

Life Skills and Career Exploration Student Activity

1. Read the Taxonomy of Life Skills handout. Notice that there are four categories of life skills: life work, self regulation, thinking and reasoning, and working with others. Be sure you can define each skill in your own words. List at least three of them on the Data Recording Sheet.
2. Describe these three life skills in your own words on the Data Recording Sheet.
3. Brainstorm several careers you are interested in learning more about. Find entries on these careers in your reference books. Be sure to look at related careers. Sometimes they are ones you may not recognize, but can be as interesting as those you know better. Record the names of three interesting careers on the Data Recording Sheet.
4. Read the material on each selected career. Find examples of life skills either mentioned or implied in the description of each of your chosen careers. The most likely areas to find information about skills are "Nature of the Work," "Working Conditions," and "Training, Other Qualifications, and Advancement." List these necessary life skills for each of your chosen careers.
5. Choose the career you think you would most like to have. For that career, write three sentences that relate the life skills you studied to the requirements of that career. Use the format "*(Life skill)* is important to *(Career)* because...". For example, "*Displaying effective interpersonal communication skills* is important to *handlers, equipment cleaners, helpers, and laborers* because they must follow oral or written instructions from supervisors or more experienced workers, and be pleasant and courteous when dealing with people."
6. Think about your preparation for that career. What are you doing in your school and in your personal life to increase your life skills so that you are ready for that career? Record your answer in the format "I am becoming prepared to be a *(Career)* because I am...". For example, "I am becoming prepared to be a *physicist or astronomer* because I am learning to use my work space more effectively, and I am reading instruction manuals carefully before I use power tools."