

Do Now

What are my qualities and skills and how do I develop them?

Ronnie is in Year 7.
'Time to start thinking about careers.' Says Ronnie's dad. This seems a bit premature to Ronnie – but maybe it's not. 'The best thing to do at your age, is to start thinking about your interests, skills and qualities,' he says, 'and go from there.'

Discuss: What does Ronnie's dad mean by this? Is it really too early to start thinking about careers?



What are the differences between an interest, a skill and a quality?
Explain in your own words, giving an example of each.

I think the differences are...

An example of each would be...

What are my qualities and skills and how do I develop them?



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Learning outcomes:

Review your strengths, interests, skills, qualities and values and how to develop them.

Begin to set realistic yet ambitious targets and goals for developing our skills and qualities further.

Start to investigate the skills and attributes that employers value.

New key terms:

An interest – something we enjoy learning about or doing.

A personal quality – our personality attributes, e.g; kindness, humour, being hard-working, intelligent or helpful.

Skills – the ability to do something well, e.g. carpentry, cooking, creative writing, football, coding, painting.

What are my qualities and skills and how do I develop them?



Differentiating between our interests, skills and qualities.

Study the statements in each of the bubbles. They are from students speaking about their **skills, interests and qualities** – but which are they talking about exactly?

Draw line to the area you think they are talking about

Study the statements in each of the bubbles. They are from students speaking about their **skills, interests and qualities**. But which are they talking about exactly? Cut out and place in your books where you think each statement should go on. If you're unsure, discuss it but place it aside for now as we will go through all of them as a class shortly.

Skills	Qualities	Interests
I've now collected 200 Beanie Boos.	People may think taxidermy is an odd hobby, but it's something me and my nan enjoy together.	I changed the parameters of my video game to make it faster. My friends said it was much better.
I was team leader. My group are happy!	The teacher said she'd noticed my kindness towards the new girl in class.	I can really make my friends laugh, they must think I'm a funny guy.
I worked all weekend to finish my project. Hard work usually pays off for me.	My football training is really paying off. I made the team this year.	I'm pretty good at algebra now – my teacher gave me great feedback.
I love riding my bike. I've always been fascinated by motorcoss.	The skirt I sewed together fit my sister perfectly. I nailed it.	I love reading. Science fiction is probably my favourite genre.



What are my qualities and skills and how do I develop them?



Skills

I've now collected 200 Beanie Boos.

I took the lead on the D of E expedition. The group were happy I was team leader.

I worked all weekend to finish my project. Hard work usually pays off for me.

I love riding my bike. I've always been fascinated by motocross.

Qualities

People may think taxidermy is an odd hobby, but it's something me and my nan enjoy together.

The teacher said she'd noticed my kindness towards the new girl in class.

My football training is really paying off. I made the team this year.

The skirt I sewed together fit my sister perfectly. I nailed it.

Interests

I changed the parameters of my video game to make it faster. My friends said it was much better.

I can really make my friends laugh, they must think I'm a funny guy.

I'm pretty good at algebra now – my teacher gave me great feedback.

I love reading. Science fiction is probably my favourite genre.

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ANSWERS:

Skills

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My football training is really paying off. I made the team this year.

The skirt I sewed together fit my sister perfectly. I nailed it.

I changed the parameters of my video game to make it faster. My friends said it was much better.

Qualities

I can really make my friends laugh, they must think I'm a funny guy.

The teacher said she'd noticed my kindness towards the new girl in class.

I took the lead on the D of E expedition. The group were happy I was team leader.

I worked all weekend to finish my project. Hard work usually pays off for me.

Interests

I love riding my bike. I've always been fascinated by motocross.

People may think taxidermy is an odd hobby, but it's something me and my nan enjoy together.

I've now collected 200 Beanie Boos.

I love reading. Science fiction is probably my favourite genre.

