



You Have Skills Student Worksheet Part 1

Name: _____

Instructions:

1. Read the *Essential Skills* handout.
2. Identify three skills that are part of your strengths. Record the skills below.
3. Visit www.careertrekbc.ca
4. Select the **Skills** icon near the middle of the page.
5. Find **Select Your Skills** in grey on the right-hand side of the page.
6. Select the three skills that are strengths for you.
7. Record three different occupations (listed on the left) that require all three of these skills.

Extension: Watch two of WorkBC's *Career Trek* videos to learn more about some of these occupations.

Record three essential skills that are strengths for you

1. _____
2. _____
3. _____

Name three different occupations that require all three of these skills (Using WorkBC's *Career Trek*)

1. _____
2. _____
3. _____



You Have Skills Student Worksheet Part 2

Name _____

Instructions:

1. Choose two occupations suggested to you in Part 1 of this activity.
2. Visit www.careertrekbc.ca
3. Click on the **Careers** icon.
4. Search or review the list of videos to find one of the occupations suggested to you.
5. Watch the five-six minute video and answer the following questions.

Video 1:

Which occupation video did you watch on WorkBC's *Career Trek*?

Name one thing you found interesting while watching this video?

What helpful advice was offered in the video for someone interested in entering this occupation?

Video 2:

Which occupation video did you watch on WorkBC's *Career Trek*?

Name one thing you found interesting while watching this video?

What helpful advice was offered in the video for someone interested in entering this occupation?
