand and follow directions  Enjoy an ach show Enjoy a concert Decorate a bedroom Doodle when thinking  Find out why paper keeps jamming in a printer Analyse why a friend is fighting with her boyfriend Assess why a friend who has a problem Be a peer advisor Help care for a sick family member Volunteer at a community centre  Organizing  Keep school work neat
Make a budget  Communication  Read the school newspaper Write an e – mail or text to a friend Chat on the telephone Understand and follow directions  Help plan a school dance Organize homework Coach a team Start a club at school  Sense Awareness and Use (of shapes, colours and sounds)  Find out why paper keeps jamming in a printer Doodle when thinking  Problem – solving (to investigate, assess,, analyse, test or solve)  Find out why paper keeps jamming in a printer Analyse why a friend is fighting with her boyfriend Assess why a friend is an impulsive spender  Calm down a friend who has a problem Be a peer advisor Help care for a sick family member Volunteer at a community centre  Organizing  Keep school work neat
Communication  Read the school newspaper Write an e – mail or text to a friend Chat on the telephone Understand and follow directions  Help plan a school dance Organize homework Coach a team Start a club at school  Sense Awareness and Use (of shapes, colours and sounds)  Enjoy an art show Enjoy a concert Decorate a bedroom Doodle when thinking  Problem – solving (to investigate, assess,, analyse, test or solve)  Find out why paper keeps jamming in a printer Analyse why a friend is fighting with her boyfriend Assess why a friend is an impulsive spender Calm down a friend who has a problem Be a peer advisor Help care for a sick family member Volunteer at a community centre  Organizing  Keep school work neat
Write an e – mail or text to a friend     Chat on the telephone     Understand and follow directions      Help plan a school dance     Organize homework     Coach a team     Start a club at school  Sense Awareness and Use (of shapes, colours and sounds)  Problem – solving (to investigate, assess,, analyse, test or solve)  Helping  PCalm down a friend who has a problem     Be a peer advisor     Help care for a sick family member     Volunteer at a community centre  Write an e – mail or text to a friend Chat to a friend Problem (a chapter)  Problem – solving (to investigate, assess,, analyse, test or solve)  Calm down a friend who has a problem  Be a peer advisor Help care for a sick family member Volunteer at a community centre  Organizing  Keep school work neat
Chat on the telephone Understand and follow directions  Help plan a school dance Organize homework Coach a team Start a club at school  Sense Awareness and Use (of shapes, colours and sounds)  Problem – solving (to investigate, assess,, analyse, test or solve)  Helping  • Chat on the telephone • Understand and follow directions • Proplam a school dance • Organize homework • Coach a team • Start a club at school • Enjoy a concert • Decorate a bedroom • Doodle when thinking  • Find out why paper keeps jamming in a printer • Analyse why a friend is fighting with her boyfriend • Assess why a friend is an impulsive spender • Calm down a friend who has a problem • Be a peer advisor • Help care for a sick family member • Volunteer at a community centre  Organizing • Keep school work neat
Understand and follow directions  Leadership      Help plan a school dance     Organize homework     Coach a team     Start a club at school  Sense Awareness and Use (of shapes, colours and sounds)  Problem – solving (to investigate, assess,, analyse, test or solve)  Helping  Pcalm down a friend who has a problem Be a peer advisor Help care for a sick family member Volunteer at a community centre  Melp plan a school dance Dragnize homework Enjoy a cancer Enjoy a concert Decorate a bedroom Doodle when thinking  Find out why paper keeps jamming in a printer Analyse why a friend is fighting with her boyfriend Assess why a friend is an impulsive spender  Calm down a friend who has a problem Be a peer advisor Help care for a sick family member Volunteer at a community centre  Organizing  Keep school work neat
Leadership
Organize homework     Coach a team     Start a club at school  Sense Awareness and Use (of shapes, colours and sounds)  Problem – solving (to investigate, assess,, analyse, test or solve)  Helping  Calm down a friend who has a problem Be a peer advisor Help care for a sick family member Volunteer at a community centre  Organizing  Organizing  Organizing  Organizing  Organizing  Organizing  Organizing  Enjoy an art show Enjoy a concert Decorate a bedroom Find out why paper keeps jamming in a printer Analyse why a friend is fighting with her boyfriend The problem Start a club at school  Calm down a friend who has a problem The pare for a sick family member To Volunteer at a community centre  Organizing  New Problem – solving The problem of the