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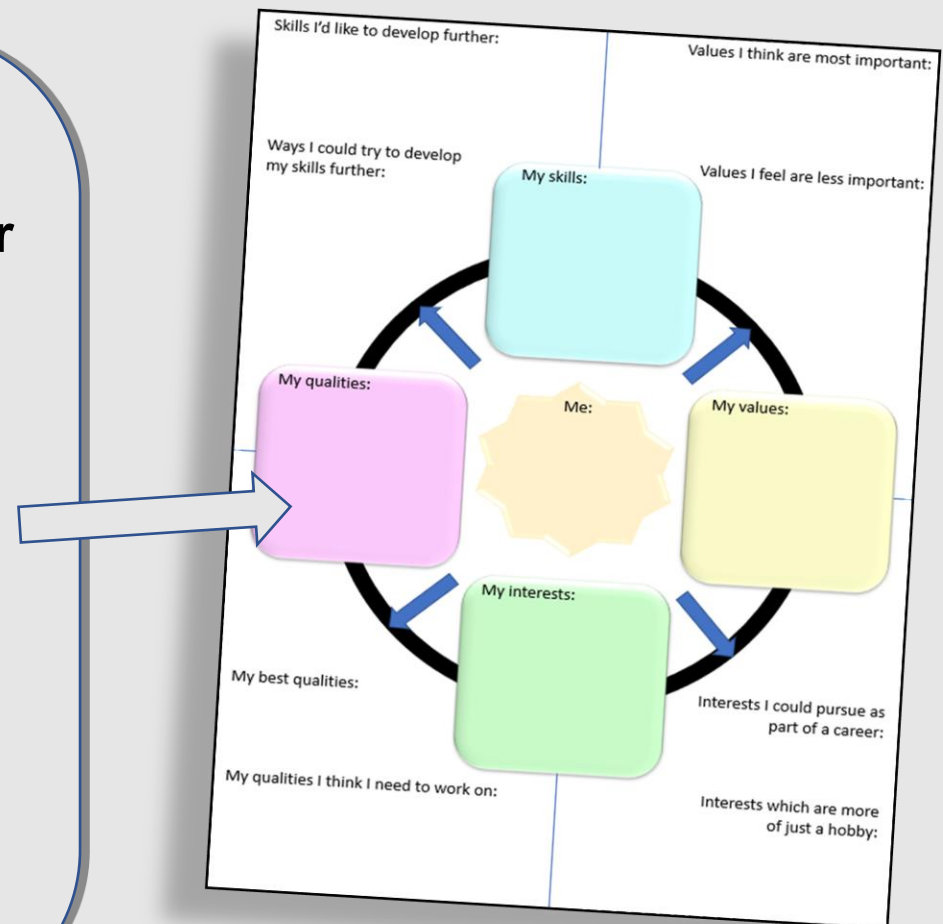


Now we know all about skills, qualities and interests, we can start completing our personal progress templates.

Begin to complete the inner boxes for now, just for skills, qualities and interests. We will return to the questions on the outside, and to the values box, shortly.

If you're feeling creative, you can draw yourself in the centre.

Try to complete at least five ideas in each box. You can discuss ideas with a partner.

