

## Learning About Work Skills

**Description:** Proper self-assessment involves more than fun self-discovery activities. Students also need to evaluate themselves. What are my skills? What are my strengths and weaknesses? It is very important that your mentee make an effort to evaluate himself/herself objectively.

Site: <http://www.csp.msu.edu/cdc/webport/ValuesEx.html> (Click "Skills") (Career Development Center of Michigan State University)

STEP	CLICK	TASKS
1		Read directions.
2	"Next"	<b>Print form and take test.</b>
3		<b>Put completed test in Personal Profile.</b>
<b>Discussion:</b> This test deals with very general personal skills. Students need to identify the skill areas they already have developed as well as those that need work.		

Site: [www.florida.echoices.com/](http://www.florida.echoices.com/)

STEP	CLICK	TASKS
1		Enter zip and area codes and continue.
2	"Jump In"	
3	"Continue"	
4	"Transferable Skills Checklist" (on left side)	Follow directions and take the survey.
5		<b>Print out the occupations revealed by the survey.</b>
6		<b>Print out job descriptions of occupations indicated.</b>
7		<b>Put all descriptions in your Personal Profile.</b>
<b>Discussion:</b> Students need to match their skills with appropriate career possibilities. The materials collected in this session do so automatically; this may, however, not be the best way. After reviewing the types of occupations indicated by the test, your mentee may begin to reassess his/her strengths and weaknesses.		

From Take Stock in Children's Toolkit, p. 111

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