Organize homework     Coach a team     Start a club at school  Sense Awareness and Use (of shapes, colours and sounds)  Problem – solving (to investigate, assess,, analyse, test or solve)  Helping  Calm down a friend who has a problem Be a peer advisor Help care for a sick family member Volunteer at a community centre  Organizing  Organizing  Organizing  Organizing  Enjoy an art show Enjoy a concert Decorate a bedroom Find out why paper keeps jamming in a printer Analyse why a friend is fighting with her boyfriend Assess why a friend is an impulsive spender  Calm down a friend who has a problem Be a peer advisor Help care for a sick family member Volunteer at a community centre
Sense Awareness and Use (of shapes, colours and sounds)  Problem – solving (to investigate, assess,, analyse, test or solve)  Helping  Calm down a friend who has a problem Be a peer advisor Help care for a sick family member Volunteer at a community centre  Start a club at school  Enjoy a concert Decorate a bedroom Find out why paper keeps jamming in a printer Analyse why a friend is fighting with her boyfriend Assess why a friend is an impulsive spender  Calm down a friend who has a problem Be a peer advisor Help care for a sick family member Volunteer at a community centre  Organizing  Keep school work neat
Sense Awareness and Use (of shapes, colours and sounds)  Problem – solving (to investigate, assess,, analyse, test or solve)  Helping  • Enjoy an art show • Enjoy a concert • Decorate a bedroom • Doodle when thinking  • Find out why paper keeps jamming in a printer • Analyse why a friend is fighting with her boyfriend • Assess why a friend is an impulsive spender  • Calm down a friend who has a problem • Be a peer advisor • Help care for a sick family member • Volunteer at a community centre  Organizing  • Keep school work neat
<ul> <li>Enjoy a concert         <ul> <li>Decorate a bedroom</li> <li>Doodle when thinking</li> </ul> </li> <li>Problem – solving         (to investigate, assess,, analyse, test or solve)</li> <li>Find out why paper keeps jamming in a printer         <ul> <li>Analyse why a friend is fighting with her boyfriend</li> <li>Assess why a friend is an impulsive spender</li> </ul> </li> <li>Calm down a friend who has a problem         <ul> <li>Be a peer advisor</li> <li>Help care for a sick family member</li> <li>Volunteer at a community centre</li> </ul> </li> <li>Organizing</li> <li>Keep school work neat</li> </ul>
Decorate a bedroom Doodle when thinking  Problem — solving (to investigate, assess,, analyse, test or solve)  Helping  Calm down a friend who has a problem Be a peer advisor Help care for a sick family member Volunteer at a community centre  Find out why paper keeps jamming in a printer Analyse why a friend is fighting with her boyfriend Samuel Seeps S
<ul> <li>Decorate a bedroom         <ul> <li>Doodle when thinking</li> </ul> </li> <li>Problem – solving         (to investigate, assess,, analyse, test or solve)</li> <li>Find out why paper keeps jamming in a printer         <ul> <li>Analyse why a friend is fighting with her boyfriend</li> <li>Assess why a friend is an impulsive spender</li> </ul> </li> <li>Calm down a friend who has a problem         <ul> <li>Be a peer advisor</li> <li>Help care for a sick family member</li> <li>Volunteer at a community centre</li> </ul> </li> <li>Organizing</li> <li>Keep school work neat</li> </ul>
Problem – solving (to investigate, assess,, analyse, test or solve)  Helping  • Find out why paper keeps jamming in a printer • Analyse why a friend is fighting with her boyfriend • Assess why a friend is an impulsive spender  • Calm down a friend who has a problem • Be a peer advisor • Help care for a sick family member • Volunteer at a community centre  • Keep school work neat
<ul> <li>(to investigate, assess,, analyse, test or solve)</li> <li>Helping</li> <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> <li>Keep school work neat</li> </ul>
<ul> <li>Assess why a friend is an impulsive spender</li> <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> <li>Keep school work neat</li> </ul>
or solve)  - Assess why a friend is an impulsive spender  - Calm down a friend who has a problem - Be a peer advisor - Help care for a sick family member - Volunteer at a community centre  - Keep school work neat
Helping  Calm down a friend who has a problem  Be a peer advisor  Help care for a sick family member  Volunteer at a community centre  Organizing  Keep school work neat
Be a peer advisor     Help care for a sick family member     Volunteer at a community centre  Organizing  Keep school work neat
<ul> <li>Help care for a sick family member</li> <li>Volunteer at a community centre</li> <li>Organizing</li> <li>Keep school work neat</li> </ul>
Volunteer at a community centre  Organizing  • Keep school work neat
1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 -
0.000
Make a list of the day's tasks
Use a planner or calendar on your cellphone
Keep a stamp collection
Hand – on / Technical  • Use a computer
<ul><li>Repair things at home</li><li>Build models</li></ul>
Sew a piece of clothing
Sew a piece of clothing
Self - Management • Set goals and meet them
Be on time for appointments     Have a healthy lifestyle.
<ul> <li>Have a healthy lifestyle</li> <li>Handle stress well</li> </ul>
Creative / Innovative  • Write stories  • Make sculptures
Design clothes
Perform in a school musical