Self awareness

My abilities

Teachers' notes

Time  One hour (plus further activities homework)

Purpose
Identify personal abilities and consider ways to build on strengths and deal with weaknesses.

Rationale
Personal abilities are important for students to consider when they are looking at future experiences, including jobs and careers. Students need to be able to identify their strengths and weaknesses. They need to consider ways to build on their strengths and consider ways to overcome and deal with their weaknesses.

Activities
1. Teacher facilitates discussion on abilities, strengths and weaknesses.
2. Students complete their own My abilities sheets, sharing their experiences as they complete the sheets, in pairs or small groups.
3. If the students in the class know each other well, get them in pairs to complete the ratings of abilities for their partner. Students then discuss these ratings and compare them with their self evaluation ratings.
4. Students consider how their strengths and weaknesses may influence their future experiences. This can be done in small groups or as a class activity. Students discuss what impact this may have on possible careers.
5. Students list their abilities under the seven categories from the Job Guide and identify categories of work that they are good at. They can then explore these further to identify any other possible jobs.

Further activities
- Students undertake a goal setting exercise to plan how to deal with their weaknesses.
- Students discuss the completed worksheets with their parents, who can provide a written comment.

Resources
- Copies of My abilities sheet for each student (3 pages). A second copy may be needed for each student if they complete the rating for another student in the class
- Identifying step in the My Guide section of the myfuture website at http://www.myfuture.edu.au

Victorian Essential Learnings (VELS)
Level 5 and 6

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