

Time spent 00:44:07		Amount attempted 100%		Status Complete	
SCO Title	Status	Score	Student's Response	Result	Time
Skills and Interests	Complete	100%	N/A	N/A	00:44:07
SKILLS__amp;_INTERES_What_are_values__0	Complete	0%	p	Incorrect	00:00:04
SKILLS__amp;_INTERES_Skills_are:_0	Complete	0%	c	Incorrect	00:00:02
SKILLS__amp;_INTERES_Which_of_the_following_is_an_example_of_a_transferable_skill__0	Complete	0%	p	Correct	00:00:02
SKILLS__amp;_INTERES_Interests_can_be_described_as:_0	Complete	0%	t	Correct	00:00:03
SKILLS__amp;_INTERES_How_can_values_influence_your_career_choices__0	Complete	0%	t	Incorrect	00:00:03
SKILLS__amp;_INTERES_What_are_values__1	Complete	0%	c	Correct	00:00:01
SKILLS__amp;_INTERES_Skills_are:_1	Complete	0%	a	Correct	00:00:02
SKILLS__amp;_INTERES_Which_of_the_following_is_an_example_of_a_transferable_skill__1	Complete	0%	p	Correct	00:00:01
SKILLS__amp;_INTERES_Interests_can_be_described_as:_1	Complete	0%	t	Correct	00:00:01
SKILLS__amp;_INTERES_How_can_values_influence_your_career_choices__1	Complete	0%	t	Correct	00:00:03

Reflection on My Learning Experience in Skills and Interests

Learning about Skills and Interests has been a very important part of my personal and career development journey. This topic helped me better understand who I am, what I enjoy, and what I am good at. Although I made some mistakes in the assessment, I learned a lot from them.

Understanding Values

I learned that values are the beliefs and ideas that guide our decisions and actions. They help us decide what is important in our lives and careers. At first, I had trouble answering some questions about values, but I now understand that knowing my values can help me choose a career that feels right and fulfilling.

Knowing My Skills

This section also taught me about different types of skills. I discovered that *hard skills* are things I can learn and measure, like using a computer or speaking a language. *Soft skills* include communication and teamwork. I also learned about *transferable skills*, which are skills I can use in many different jobs. This made me realize I already have useful skills I can build on.

Discovering Interests

Interests are the things I enjoy doing, like working with people or solving problems. I learned that knowing my interests can help me find a career that I will enjoy and stay motivated in. This topic made me think more deeply about what I truly like to do.

Linking Values, Skills, and Interests to Career Choices

One of the most valuable lessons I learned is how my values, skills, and interests all work together to influence my career choices. When I know what I value, what I'm good at, and what I enjoy, I can make better decisions about my future.

Personal Growth

Even though I didn't get all the answers right on the test, I used my mistakes as a way to learn. I now feel more confident in identifying my strengths and in thinking about careers that match who I am. This experience helped me grow and become more self-aware