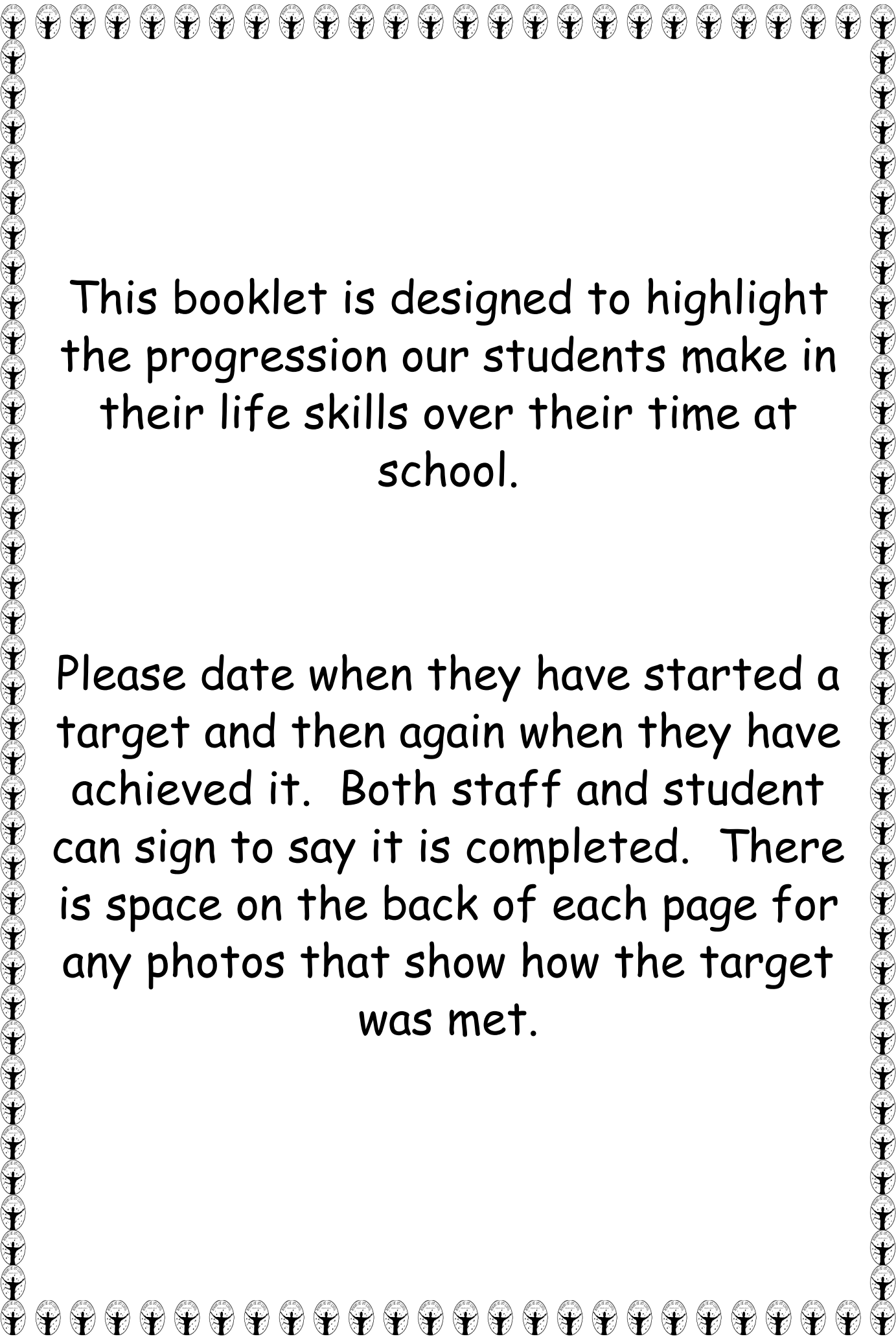


Name \_\_\_\_\_

# My Life Skills Booklet Level 5



This booklet is designed to highlight the progression our students make in their life skills over their time at school.

Please date when they have started a target and then again when they have achieved it. Both staff and student can sign to say it is completed. There is space on the back of each page for any photos that show how the target was met.

