**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.**

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| --- | --- | --- |
| **Recognition** | **Reflection** | **Action** |
| *Skills already developed* | *How I will use these* | *How do I know (evidence)\*\** |
| Self confidence | I will need to be confident in my knowledge and skills. The lessons and tasks I plan for children will be dependent on what I have observed in class. I will make sure I plan activities according to each child’s ability which will in return enhance their skills. Being confident in my lessons will also make the children confident. This will also apply during my placement next semester. |  |
| Self-discipline | I will use self discipline at university as a means of growing as an individual. I will use it to control my time and prioritise my coursework. |  |
| Team Work | I will voice my opinion when necessary and make sure I work together with my team, by giving ideas and listening to theirs. |  |
| Act as a Leader | I will act as a leader in university team work activities when I feel confident in my opinion or when I can relate back to my experiences. When I am confident in what I have to say, I can feed this back. As a teacher I will also act as a leader by controlling them so that they do not misbehave. |  |
| Listen to others | I will listen to the opinions of my peers as shared ideas can increase my knowledge in many areas. In return, I can apply this in school. |  |
| Write for academic purposes | I am constantly writing for academic purposes. I will enhance these skills by reflecting upon my work and any feedback given which will be very beneficial as a teacher as I will be teaching children vocabulary and language. |  |
| Computing Skills | I will be required to submit my assignments online, respond to emails, update my e-portfolio and do some online reading. |  |
| Be Creative | I will try to be as creative as I can in the way I think so that I am not afraid to try anything new. This will enable me to challenge myself. In placements, I can put my creativity into practice as children may engage more in fun tasks as they are different. |  |
| Problem solving | In university, I will be faced with problems which I need to tackle. This may be personally in my assignments or in group tasks. I need to make sure I resolve the problem than dwelling upon it. |  |

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| --- | --- | --- |
| **Recognition** | **Reflection** | **Action** |
| *Skills to be developed* | *How I will develop these* | *How do I know (evidence) \*\** |
| Act as a leader | I will make sure that when I am fully confident in my say, I trust myself to act upon it. If, within group tasks or presentations my peers are unsure of anything, I will step forward and try to manage the situation as best as I can. |  |
| Organise and plan | I will develop these skills throughout my time at university. By organising my time effectively, I can plan my assignments and prioritise my tasks so that I keep up to date. I will keep my notes as neat and organised as possible so I am able to study. |  |
| Debate formally and informally | I will engage in conversations and debates in class when I feel like it is necessary. This will allow my views to be heard and further discussion may increase my knowledge in the topic. |  |
| Build social networks | I will try to engage in activities both in and out with the university so that I am able to build strong and long-lasting friendships. |  |
| Think critically | I will try to think critically when given my assignment topic and also during my class tasks. I will try to think about how this task not only benefits me but how it applies in the real world. |  |
| Generate new ideas | I will develop this by sharing my ideas and by taking risks. This can be put into practice in primary schools where I will be planning activities. By trying something new, I can observe how children benefit from it so I am able to improve it when I try it again. |  |

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