

Strengths, goals and aspirations

Skills

Your skills are the things you're good at; they are what enable you to do a whole range of tasks at school, at home, in your hobbies or in your future job. Tick between two and seven of the skills below that you think you have.

Aiming high	<input type="checkbox"/>	Analytical	<input type="checkbox"/>	Communication skills	<input type="checkbox"/>	Creative thinking	<input type="checkbox"/>	Decision making	<input type="checkbox"/>
Innovative	<input type="checkbox"/>	Leadership	<input type="checkbox"/>	Numeracy	<input type="checkbox"/>	Organisation	<input type="checkbox"/>	Presenting	<input type="checkbox"/>
Proactivity	<input type="checkbox"/>	Problem solving	<input type="checkbox"/>	Resilience	<input type="checkbox"/>	Staying positive	<input type="checkbox"/>	Teamwork	<input type="checkbox"/>

Interests

Your interests are the things you like to do. They may be things you enjoy doing on your own or with friends and family. Tick between two and seven of the interests below that you have.

Animals	<input type="checkbox"/>	Art	<input type="checkbox"/>	Current affairs	<input type="checkbox"/>	Environment	<input type="checkbox"/>	Fashion	<input type="checkbox"/>
Finance and business	<input type="checkbox"/>	Fixing things	<input type="checkbox"/>	Food	<input type="checkbox"/>	Reading	<input type="checkbox"/>	Science	<input type="checkbox"/>
Social media and writing	<input type="checkbox"/>	Sport and fitness	<input type="checkbox"/>	Technology	<input type="checkbox"/>	Travelling and languages	<input type="checkbox"/>	Vehicles	<input type="checkbox"/>

Personality traits

Your personality traits are your behaviours and attitudes. Even though every situation is different people have ways that they usually behave in. Your mix of personality traits make you unique. Tick at least two personality traits from below that you think you have.

Adaptable	<input type="checkbox"/>	Confident	<input type="checkbox"/>	Curious	<input type="checkbox"/>	Debater	<input type="checkbox"/>	Empathetic	<input type="checkbox"/>
Enthusiastic	<input type="checkbox"/>	Integrity	<input type="checkbox"/>	Inventive	<input type="checkbox"/>	Observant	<input type="checkbox"/>	Outdoor enthusiast	<input type="checkbox"/>
Patient	<input type="checkbox"/>	Respectful	<input type="checkbox"/>	Responsible	<input type="checkbox"/>	Social	<input type="checkbox"/>	Thorough	<input type="checkbox"/>

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Skills action plan

Choose up to three of the below core transferable skills that you would like to improve. Think of up to three goals that you could complete to help you develop and put this skill into practice. Enter a realistic date by which you aim to have completed all these goals to help towards the development of this skill.

- **Listening and speaking (communication):** The verbal and physical communication skills we use every day to explain ourselves to other people, and to understand what others are telling us
- **Problem solving:** Being able to break down something tricky or challenging to find a solution. You might do this on your own or with other people
- **Creativity:** Helps you complete a task or tackle a challenge in a different way, come up with new ideas and use your imagination
- **Staying positive (resilience):** Not giving up when facing a challenge, and even when things go wrong, looking for what you can learn to improve for next time
- **Aiming high:** Putting in your best effort, thinking ahead, and planning what to do to reach your goals
- **Leadership:** Being able to understand how others around you are feeling so you can motivate them and make decisions to reach a goal. Leadership is a really important part of teamwork
- **Adaptability:** Getting used to change quickly and being able to do your best even when unexpected things happen

Skill	What I'll do to work on it	Completion date
Communication	<ol style="list-style-type: none"> 1. Volunteer to read in class more often 2. Practise speaking in front of people in class presentations 3. Play recall games with friends and family to practise listening skills 	December