

# Your Activities & Transferable Skills

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

**No work experience? No problem! Below are some examples of activities you may have participated in and the transferable skills you may have gained.**

ACTIVITY	EXAMPLES	TRANSFERABLE SKILLS
<b>THEATER</b>	Drama club at school, community recitals	Presenting Storytelling Communication
<b>SPORTS AND ATHLETICS</b>	Basketball, gymnastics, cheerleading, competitive dancing, rock climbing, cycling, boxing, MMA, fencing, fishing, ultimate frisbee, football, hunting, hockey, figure skating, tennis, running, skiing, snowboarding, lacrosse, parkour, hiking, swimming, weightlifting, auto racing	Resiliency Self-discipline Work ethic Teamwork Leadership Grit
<b>VOLUNTEERING AND FUNDRAISING</b>	Charity marathons (e.g. Run for the Cure, etc.), volunteering at shelters and food banks, volunteering at your place of worship, park cleanups	Organization Creativity Time management Teamwork
<b>COMMUNITY ENGAGEMENT</b>	Boys & Girls Club Canada, Big Brother & Big Sister Canada, public library reading clubs, after school programs	Collaboration Commitment Leadership
<b>CAREGIVING</b>	Helping a sick or disabled family member over an extended period of time, babysitting	Communication Observation Attention to detail
<b>ATTENDING EVENTS &amp; WORKSHOPS</b>	YouthConnect, resume writing workshops, youth programs at your local community centre	Networking Listening skills Organization
<b>MUSIC &amp; ARTS</b>	Art club, painting, drawing, sculpture, photography, performing at school or community events, being in a band, singing, writing music, DJing	Creativity Big-picture thinking Innovation Organization
<b>LANGUAGE</b>	Speaking a second language at home or studying a language at school	Attention to detail Communication Problem solving
<b>EDUCATION</b>	Certificate courses, training programs, or attending high school, college or university classes	Collaboration Communication Time management Organization
<b>WORK EXPERIENCE</b>	Fast food / server / host / barista jobs, retail and grocery store jobs	Customer service Communication Cash management
<b>EXTRACURRICULAR CLUBS</b>	Debate team, chess club, yearbook club, etc.	Time management Organization