

# Exploring Your Skills & Career

For more YouthConnect resources please visit [leadership.civicaaction.ca/youthconnect](http://leadership.civicaaction.ca/youthconnect).

Discussing and writing down your interests and accomplishments is a great way to help identify your skills and strengths. Once you have identified your strongest skills, you'll have a better understanding of how to communicate your strengths to employers and what areas you need to work on as you start your career.

1. What are you passionate about? What excites you? (E.g. building things, working with people, being creative, etc.)

2. List 3 activities you have participated in that you are proud of. (E.g. volunteering, jobs, clubs, projects, extracurricular activities, etc.) **Refer to the transferrable skills sheet** for inspiration!

3. What are some of the skills you've gained and strengths you've honed through the activities and accomplishments you listed above? You can **refer to the transferrable skills sheet** for help.

4. Talk to the employers and workers at your table about their career paths. Why did they get into the professions they're in now?

5. What are 2-3 areas of work/careers/jobs that you are interested in?

6. What skills might you need to have for the areas of work/careers you listed above? Rank these from 1 to 5 based on your current competency level. (1 being most competent, 5 being least competent).

- 1.
- 2.
- 3.
- 4.
- 5.

7. Pick 2 of your strongest skills and work on how to best communicate these skills to an employer.