**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 | When teaching a class and when in group discussions in university. | I have experience working in groups and having the confidence in my abilities to lead them. |
| Self-discipline | Doing course work and juggling placement responsibilities and assignments. | By participating in the Duke of Edinburgh |
| Team Work | In group discussions in university and working as part of the school when on placement and later on in my career. | By participating in the Tron Ambassador Scheme, the student executive and Duke of Edinburgh, I demonstrated that I was able to work with multiples of people. |
| Act as a Leader | Within my role as a teacher, having to lead a class and act as a leader that the children follow. | My role within Ladybirds and dancing. I provided the support when needed as well as stepping in and leading activities when needed. |
| Listen to others | As a teacher, you are put in a position of trust and therefore have to have the skills to be able to listen to pupils and give advice as they will see you as a role model and someone they can trust. | I think this goes hand in hand with team work and that having worked in teams and listening to others when participation in Duke of Edinburgh and the Tron Ambassador Scheme. |
| Write for academic purposes | Throughout my whole academic career during university. | By participating in, both, the Access to a Career in Teaching and Top-up, where I achieved a exceeded the basic pass mark at university level. |
| Computing Skills | Throughout my career as technology is always advancing. | Using my laptop and hone every day. |
| Be Creative | As a teacher, you always have to be thinking of new and different ways to teach and being able to think of new ways to cater for different children’s learning styles. | Through work placements and being in charge of multiples of different ability groups of children, I have learned how to explain things in an alternative. |
| Problem solving | Being a teacher you deal with different children and you have to learn how deal with their different needs. |  |

|  |  |  |
| --- | --- | --- |
| **Recognition** | **Reflection** | **Action** |
| *Skills to be developed* | *How I will develop these* | *How do I know (evidence) \*\** |
| Act as a leader | I will push myself in group situations to take more control of conversations. | During the Working Together module, I pushed myself to exert myself and my opinions as well as leading the conversation throughout the seminar session. |
| Organise and plan | I will take more time in order to plan and organise things. | I have bought a planner and I am making time to use it every day. |
| Build social networks | I will become more active on social media by trying out new parts of social networks. | I am planning to create and become an active member of Twitter. |
| Think critically | I will do research into how to critically think and analyse. | I have looked into what critical thinking is and how I can apply it to my university written work. |

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