

Worksheet 1

Activity 1: Me

Interests and choices quiz

Complete this quiz on your own by selecting the answer to each question that is most suited to you. Remember it's up to you to choose – there is no right or wrong answer.

1. It's Friday night. What do you most want to do?

A See your favourite band's gig

B Go to the cinema with friends

C Watch sports at a big stadium

D Stay in and chill out

E Other (describe):

2. Everyone's meeting at a local cafe and there will be lots of people there you don't know. What are you most likely to do?

A Look forward to meeting new people

B Feel worried about all the new faces but go along and make conversation anyway

C Go along but stick with the people you already know

D Make an excuse to not go

E Other (describe):



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3. It's almost the end of summer term. What are you thinking about most?

- A Relaxing at home

- B Studying and learning more

- C Planning to go to lots of exciting places

- D Finding work experience and/or getting a job

- E Other (describe):

4. Soon you'll be starting something new – maybe sixth form, college, an apprenticeship or university. What are your strongest feelings?

- A Confused and worried about what to do

- B Nervous about the change

- C Excited about learning new stuff

- D Eager to meet new people

- E Other (describe):



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5. Your exams are approaching. What does the room where you've been studying most look like?

- A Very messy with books and belongings all over the place

- B Organised with neat files of all your revision and notes

- C Full of papers and files, roughly stacked in wobbly piles

- D Studying? I haven't even started yet!

- E Other (describe):

6. What is your greatest ambition for the future?

- A Being happy in your work and personal life

- B Earning lots of money

- C Working in a job that you find rewarding and fulfilling

- D Not working at all

- E Other (describe):



Worksheet 2

Activity 2: Understanding skills



Name of skill

Describe what a person who has this skill is like

Think of a time when this skill could be used



Worksheet 3

Activity 2: Understanding skills

Complete the skills map below:

Inside the blue circle (layer 1): Write your key skills, such as communication.

Inside the dark pink circle (layer 2): Add in other skills that are linked to your key skills e.g. good listener, presentation skills etc.