# Healthy Living and Personal Care

## OVERALL TARGET

I can recognise what is needed to live a healthy lifestyle

I can recognise the activities that contribute to a healthy lifestyle

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify foods that are part of a healthy lifestyle

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify my personal care needs and plan a suitable routine

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify personal care facilities in the local area

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Healthy Living and Personal Care



## OVERALL TARGET



I can contribute activities towards a healthy lifestyle

I can choose an activity that can contribute to a healthy lifestyle

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can follow a healthy lifestyle plan of my choosing

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise the importance of nutrition for exercise/ sport

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Healthy Living and Personal Care



## OVERALL TARGET



I can make a healthy meal independently

I can follow a recipe  
and prepare my  
ingredients

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can use kitchen  
equipment  
independently

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Healthy Living and Personal Care

## OVERALL TARGET

I can recognise signs of illness and know how to treat them independently

I know the signs of different illnesses

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I know which medicines treat different illnesses

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I know how to get different medication

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Healthy Living and Personal Care



## OVERALL TARGET



I can care for clothes independently

I can recognise  
equipment needed to  
keep clothes clean

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify how  
clothes need car-  
ing for (reading la-  
bels)

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise  
symbols on cloth-  
ing labels

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Healthy Living and Personal Care

## OVERALL TARGET

I can understand the law around alcohol

I can recognise the  
legal age limit

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise the  
law around alcohol  
and driving

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise  
the law around al-  
cohol in public  
places

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_



# Healthy Living and Personal Care



## OVERALL TARGET



I can understand the law around smoking

I can recognise the  
legal age limit

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise  
the law around  
smoking in public  
places

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Healthy Living and Personal Care

## OVERALL TARGET

I can recognise the health risks of legal and illegal drugs

I can recognise the short term health implication of drugs

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise the long term health implication of drugs

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Healthy Living and Personal Care

## OVERALL TARGET

I can understand the law in relation to legal and illegal drugs

I can recognise legal and illegal drugs

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise categories of drugs

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can understand the consequences of taking and possessing different drugs

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Healthy Living and Personal Care



## OVERALL TARGET



I can understand the effect of puberty on my body

I can recognise how some things may affect how puberty changes my body (drugs, eating disorders etc )

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Healthy Living and Personal Care

## OVERALL TARGET

I can successfully maintain my own personal care

I can recognise  
the importance of  
a personal care  
routine

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can create and  
follow my own  
personal care routine

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can use a variety  
of products  
independently

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independent Living and Personal Safety

## OVERALL TARGET

I can keep myself safe in the community

I can recognise  
risks I might face  
out in the commu-  
nity

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can show what I  
can do to reduce  
these risks

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independent Living and Personal Safety

## OVERALL TARGET

I can recognise areas of danger  
independently

I can recognise  
dangerous situations  
at home and how to  
avoid them

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise  
dangerous situations  
when out in the  
community and how  
to avoid them

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independent Living and Personal Safety

## OVERALL TARGET

I can keep personal spaces clean

I can identify areas of the home that need regular cleaning

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can plan a cleaning routine for my home

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I understand why it is important to keep spaces clean

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_



# Independent Living and Personal Safety

## OVERALL TARGET

I can recognise how to manage unwanted attention in different online contexts

I can give different examples of unwanted attention

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I know the law around trolling/ cyber stalking

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I know what to do if I am uncomfortable with online attention

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independent Living and Personal Safety

## OVERALL TARGET

I can recognise what influences my decisions  
on what to eat

I can recognise  
outside influences on  
my decisions  
(adverts/ friends  
etc)

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise  
when I want to  
make healthy/  
unhealthy choices

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independent Living and Personal Safety

## OVERALL TARGET

I can keep myself safe in the home and store products correctly

I can identify how to keep safe preparing a meal

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify how to keep safe using household products and appliances

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independent Living and Personal Safety

## OVERALL TARGET

I can understand how technology is used at home and in the community

I can recognise how and where technology is used

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can say the advantages of technology

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can say the disadvantages of technology

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can show how to use technology safely

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independent Living and Personal Safety

