**Activities for unit 1 Personal and Interpersonal Skills and Abilities**

1. **Identifying Skills and Abilities**

**Activity 1**

1. **Below are a list of skills and abilities. Complete an audit of where you are now. Record this in your learning journal/portfolio.**

Rate yourself (1=Not very well developed; 3=very well developed)

|  |  |  |  |
| --- | --- | --- | --- |
| *Skills and Abilities* | *1* | *2* | *3* |
| Self confidence |  |  x |  |
| Self-discipline |  |  x |  |
| Team Work  |  |  |  x |
| Act as a Leader |  |  x |  |
| Listen to others |  |  |  x |
| Write for academic purposes  |  |  x |  |
| Computing Skills  |  |  x |  |
| Be Creative  |  |  x |  |
| Problem solving  |  |  |  x |

**Activity 2**

1. **Complete the audit below, using the information from the table above.**

|  |  |  |
| --- | --- | --- |
| **Recognition** | **Reflection** | **Action** |
| *Skills already developed* | *How I will use these*  | *How do I know (evidence)\*\** |
| Self confidence | I will put myself in new social situation in university to make new friends and improve on my communication skills that will assist me throughout my degree and in my career |  |
| Self-discipline | I have done well in my exams at school due to how I organise my revision and the way I manage my time. I will continue to plan throughout my studies  |  |
| Team Work  | I will work with other students in group tasks. We will combine our stengths and work on weaknesses to to create a good learning climate and achieve good results |  |
| Act as a Leader | I will take charge of some tasks to work on my skills as a leader, so that I gain more confidence to use when I am on placement.  |  |
| Listen to others | I will listen to others in my class to gain a variety of perspectives that will entice my learning and gain feedback  |  |
| Write for academic purposes  | I will complete my ePortfolio to document my progress and improve my writing skills |  |
| Computing Skills  | I will develop my knowledge and IT skills by using a variety of programmes throughout my time at university and when teaching |  |
| Be Creative  | I will be creative to make me stand out in my writing, lesson plans and presentation. It will make my work more exciting. |  |
| Problem solving  | I will use my problem solving skills to assist others in group tasks, which will allow us to work together and find the best way of working for us  |  |

|  |  |  |
| --- | --- | --- |
| **Recognition** | **Reflection** | **Action** |
| *Skills to be developed* | *How I will develop these*  | *How do I know (evidence) \*\** |
| Act as a leader | Be involved with more group activities and use my placement to gain the confidence a teacher needs to hold as class’ attention and gain their respect |  |
| Organise and plan  | Utilise resources to organise my time and store my work |  |
| Debate formally and informally  | I will have discussions with my peers in the classroom but also outside of school to gain a wider perspective on current topics and to voice my opinion  |  |
| Build social networks | I will work with students from across the universities, in particular, students from the courses that work alongside teachers  |  |
| Think critically  | I question things to gain full understanding  |  |
| Generate new ideas  | I will learn from my peers and tutors and will generate a toolbox of skills I can use  |  |

\*\* This section should be completed as you identify when/where/how you have used/developed these skills.