KICKSTART SKILLS GRID

As you take part in the KEY+ Challenge, use the Skills Grid to track how you're developing the 8 Essential Skills. When you've completed the grid, take some time to reflect on your strengths and think about which skills you'd like to build even further during your project.

Skill	Skill Step	Almost Never	Rarely	Sometimes	Often	Almost Always
LISTENING	**Retelling** I pass on information accurately	◯	◯	◯	◯	◯
SPEAKING	**Meeting others** I communicate with new people when I need to	◯	◯	◯	◯	◯
PROBLEM SOLVING	**Finding information** I find information to complete a task	◯	◯	◯	◯	◯
CREATIVITY	**Sharing imagination** I share what I imagine with someone	◯	◯	◯	◯	◯
ADAPTING	**Reflective learning** I reflect and learn from challenges	◯	◯	◯	◯	◯
PLANNING	**Thinking ahead** I think about routes to achieve a goal	◯	◯	◯	◯	◯
LEADERSHIP	**Sharing reactions** I explain how an idea makes me feel when appropriate	◯	◯	◯	◯	◯
TEAMWORK	**Taking responsibility** I take responsibility for completing tasks	◯	◯	◯	◯	◯

THINK

Did you know?
Building these skills can help you feel more confident, boost your wellbeing and enjoy life more!

Now, read the statements below and circle how you feel about each of them:

I feel supported by my friends
A lot | Quite a bit | Somewhat | A little | Not at all | Prefer not to say

Stronger relationships: Build connections and feel supported by others

If I find something difficult, I keep trying until I can do it
Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree | Prefer not to say

Believing in yourself: Believe you can achieve even if it feels hard

I get nervous and lose confidence in new situations
Certainly True | Somewhat True | Not True | Prefer not to say

More confidence: Feel more confident to try new things

I make active choices about what to daily
1 (Never) | 2 | 3 | 4 | 5 | 6 (Always) | Prefer not to say

More control: Feel able to shape your world

I've got a lot to be proud of
Strongly agree | Agree | Disagree | Strongly disagree | Prefer not to say

Feeling proud: Recognise what you can achieve and feel proud of yourself

I feel I can make a difference to the world around me
1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Prefer not to say

More control: Feel able to shape your world

Did you know?
Essential skills can help you unlock new opportunities. In fact, 92% of people say they're important for career success!

REVIEW

KICKSTART SKILLS GRID

Now that you've completed your project, fill in the Skills Grid again and compare it with the one you completed at the Think stage. Reflect on how your skills have developed, celebrate your progress and think about which skill you've strengthened the most.

Skill	Skill Step	Almost Never	Rarely	Sometimes	Often	Almost Always	Change since Think Do you use this skill...
LISTENING	**Retelling** I pass on information accurately	◯	◯	◯	◯	◯	Less Same More
SPEAKING	**Meeting others** I communicate with new people when I need to	◯	◯	◯	◯	◯	Less Same More
PROBLEM SOLVING	**Finding information** I find information to complete a task	◯	◯	◯	◯	◯	Less Same More
CREATIVITY	**Sharing imagination** I share what I imagine with someone	◯	◯	◯	◯	◯	Less Same More
ADAPTING	**Reflective learning** I reflect and learn from challenges	◯	◯	◯	◯	◯	Less Same More
PLANNING	**Thinking ahead** I think about routes to achieve a goal	◯	◯	◯	◯	◯	Less Same More
LEADERSHIP	**Sharing reactions** I explain how an idea makes me feel when appropriate	◯	◯	◯	◯	◯	Less Same More
TEAMWORK	**Taking responsibility** I take responsibility for completing tasks	◯	◯	◯	◯	◯	Less Same More

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More control: Feel able to shape your world

SKILLS TRACKER

As you progress through your project, use this tracker (which continues onto the next page) to record when you use your essential skills and how they're developing. Skills can grow in small steps, so this is a space to notice your progress. Write notes, draw pictures, use stickers or anything else that works for you!

Did you know?
Skills Builder can help you earn more. Strong essential skills are linked to up to 12% higher earnings.

	 **Sharing reactions** I explain how an idea makes me feel when appropriate	 **Finding information** I find information to complete a task	 **Thinking ahead** I think about routes to achieve a goal	 **Sharing imagination** I share what I imagine with someone
When and how have you used this skill?				
What do you find challenging about this skill?				
Have you improved this skill? How?				
When might you use this skill in the future?				

SKILLS TRACKER

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Did you know?
Skills Builder can help you find a job. Improving essential skill scores is associated with a 25-50% reduction in the odds of being unemployed.

	 **Meeting others** I communicate with new people when I need to	 **Taking responsibility** I take responsibility for completing tasks	 **Retelling** I pass on information accurately	 **Reflective learning** I reflect and learn from challenges
When and how have you used this skill?				
What do you find challenging about this skill?				
Have you improved this skill? How?				
When might you use this skill in the future?				