**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 |  |  |
| Work under pressure |  | X |  |
| Team work |  |  | X |
| Be creative |  | X |  |
| Listen to others |  |  | X |
| Take notes |  | X |  |
| Computing Skills |  | X |  |
| Share opinions confidently |  |  | X |
| Organise and plan |  |  | 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 make sure that I keep up to date with all lecture notes and work given to do outside of class to make sure I am confident within the areas of work that I will be assessed on. |  |
| Work under pressure | When working to deadlines, I will make sure that my notes are clearly organised in order to make my work more efficient and easier to revise. |  |
| Team work | When working in groups to complete a task, it is important that everyone works together to achieve a common goal and all work is split up equally between everyone in the team. |  |
| Be creative | When producing posters, presentations or essays it is important that I am creative with my work to make it stand out from others and be unique. Also, as a future teacher, I will need to be creative in order for my lessons to be fun so that the children don’t get bored. |  |
| Take notes | When in lectures I will take done quick notes on anything said by the lecturers that aren’t included in the lecture slides. I will then use these to make more detailed notes when going over them after lectures. |  |
| Computing skills | As a future teacher it is important that I keep up to date with changes in technology within society and make sure that I am familiar with these as technology is essential in a child’s learning journey. |  |
| Share opinions confidently | When in lectures, workshops and seminars, I will try to voice any opinions that I have with my peers, so I can give them a different perspective on the work that we are doing. |  |
| Organise and plan | As a future teacher, it is important that I am able to organise and plan each lesson that I teach in advance so that I feel prepared but also have the versatility to change lessons depending on class situations. |  |

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