

Lesson Plan	
5. Personalities and Jobs	
Theme	Self – Awareness
Purpose	To help learners to identify the skills and personal qualities they have developed in and out of school this year.
Learning Outcomes	By the end of the session learners will know: • One skill or quality they have used or developed in their free time • One skill and one quality they want to develop in this/next year • One job that they might like to do that requires their skills and qualities.
Length	45 minutes
Links to the CDI Framework	2 – be able to focus on the positive aspects of your wellbeing, progress and achievements
Learning Methodology	Whole class discussions, individual working to reflect and record their developments, small group working to discuss their learning over the holidays and pair working.
Resources and Preparation	'What I have developed outside of school' worksheet 'Skills and personal qualities for next year' worksheet 'Name Bingo' activity sheet Deliverers will need to allow time to photocopy worksheets and handouts. Deliverers should also refer to other lesson plans in this resource that make reference to skills and personal qualities, such as 'Future City'.
Career Portfolio	Learners could be encouraged to keep completed documents in a personal profile or career planning folder as appropriate.
Starter	1. Teacher to explain that people are constantly changing and developing their skills and qualities. 2. Teacher displays the lesson learning outcomes. 3. Teacher to ask group if they know the difference between a skill and a quality. 4. Teacher to give the learners the following definition: A personal skill is the ability to do something e.g. play a sport or read a map. A personal quality is a characteristic e.g. staying calm or being sensitive. It is possible to learn new skills and develop new personal qualities.
Main Body	1. Teacher to give an example of an activity he/she has done in their spare time in which they developed a quality or skill e.g. learnt to speak a foreign language. Ask the class if they can think of an example of what they have developed in their spare time (outside of school).

	- Teacher to give out one copy per learner of the 'What have I developed outside of school' worksheet. Ask the learners to complete individually and discuss with the person sat next to them when completed. - Teacher hands out the 'Name Bingo' sheet. Ask each student to get up and move around the class to find people who have developed the skills and personal qualities on their sheet. This is a competition for the first person to have a completed sheet. - Teacher to facilitate whole class feedback of the 'Names Bingo' activity. - Teacher to facilitate a discussion about the differences in an academic school year e.g. year 8 compared with year 7. What has changed? What challenges are ahead and how can learners prepare for these? - Give out one copy per learner of the 'Skills and personal qualities for next year' worksheet. Ask learners to consider their skills and personal qualities they have already developed, as well as the skills and personal qualities they wish to build throughout the next school year. - Teacher instructs learners to consider and record possible career opportunities that may require the skills and personal qualities that they have identified. Once they have finished they share their results with the person sat next to them. - Teacher to facilitate feedback from the whole group on their development areas for next year and the career ideas that they match.
Plenary	- Introduce the plenary session and be prepared to record the student response to the traffic light activity. - Put up a sheet of green paper on the wall at the front, a sheet of red paper on the wall at the back of the class room and sheet of amber/orange paper on the wall to the side of the classroom. - Read out each lesson outcome and ask the learners to stand up and: - move towards the red sheet if they think they have not met/understood the lesson outcomes - move to the amber if they think they have partly met/understood the lesson outcomes - move to the green sheet if they think they have fully met/understood the lesson outcomes. - The teacher then asks those who have gone to the green area to tell the class what they have learnt.
Extension Activity	As an extension activity for learners who have completed all of the tasks revisit the 'What I have developed outside of school' worksheet, recording further activities, skills and personal qualities.
Monitoring	Completion of the 'traffic light' plenary activity. Feedback from learners after activities.
Evaluation	Complete Careers evaluation form.

What have I developed outside of School?

Look at the activities listed in the table below and choose three activities that you took part in. For each activity consider one skill and one personal quality you have practised while doing this activity. You can add your own activities if you prefer and you can add to the list of skills and personal qualities. Use the space below to record your activities and the skills and personal qualities you developed.

Activity	Skill Developed	Personal Quality Developed
Fixed my bike	Reading	Determination
Designed and Made things	Creating	Helpfulness
Cooked a meal	Drawing	Patience
Played an instrument	Leading	Responsibility
Cleaned a car	Listening	Positivity
Looked after children	Decision making	Politeness
Spoke another language	Organising	Honesty
Made a decision	Making things	Energetic
Wrote a letter	Talking	Confidence
Played a sport	Writing	Sensitivity
Led a group	Team working	Flexibility

My Activities

Activity 1 Skill Developed Personal Quality Developed

Activity 2 Skill Developed Personal Quality Developed

Activity 3 Skill Developed Personal Quality Developed

Skills and personal qualities for next year

In the table below write down two skills that you consider being your strongest and the reasons why.

My Strongest Skills	Reason Why

In the table below write down the two personal qualities that you feel describe you the best and the reasons why.

The Personal Qualities that Describe Me the Best	Reason Why

Now consider the skills and personal qualities you wish to develop. Record in the table below a target for a skill and a personal quality that you plan to develop next year:

My Target For Next Year Is To Develop This Skill:	My Target For Next Year Is To Develop This Personal Quality:
Skill:	Personal Quality:

List below at least one career idea that your skills and qualities would be a good match for:

Career 1: Why?

Career 2: Why?

Name Bingo

Below in each of the squares are a list of skills and personal qualities taken from the "What have I developed outside of school" worksheet.

Your task is to find someone in the class who has developed each of the skills and personal qualities.

Once you have found someone write their name in the box with the particular skill or personal quality, along with the activity they did which developed their skill/personal quality.

This is a competition and the first person to finish must shout "Bingo".

Listening Name: Activity:	Decision Making Name: Activity:	Organising Name: Activity:
Making Things Name: Activity:	Patience Name: Activity:	Politeness Name: Activity:
Determination Name: Activity:	Responsibility Name: Activity:	Sensitivity Name: Activity: