

|  |  |
| --- | --- |
| **Name** |  |
| **School name** |  |
| **Form Group** |  |
| **Self-Assessment Date** |  |
| **When did this experience take place and for how long?** |  |
| **Name of Employer**  |  |
| **What type of experience was it and a summary of activities undertaken** |  |

**How much did I enjoy this experience? (Circle on of the numbers)**

(Not much) 1 2 3 4 5 (A lot)

**How interesting was this experience? (Circle one of the numbers)**

(Not much) 1 2 3 4 5 (A lot)

**The experience helped me (tick only those personally apply to you):**

* Find out about learning and career opportunities in life after I leave school 🞏
* Learn about what is expected of me in working life 🞏
* Learn about my individual skills and abilities 🞏
* Think about my personal choices and future direction 🞏
* Set personal targets and make plans for my future 🞏

**The thing I am most proud of as a result of this experience is:**

**Employer / tutor comments:**

|  |  |
| --- | --- |
| **Skills for Success** | **How did you use / develop this skill?** |
| **Determined**Grit, resilience, tenacity, self-control, curiosity |  |
| **Optimistic**Enthusiasm & Zest, gratitude, confidence, ambition, creativity, aspirational |  |
| **Emotionally Intelligent**Humility, respect & good manners, sensitivity to global concerns |  |
| **Self Management**Punctuality, Accepts responsibility, appropriate assertiveness, time management, reflective learning, flexibility |  |
| **Team Working**Respecting others, co-operating/negotiating/persuading, awareness of interdependence with others |  |
| **Business & Customer Awareness**understanding key drivers of business success, innovative, calculated risks, customer satisfaction driven, building customer loyalty |  |
| **Communication**Analysing facts and situations, creative thinking, appropriate solutions, presenting & public speaking, sharing information and insight appropriately |  |
| **Numeracy**working with numbers, mathematical awareness, application of number in practical context, data driven thinking |  |
| **IT**basic IT skills, Word processing, spread sheets, file management, use of online resources |  |
| **Problem Solving**Analysing fact, data and situations, applying creative thinking to develop appropriate solutions |  |