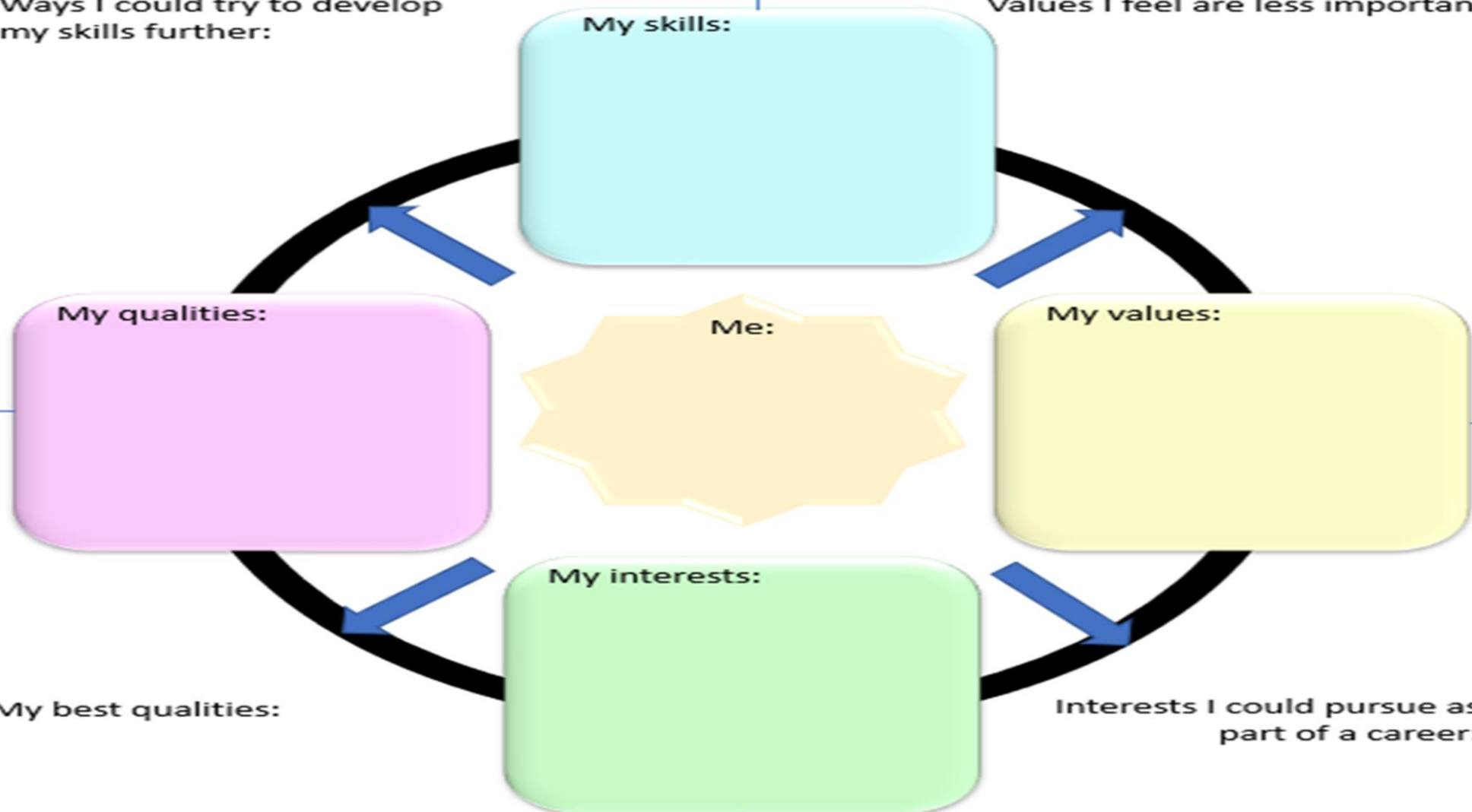


Skills I'd like to develop further:

Values I think are most important:

Ways I could try to develop my skills further:

Values I feel are less important:



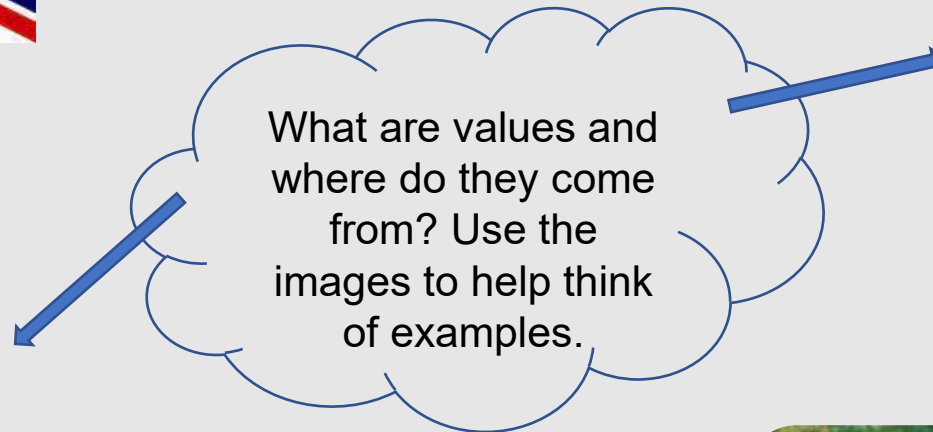
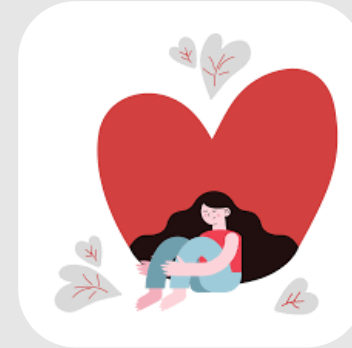
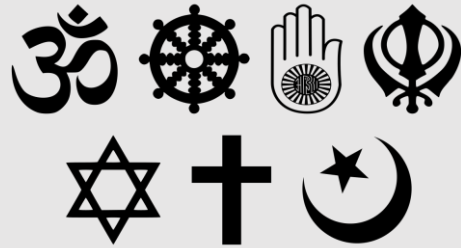
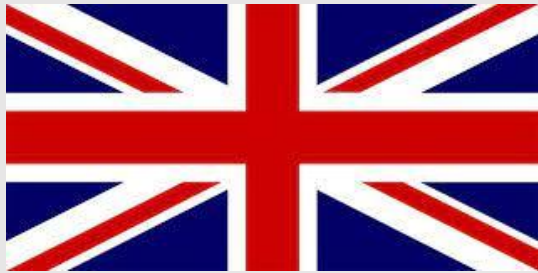
My best qualities:

