

Skills and Abilities

LESSON GOAL

Identify current skills, strengths and weaknesses, compare to past, and set goals for continual growth and development.

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

- Submit work to My Portfolio.

MY WORKSPACE

- Prepare your assignments in My Workspace.

LESSONS

- Review the lesson.
- Complete assignment.
- Submit assignment.

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

1-2 class periods

LESSON OVERVIEW

Is it important to realize your strengths and weaknesses? How can you set goals for personal improvement? How can you find the information needed to set these goals? This lesson will help students explore the answers to these questions by looking at their past, listening to peers and dreaming about their future.

STUDENT EXPECTATIONS

1. Participate in discussions about strengths, weaknesses, skills and abilities.
2. Write a personal epitaph that highlights personal strengths, skills and abilities.
3. Write a reflection about current strengths, weaknesses, skills, and abilities compared to previous year.
4. Create a personal timeline from birth to 20 years from now.
5. Reflect upon the timeline by writing a letter to yourself in 20 years from now.

There are four assignments in this lesson that ask you to describe and reflect on your skills and abilities.

Here are the ways you can succeed in this lesson

1. Take appropriate initiative in discussion to determine important strengths, skills and abilities.
2. Work creatively to write a personal epitaph.
3. Thoughtfully reflect on personal strengths, weaknesses, and skills.
4. Take initiative to reflect thoughtfully on past and current assessment.
5. Thoughtfully and creatively develop a timeline with descriptive inserts.
6. Thoughtfully and creatively write a letter to self using timeline.

Skills and Abilities



ASSIGNMENT 1

In class you have discussed the importance of understanding your strengths and weaknesses. Reflect on your strengths and weaknesses and then write your own epitaph. Imagine you have just passed away at an old age and have the chance to write a paragraph-long epitaph that highlights your personal strengths, skills and abilities.

Read a few examples (see: <http://www.alsirat.com/epitaphs/>, <http://en.wikipedia.org/wiki/Epitaph> for examples and more information).

Use the *Sakai* Assignments Tool to submit your reflection for evaluation.



ASSIGNMENT 2

In class you have discussed and listed personal strengths and weaknesses and have written an epitaph for yourself at 85. Think about these experiences as you look up the results from the Skills and Abilities work completed in Level A, or think back to last year. Compare what you wrote or thought about your strengths and weaknesses last year to what you have just written. Take time to write a thoughtful reflection using these questions.

- a. How have you changed since last year's assessment of your skills and abilities?
- b. Do you think you have anything to add or subtract since then?
- c. Did the answers you shared during your discussion clarify or change anything you had previously written about your skills and abilities?

When complete, use the *Sakai* Assignments Tool to submit your list of strengths, weaknesses, and skills along with your reflection for evaluation.



ASSIGNMENT 3

In class you have discussed and reflected on your strengths and weaknesses. Think about those experiences and create a personal timeline from your imagination starting with birth and ending 20 years from now with today being in the middle. Fill in the timeline with the following elements.

- a. Birth
- b. Start of school
- c. Start of pursued hobbies
- d. Difficult moments and challenges
- e. Highlights and special memories
- f. Awards received, etc...

Use the *Sakai* Assignments Tool to submit your timeline for evaluation.

Skills and Abilities



ASSIGNMENT 4

In class you have discussed and reflected on your strengths and weaknesses. You have created an epitaph and a personal timeline. Think about those experiences as you write a letter to yourself in 20 years expressing your desires for personal future outcomes.

Letters should start by stating, “Hello self. I hope that in 20 years I can look back and...”

Letters should address the following: family situation, job, location of residence, relationships with friends and family, hobbies, character traits, achievements, skills and abilities.

Use the *Sakai* Assignments Tool to submit your reflection for evaluation.

Skills and Abilities

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	<input checked="" type="checkbox"/> ASSIGNMENT 1 Epitaph Write a personal epitaph.	Worked creatively to write a personal epitaph.	Wrote a personal epitaph.	Made minimal effort to write a personal epitaph.	Did not write a personal epitaph.	
2	<input checked="" type="checkbox"/> ASSIGNMENT 2 Skills and Abilities Comparison Compare skills and abilities from this year to last year.	Took initiative to reflect thoughtfully on past and current assessment.	Completed a reflection on past and current assessment.	Made a minimal effort to reflect upon past and current assessment.	Did not reflect upon past and current assessment.	
2	<input checked="" type="checkbox"/> ASSIGNMENT 3 Timeline Create a timeline of life events.	Thoughtfully and creatively developed a timeline with descriptive inserts.	Completed the timeline with minimal descriptive inserts.	Made an attempt to complete the timeline.	Did not complete the timeline.	
1	<input checked="" type="checkbox"/> ASSIGNMENT 4 Reflection Write a letter to yourself 20 years from now.	Thoughtfully and creatively wrote a letter to self using timeline.	Completed a letter to self using timeline.	Made a minimal attempt to write a letter to self.	Did not complete a letter to self.	