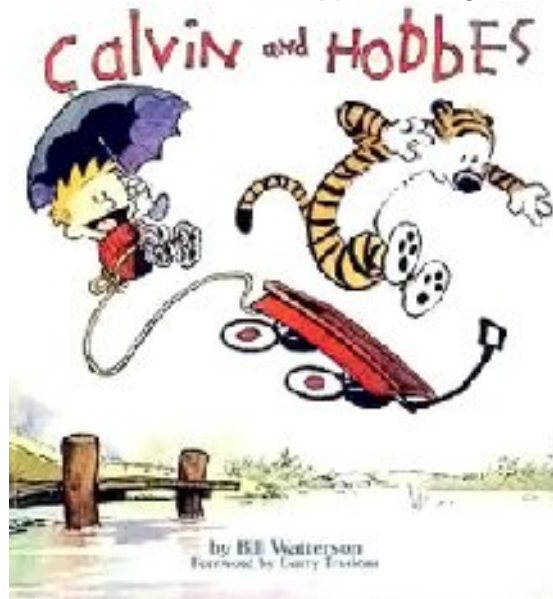


Name:

Due Date

College & Career Awareness
Cycle: Systems
Knowledge, Skills, and Abilities to Support College & Career Success



Overview: The Career Development Applications include 17 lessons designed to support self-discovery, exploration of postsecondary education and career options. These lessons help you figure out who you are while you decide what you want to become. One way to help you find a rewarding career is to match your personal strengths and interests to a possible career option.

Essential questions: How do your interests, abilities, and strengths relate to the process of selecting and achieving goals?

Terms: interests, abilities, credentials

Checklist:

___ Record input onto the right side of your journal

___ Fill out the Find Some Who activity on the next page (10-15 minutes to circulate getting signatures next to the statement that matches)

___ Participate in the class discussion:

What skills did many of you have in common?

What were some of the coolest skills & interests you discovered today?

Which skills & interests surprised you?

How did you think people with multiple interests & abilities choose a career?

Besides your job, in what other facets of your life can you use your talents & abilities?

What skills do you think would be most helpful for you to work on now to help you find a future job?

Name:

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Find Someone Who...

Speaks another language	Plays a musical instrument	Is good at sports	Is interested in science	Likes to tinker with anything mechanical	Enjoys working with animals
Is interested in aviation	Likes performing in public	Seems to be able to teach others	Has artistic ability	Enjoys helping others	Is interested in math
Reads and writes well	Likes constructing or building things	Likes or would like to travel	Likes to debate issues	Likes to sing	Enjoys working with money
Likes working with computers	Types well	Is good at growing plants	Is a good salesperson	Likes talking to people	Gets along well with others
Likes to organize things	Wants to go to college/trade school	Wants to join the military service	Would like to be on TV or radio	Likes history	Prefers the out-of-doors
Enjoys working alone	Likes talking on the telephone	Enjoys personal grooming and clothing	Is concerned about the environment		

___ Complete the Ability Self Inventory (3-5 minutes)

Name:

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Ability Self-Inventory

The following inventory will help you identify your abilities and skills. Please rate yourself for the skills listed under the different ability categories by circling the best descriptor (Good, Average, Poor).

1. Verbal ability: able to understand written material and express self fluently.	Good	Average	Poor
2. Mathematical ability: able to understand and do arithmetic problems quickly and accurately.	Good	Average	Poor
3. Musical ability: able to appreciate or perform well musically.	Good	Average	Poor
4. Interpersonal ability: able to help, teach, influence or counsel others.	Good	Average	Poor
5. Artistic ability: able to express self in a creative way.	Good	Average	Poor
6. Scientific ability: able to understand, organize, observe, and experiment with scientific information.	Good	Average	Poor
7. Mechanical ability: able to work with machines, tools, or repair and assemble different things.	Good	Average	Poor
8. Agricultural ability: able to make things grow, or to work with animals.	Good	Average	Poor
9. Organizational ability: able to arrange and manage information and numbers.	Good	Average	Poor
10. Athletic ability: able to participate in group or individual physical activities.	Good	Average	Poor

Name:

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___ Write you 4 or 5 top abilities from your self-inventory in the first column in the table below. In small teams, you will help each other think of responses of how these skills can be used in school and the community.

Please label this graph in your output as; "Skills I Have & How I Can Apply Them"

Ability and Skill	Possible Use at School	Possible Use in the Community

Conclusion: Finding a great career is more than a matter of luck or chance. When you understand your strengths, talents, & abilities, develop those beyond just the basics, & pursue higher levels of expertise over your lifetime, your reward will be a most satisfying career.