Interests I could pursue as part of a career:

My qualities I think I need to work on:

Interests which are more of just a hobby:

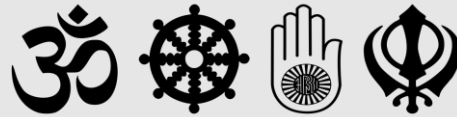
Now we've determined our interests, qualities, strengths and skills,
Let's think about our values. But what do we mean by values anyway?



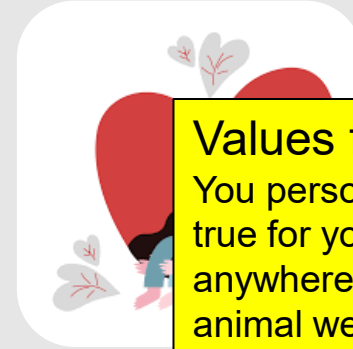
*By our values we mean... for example.....
Our values can come from many places such
as...*



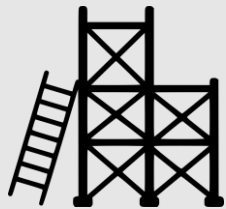
Your values are the things in life you feel are most important. This could be friendship, loyalty, kindness or even things like competition or environmentalism.



**Religious Values
E.G Obeying God**



**Values from yourself;
You personally feel these are true for you but aren't from anywhere in particular, e.g. animal welfare.**



What are values and where do they come from? Use the images to help think of examples.

**Values from school
E.G working to the best of your ability.**

**Family Values
E.G looking after elderly family members well.**



*By our values we mean... for example.....
Our values can come from many places such as...*

Now we know what values are, how do we work out our own personal values? Watch the clip and answer the questions on your sheet. We'll go through the answers together afterwards.



<https://www.youtube.com/watch?v=cZM9Z4vM-iM>

<https://www.youtube.com/watch?v=nBc8AdZmLn4>

https://www.youtube.com/watch?v=7o_Q3RJyV3M

Values are like...



Give three examples of values from the clips

Give an example of how values can change, depending on culture or religion

Does everyone have the same values?

In the third clip, note down three personal values mentioned which you think you might share.



We'll now go through the answers together and for the final Question It would be great to hear some of the personal values we wrote down.

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<https://www.youtube.com/watch?v=nBc8AdZmLn4>
https://www.youtube.com/watch?v=7o_Q3RJyV3M

Values are like...

An inner compass. They are what matter to you in your heart.

Give three examples of values from the clips

Creativity, adventure, kindness, curiosity, love are all examples.

Give an example of how values can change, depending on culture or religion

One religious value is that it's wrong to drink alcohol, but another religion may disagree.

Does everyone have the same values?

No, people can completely disagree on this, seeing others' values as negative.

In the third clip, note down three personal values mentioned which you think you might share.

Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone



If anything in today's lesson has affected you, or you want to talk to someone, there is help available.

Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>