

## Worksheet 1 Activity 1: Me

# Interests and Choices quiz

Complete this quiz on your own by circling the answer to each question that is most suited to you. Remember it's up to you to choose - there is no right or wrong answer.

It's Friday night. What do you most want to do?

Q1

- A See your favourite band's gig?
- B Go to the cinema with friends?
- C Watch sports at a big stadium?
- D Stay in and chill out?

E Other (describe):

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Everyone's meeting at a local cafe and there will be lots of people there you don't know. What are you most likely to do?

Q2

- A Look forward to meeting new people?
- B Feel worried about all the new faces but go along and make conversation anyway?
- C Go along but stick with the people you already know?
- D Make an excuse to not go?

E Other (describe):

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It's almost the end of summer term. What are you thinking about most?

Q3

- A Relaxing at home?
- B Studying and learning more?
- C Planning to go to lots of exciting places?
- D Finding work experience and/or getting a job?

E Other (describe):

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Soon you'll be starting something new - maybe A-levels, college, university or work.  
What are your strongest feelings?

Q4

- A Confused and worried about what to do?
- B Nervous about the change?
- C Excited about learning new stuff?
- D Eager to meet new people?

E Other (describe):

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Your exams are approaching. What does the room where you've been studying most look like?

Q5

- A Like a bomb went off with books and belongings all over the place?
- B Organised with neat files of all your revision and notes?
- C Full of papers and files, roughly stacked in wobbly piles?
- D Studying? I haven't even started yet!

E Other (describe):

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What is your greatest ambition for the future?

Q6

- A Being happy in your work and personal life?
- B Earning lots of money?
- C Working in a job that you find rewarding and fulfilling?
- D Not working at all?

E Other (describe):

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## Worksheet 2 Activity 2: Understanding skills



Name of skill:



Describe what a person who has this skill is like?



Think of a time when this skill could be used.



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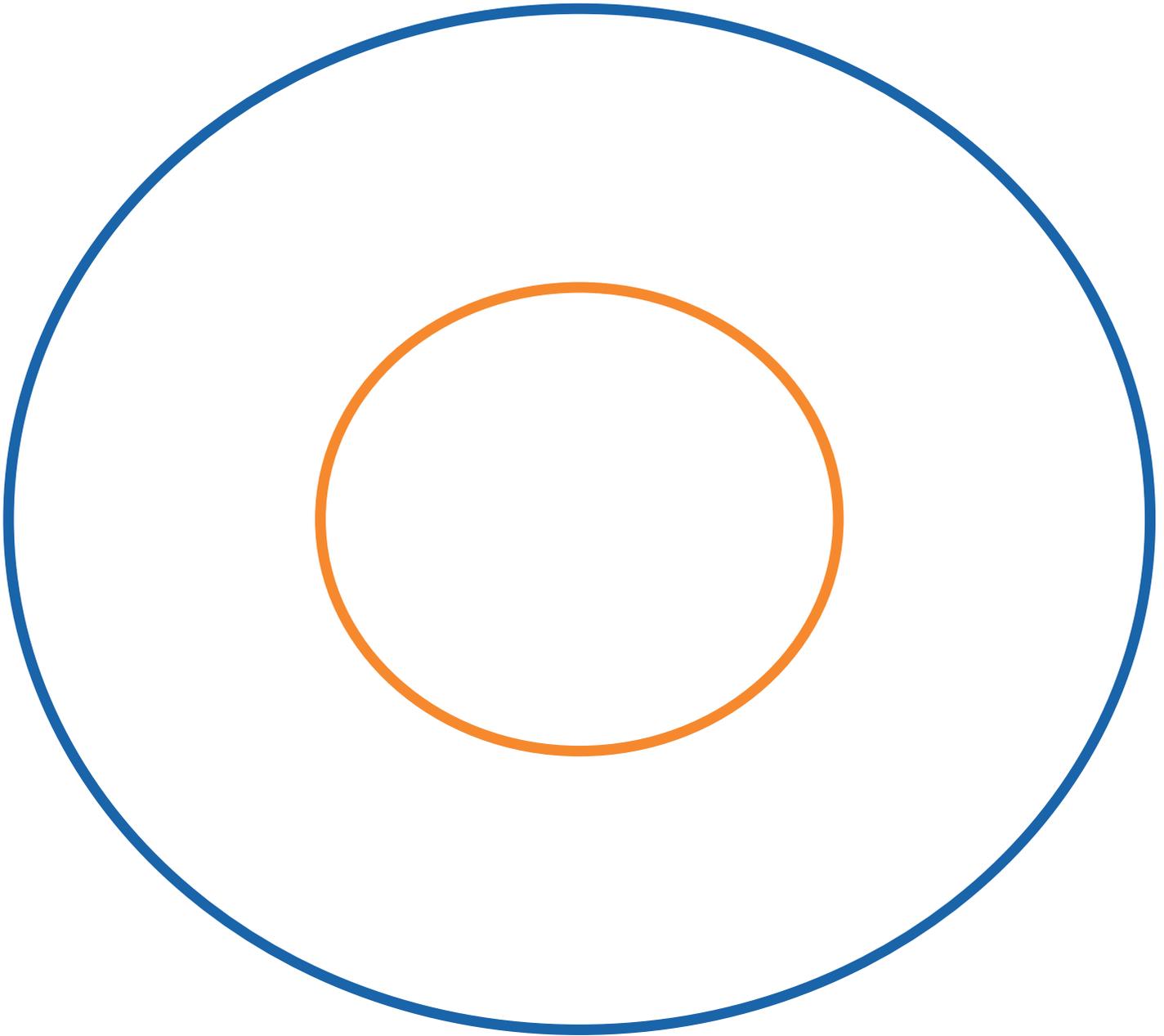
## Worksheet 3 Activity 2: Skills Map

### Complete the skills map below:



**In the orange area:** Write your key skills, such as communication.

**In the blue area:** Add in other skills that are linked to your key skills e.g. good listener, presentation skills etc.



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