

LESSON 1: DISCOVERING YOUR SKILLS

OBJECTIVE:

Help your students to start identifying individual skills and personality traits, and use them to evaluate possible options for their career journey.

UCAS HUB: CAREERS QUIZ

- This has been designed as a starting point for your students' career journeys, showing them their personality traits, potential job matches, and pathways into these careers.
- Your students will also create their own UCAS Hub account, so they can start exploring all of their post-18 options.

LESSON ACTIVITIES:

- All three activities can be completed independently in short 20-minute sessions or be combined for one 60-minute lesson.
- Students should have individual computer access.
- Your lesson pack contains a summary of skills, sentence starters, and an evaluation framework for your students.



20 mins



60 mins



Individual computers

ACTIVITIES AND OUTCOMES:

Activity	Time	Student outcome	Lesson activities
1	20 mins	Identify three personality traits they feel are most like them.	<ul style="list-style-type: none"> ➔ Complete Careers Quiz. ➔ Create a UCAS Hub account as part of this process. ➔ Use the results to identify three personality traits.
2	20 mins	Can explain the difference between a hard and soft skill.	<ul style="list-style-type: none"> ➔ Class discussion about what a skill is and the difference between hard and soft skills. ➔ In groups, students list all the hard and soft skills they can think of. ➔ Students individually pick the three strongest skills they have.
3	20 mins	Evaluate personalised career matches to see if they should explore them further.	<ul style="list-style-type: none"> ➔ Students pair up and use their individual Careers Quiz results and skills list to discuss their job matches. ➔ Use their skill and personality traits to evaluate and see if any of their career matches interest them. ➔ Favourite their matches to come back to.

GATSBY BENCHMARKS:

- A stable careers programme.
- Addressing the needs of each pupil.

CDI FRAMEWORK:

- Grow throughout life:** Students reflect on their own experiences.
- Manage career:** Actively planning and prioritising targets for the future.

RESOURCES:

Use the QR code or web link to download the lesson pack you'll need. This includes:

- Full teacher guide.
- Lesson slide deck for the classroom.
- Student handbook for you to photocopy.

