

What Life Skills Will My Child Need for Effective Career Planning?

Canadian career development specialists have identified three areas of skill development essential to effective career planning: personal management, learning and work exploration, and life/work building. Reviewing the Skills Checklist with your child will help in identifying some of your child's strengths and weaknesses.

Skills Checklist

- Demonstrates positive self-esteem and confidence.
- Organizes ideas and communicates oral messages appropriate to the listener and situation.
- Uses listening skills to understand and learn.
- Reads, understands, and uses written materials including graphs, charts, and displays.
- Effectively communicates thoughts, ideas, information, and messages in writing.
- Thinks critically and acts logically to evaluate situations, solve problems, and make decisions.
- Understands and solves problems using mathematics, and uses the results.
- Uses technology, information systems, instruments, and tools effectively.
- Understands that learning continues throughout life.
- Demonstrates honesty, integrity, and personal ethics.
- Demonstrates a positive attitude toward learning, growth, and personal health.
- Exhibits initiative, energy, and persistence to get the job done.
- Shows the ability to set goals and priorities in work (home and school) and personal life.
- Displays the ability to plan and manage time, money, and other resources to achieve goals.
- Demonstrates accountability for his/her actions.
- Displays a positive attitude about change.
- Demonstrates recognition of and respect for people's diversity and individual differences.
- Shows the ability to identify and suggest new ideas to get jobs done.
- Understands and contributes to the goals of a group or team.
- Plans and makes decisions with others, and supports the outcomes.
- Respects the thoughts and opinions of others in groups (for example, in the classroom, in teams, in clubs).
- Exercises "give and take" to achieve group results.
- Recognizes and seeks a team approach as appropriate.
- Works cooperatively with others, contributing to the group with ideas and effort.
- Understands how work and lifestyle influence each other.
- Understands how strengths and weaknesses impact on career planning.
- Understands how the High Five Plus One influence career planning.
- Other: _____

Talk about the skills your child identifies as strengths and explore evidence to support these findings. Discuss ways to improve weaker skill areas.