

# Skills and Abilities

## LESSON GOAL

Identify interests that are personally meaningful and analyze how skills and interests connect to internship sites and vocational choices.

## ESSENTIAL QUESTION

How can I develop my individual skills and abilities?

## INTEGRATING TECHNOLOGY

### ANNOUNCEMENT

- Check Announcements for any information about assignments and due dates.

### MY PORTFOLIO

- Consider submitting your work in this lesson to My Workspace for inclusion in My Portfolio.

### MY WORKSPACE

- Complete your assignments in My Workspace.

### LESSONS

- Review the lesson
- Complete assignments.
- Submit assignments

### ASSIGNMENTS

- Use Assignments to submit your artifacts and reflections.

### GRADEBOOK

- Check Gradebook for your lesson evaluation.

### SCHEDULE

- Check schedule for assignments and due dates.

### COMMUNICATE

- with your teacher or other students if desired
  - Blogger
  - Chat Room
  - Drop box
  - Mailtool

2 class periods

## LESSON OVERVIEW

Poet and philosopher Henry David Thoreau said, “If one advances confidently in the direction of one’s dreams, and endeavors to live the life which one has imagined, one will meet with a success unexpected in common hours.”

A first step in taking this advice is to identify your interests. Clearly defining your interests can help you make choices that lead to a rewarding, enriching, and satisfying life experience in and out of school and work.

In this lesson you will identify interests that are personally meaningful and analyze how skills and interests connect to internship sites and vocational choices.

## STUDENT EXPECTATIONS

1. Complete an interest survey.
2. Identify and analyze interests and skills.
3. Provide feedback on the interest statements of other students.
4. Describe and refine personal interest statements.
5. Relate personal interests to vocational interests.
6. Write a reflection on how to explore and develop interests.

There are two assignments in this lesson that require you to have completed the survey and participated in all of the lesson activities and discussions.

## Here are the ways you can succeed in this lesson.

1. Engage in classroom discussions fully by offering thoughtful responses.
2. Thoughtfully complete and analyze all parts of the survey.
3. Develop meaningful descriptions for each identified interest.
4. Provide insightful feedback to peers demonstrating understanding of personal interests.
5. Write thorough descriptions of events that represent each identified interest.
6. Complete a thoughtful reflection answering questions and giving honest insight.

# Skills and Abilities



## ASSIGNMENT 1

In class you have discussed knowledge, skills, and abilities, taken an interest survey, drafted interest descriptions, and provided peer feedback for others on their interest descriptions.

Use the peer feedback you received to finalize your interest descriptions.

1. Finalize your list of three skills for each area.
2. Rewrite each into a formal sentence.
3. Give each item a title.
4. Write a detailed description of two to three sentences for each item.
5. When you are finished, use the *Sakai* Assignments Tool to submit your descriptions for evaluation.



## ASSIGNMENT 2

In class you have discussed knowledge, skills, and abilities, taken an interest survey, drafted interest descriptions, and provided peer feedback for others on their interest descriptions. Write a reflection to explore how you can develop your interests in and out of school and work by addressing these questions.

1. What did you learn about yourself from the *Interest Profiler* that you did not know before?
2. What did you learn about yourself from your small group that you did not know before?
3. What do you want to do after your schooling is complete?
4. Based on your identified interests, how are you using these interests during your internship this year?
5. Based on your interests, what type of internship would you like to pursue next year?
6. How do you see the nine items that you identified as playing a role in this interest?
7. Use the *Sakai* Assignments Tool to submit your reflection for evaluation.

Multiply the points by the weighted score and record in the total column for each rubric. Then tally the total points for the final score.

Weighted Score	Category	Exceeding 9-10 Points	Meeting 6-8 Points	Approaching 3-5 Points	Emerging 0-2 Points	Total
2	<b>ASSIGNMENT 1</b> <b>Interest Descriptions</b> Write, revise, and edit interest descriptions.	Wrote thorough descriptions of events that represented each identified interest.	Complete the interest descriptions.	Made a moderate effort to complete the interest descriptions.	Made a minimal effort to complete the interest descriptions.	
2	<b>ASSIGNMENT 2</b> <b>Reflection</b> Write a reflection about how interests can be explored.	Completed a thoughtful reflection answering questions and giving honest insight.	Completed a reflection answering most of the questions.	Made a moderate effort to complete the reflection.	Made minimal or no effort to complete the reflection.	