

EducationPlannerBC: Parents as Education and Career Coaches

Activity 5: Pride Stories Activity

In this exercise we can reflect on experiences we are proud of and identify the skills that were used to achieve our success. Parents and students can take turns sharing a story. The same worksheet can be used for up to three people or stories.

Instructions:

- This exercise requires two partners: one to tell a story and the other to listen and complete the checklist.
- The storyteller will recount a time from their life that makes them feel proud. They can share an experience from the past that was positive, something that makes them feel energized as they recall it.
 - Examples include: building a house, coaching a team, organizing a fundraiser event, running a business, to solving a difficult problem.
- Once the storyteller has finished the story, the listener will go through each of the skills clusters to identify whether the storyteller used these skills during the experience that was shared.
 - They can check the same skill more than once if that skill reoccurs in the story.
 - If a skill isn't listed, they can add it to the appropriate cluster.
- This exercise allows students to reflect on the skills they have already and learn about skills clusters so they can explore future pathways related to these areas.

OTHERS' SKILLS ANALYSIS

The checklist is divided into clusters of similar skills. As you listen to another person's pride story, check each skill that you heard being used in the story. You can check the same skill more than once if it reoccurs in the story. If a skill isn't listed in the checklist, you can add it to the appropriate cluster.

Skills Cluster: using your hands/building/operating machines	Story 1	Story 2	Story 3
Use tools and machines to build or install things	_____	_____	_____
Operate vehicles, machines, equipment, or devices	_____	_____	_____
Set up and adjust machines, equipment, devices or controls	_____	_____	_____
Repair equipment, tools, machinery or appliances	_____	_____	_____
Work with earth, plants or animals	_____	_____	_____
Assemble parts and components	_____	_____	_____
Master athletic skills	_____	_____	_____
Handle, move or carry objects or materials	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Skills Cluster: analytical thinking or logic/problem solving	Story 1	Story 2	Story 3
Study, investigate, research, observe or examine to understand or solve	_____	_____	_____
Conceive, hypothesize, reflect or formulate ideas to discover	_____	_____	_____
Search for or compile information or data	_____	_____	_____
Classify, sort, compare or systematize information or data	_____	_____	_____
Analyze, test, evaluate, assess or diagnose for results	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Skills Cluster: creativity/originality	Story 1	Story 2	Story 3
Entertain, perform, amuse, sing, dance or act	_____	_____	_____
Photograph, sketch, draw or paint	_____	_____	_____
Design or display using spaces, products, objects or clusters	_____	_____	_____
Design or illustrate using symbols, images or words	_____	_____	_____
Write, edit, translate, interpret or critique words	_____	_____	_____
Fashion or shape things or materials (art objects, handicrafts)	_____	_____	_____
Compose music or play musical instruments	_____	_____	_____
Imagine, invent, create or innovate	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



Skills Cluster: helping/healing/teaching

Advise, counsel or support others

Coach, guide or mentor people

Host, welcome, entertain or serve others

Mediate, advocate, liaise or facilitate to achieve agreement/understanding

Teach, train, instruct, inform or explain to groups

Care for, treat, heal, nurse or rehabilitate others

Tend to, help, comfort or befriend others

Story 1 Story 2 Story 3

Skills Cluster: leading/influencing/selling

Advise, consult, arbitrate or influence

Assess needs, initiate projects or make decisions

Manage or lead projects/people, delegate, direct or coordinate

Sell, negotiate, promote or persuade

Speak in public, debate, advocate, present, demonstrate or motivate/inspire

Set goals & priorities, plan, coordinate or administer

Skills Cluster: organizing/computing/verifying

Account, budget, program or systematize financial data

Data enter, copy, transcribe, check or proof

Compute, calculate, compare or record numbers

Forecast, appraise, analyze or audit data

Monitor, acquire, expedite, schedule, inventory or track information or materials

Compile, organize, classify, update or file information

Organize, improve or adapt systems

CHILD'S SKILLS ANALYSIS

This checklist is divided into clusters of similar skills. As you think about (or listen to your child relate) a pride story, check each skill that your child used to accomplish that activity. You can check the same skill more than once if that skill reoccurs in the story. If a skill isn't listed, you can add it to the appropriate cluster. You can expand your child's list of skills by analyzing other pride stores and recording those skills in the extra columns.

Skills Cluster: using your hands/building/operating machines	Story 1	Story 2	Story 3
Use tools and machines to build or install things	_____	_____	_____
Operate vehicles, machines, equipment, or devices	_____	_____	_____
Set up and adjust machines, equipment, devices or controls	_____	_____	_____
Repair equipment, tools, machinery or appliances	_____	_____	_____
Work with earth, plants or animals	_____	_____	_____
Assemble parts and components	_____	_____	_____
Master athletic skills	_____	_____	_____
Handle, move or carry objects or materials	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Skills Cluster: analytical thinking or logic/problem solving	Story 1	Story 2	Story 3
Study, investigate, research, observe or examine to understand or solve	_____	_____	_____
Conceive, hypothesize, reflect or formulate ideas to discover	_____	_____	_____
Search for or compile information or data	_____	_____	_____
Classify, sort, compare or systematize information or data	_____	_____	_____
Analyze, test, evaluate, assess or diagnose for results	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Skills Cluster: creativity/originality	Story 1	Story 2	Story 3
Entertain, perform, amuse, sing, dance or act	_____	_____	_____
Photograph, sketch, draw or paint	_____	_____	_____
Design or display using spaces, products, objects or clusters	_____	_____	_____
Design or illustrate using symbols, images or words	_____	_____	_____
Write, edit, translate, interpret or critique words	_____	_____	_____
Fashion or shape things or materials (art objects, handicrafts)	_____	_____	_____
Compose music or play musical instruments	_____	_____	_____
Imagine, invent, create or innovate	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



	Story 1	Story 2	Story 3
Skills Cluster: helping/healing/teaching			
Advise, counsel or support others	_____	_____	_____
Coach, guide or mentor people	_____	_____	_____
Host, welcome, entertain or serve others	_____	_____	_____
Mediate, advocate, liaise or facilitate to achieve agreement/understanding	_____	_____	_____
Teach, train, instruct, inform or explain to groups	_____	_____	_____
Care for, treat, heal, nurse or rehabilitate others	_____	_____	_____
Tend to, help, comfort or befriend others	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Skills Cluster: leading/influencing/selling			
Advise, consult, arbitrate or influence	_____	_____	_____
Assess needs, initiate projects or make decisions	_____	_____	_____
Manage or lead projects/people, delegate, direct or coordinate	_____	_____	_____
Sell, negotiate, promote or persuade	_____	_____	_____
Speak in public, debate, advocate, present, demonstrate or motivate/inspire	_____	_____	_____
Set goals & priorities, plan, coordinate or administer	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Skills Cluster: organizing/computing/verifying			
Account, budget, program or systematize financial data	_____	_____	_____
Data enter, copy, transcribe, check or proof	_____	_____	_____
Compute, calculate, compare or record numbers	_____	_____	_____
Forecast, appraise, analyze or audit data	_____	_____	_____
Monitor, acquire, expedite, schedule, inventory or track information or materials	_____	_____	_____
Compile, organize, classify, update or file information	_____	_____	_____
Organize, improve or adapt systems	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____