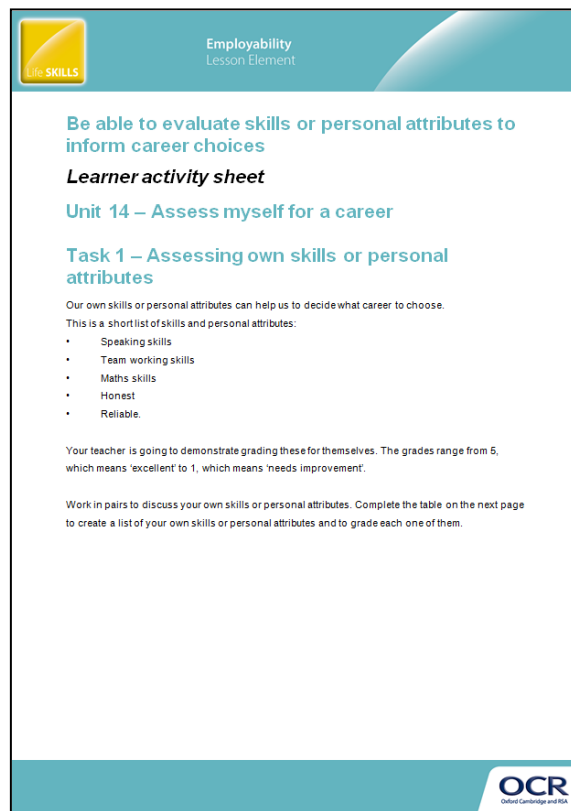


Be able to evaluate own skills or personal attributes to inform career choices

Unit 14 – Assess myself for a career

Instructions and answers for teachers

These instructions should accompany the OCR resource 'Be able to evaluate own skills or personal attributes to inform career choices' activity, which supports OCR Awards and Certificates in Employability Skills Unit 14 - Assess myself for a career.



The thumbnail shows a document titled 'Employability Lesson Element' with the following content:

Be able to evaluate skills or personal attributes to inform career choices
Learner activity sheet
Unit 14 – Assess myself for a career
Task 1 – Assessing own skills or personal attributes

Our own skills or personal attributes can help us to decide what career to choose. This is a short list of skills and personal attributes:

- Speaking skills
- Team working skills
- Maths skills
- Honest
- Reliable.

Your teacher is going to demonstrate grading these for themselves. The grades range from 5, which means 'excellent' to 1, which means 'needs improvement'.

Work in pairs to discuss your own skills or personal attributes. Complete the table on the next page to create a list of your own skills or personal attributes and to grade each one of them.

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Associated files

Lesson Element Activity – 'Be able to evaluate own skills or personal attributes to inform career choices'

Expected duration

Task 1 – 45 minutes

Task 2 – 50 minutes

Task 3 – 50 minutes

Task 1 – Assessing own skills or personal attributes

Explain to the learners that assessing our own skills or personal attributes can help us to decide what career to choose.

Write this short list of skills and personal attributes on the whiteboard:

- Speaking skills
- Team working skills
- Maths skills
- Honest
- Reliable.

Demonstrate grading these for yourself, where 5 = excellent and 1 = needs improvement.

Ask the learners to work in pairs to discuss their own skills or personal attributes. Ask them to complete the table in the learner activity booklet to create a list of their skills or personal attributes and to grade each one of them.

Ask the learners to highlight the skills or personal attributes graded 5, 4 or 3 in green and to highlight the skills or personal attributes graded 2 or 1 in orange. Tell them that the skills or personal attributes highlighted in green identify strengths and those highlighted in orange identify weaknesses.

Task 2 – Evaluating assessments of skills or personal attributes

Explain to the learners that it is important to provide reasons for their own grading judgements, so the decision can be evidenced.

Ask another member of staff to come into the classroom to talk about their own skills or personal attributes. Ask the person to write a list of their skills or personal attributes on the whiteboard and to grade them from 1 (needs improvement) to 5 (excellent). Ask the person to provide a reason for each of the judgements as evidence.



Ask the learners to work in pairs to discuss the table they completed in Task 1. Ask them to provide reasons for each of their own grade judgements.

Ask the learners to choose two of their own skills or personal attributes. Then ask them to tell the rest of the class what their grade judgements are and provide a reason for these judgements as evidence.

Task 3 – Use own evaluation of skills or personal attributes to choose a career

Explain to the learners that strengths in skills or personal attributes can be used to make a career choice.

Write this short list of skills or personal attributes on the whiteboard along with the links to different careers.

- Caring —————> Nurse
- Physically fit —————> Builder
- Listening skills —————> Counsellor
- Time-keeping skills —————> Hairdresser

Ask the learners to work in pairs and give them a set of career cards. Ask them to discuss and list the skills or personal attributes required for each career. Ask them to identify careers that they are both interested in (they do not have to be included in the set of cards on the next page).

Then, ask the learners to choose one career that:

- interests them
- matches their strengths in their own skills or personal attributes (as identified in Task 1).



NURSE



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HAIRDRESSER



BUILDER



VET



SHOP ASSISTANT



ESTATE AGENT



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