## OVERALL TARGET

I can take part in Team Enterprise

I can work with others to decide on a suitable scheme

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can create a short term plan

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can help manage a simple budget and work out profit

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independent Living and Personal Safety

## OVERALL TARGET

I can use sewing skills to repair

I can sew on a  
button

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can sew together  
a rip on a garment

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independence in the Community

## OVERALL TARGET

I can demonstrate knowledge of local community groups

I can identify groups in the local community

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can say what different groups offer

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can find information and contact details on different groups

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_



# Independence in the Community



## OVERALL TARGET



I can take part in community activities

I can raise money  
to support a local  
community group

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can take part in a  
placement at a local  
community group

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_



# Independence in the Community

## OVERALL TARGET

I can recognise how the actions of humans harm the environment

I can identify activities that cause harm to the environment

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify activities that help the environment

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independence in the Community

## OVERALL TARGET

I can show ways I can help the environment  
in my local area

I can take part in  
a project to help  
the environment in  
my local area

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can keep a record of  
the project

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independence in the Community

## OVERALL TARGET

I can access local public transport  
independently

I can use public  
transport in my  
area independently

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can plan my journey  
independently

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can make sure I  
have what I need  
for my journey

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independence in the Community

## OVERALL TARGET

I can understand the risk within the context  
of personal safety

I can describe  
ways of keeping  
myself safe (not  
out at night etc)

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can say how to stay  
safe on my bike

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can say how to  
stay safe using  
motorised vehicles

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independence in the Community

## OVERALL TARGET

I can read simple timetables and schedules

I can use  
timetables to get  
to a given  
destination

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can read time to  
5min intervals

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can apply time  
management to real  
life scenarios

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independence in the Community

## OVERALL TARGET

I can make use of my leisure time and choose a suitable enrichment option

I can identify my hobbies and interests

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify benefits of leisure activities

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can take part in an activity I find relaxing

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can take part in an activity I find challenging

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Emotional Understanding & Relationships

## OVERALL TARGET

I can identify situations that cause me to feel proud/ embarrassed/ jealous etc

I can recognise more complicated emotions in myself

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise different situations that cause me to feel these emotions

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise what helps me when I feel these emotions

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_



# Emotional Understanding & Relationships

## OVERALL TARGET

I can recognise I have rights and responsibilities

I can recognise my  
rights as an indi-  
vidual

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise what  
might stop my rights  
from being met

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise my  
responsibilities at  
home and in the  
community

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_



# Emotional Understanding & Relationships

## OVERALL TARGET

I can recognise aspects of cultural diversity

I can recognise  
groups that deal with  
equality/ diversity  
issues

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Emotional Understanding & Relationships

## OVERALL TARGET

I can develop strategies to channel anti-social behaviour

I can recognise types of anti-social behaviour

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise situations where people might display anti-social behaviour

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Emotional Understanding & Relationships

## OVERALL TARGET

I can understand the value of respect and understanding

I can recognise how we show respect in school

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise how we show respect in the community

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Emotional Understanding & Relationships

## OVERALL TARGET

I can use mindful strategies to help me in a range of situations

I can recognise activities that help reduce my anxieties

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can explain how they make me feel calm

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can apply these strategies to a range of situations

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Emotional Understanding & Relationships

## OVERALL TARGET

I can show appropriate ways to work with others

I can set ground rules to working in a group

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can share out roles in my group

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Emotional Understanding & Relationships

## OVERALL TARGET

I can play an active role in a group

I can choose roles  
that best suit my  
skills

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can support and  
help others when  
working in a group

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Emotional Understanding & Relationships

## OVERALL TARGET

I can review my role in a group

I can recognise what  
went well

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise what  
went less well

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can say what I  
would change in the  
future

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Emotional Understanding & Relationships

## OVERALL TARGET

I can understand how to interact within familiar social situations

I can recognise different social situations where I interact with others

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can find examples of positive behaviour in different social situations

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can find examples of negative behaviour in different social situations

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_



# Emotional Understanding & Relationships

## OVERALL TARGET

I can demonstrate how to interact within familiar social situations

I can take part in group conversations appropriately

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise formal and informal ways to act in different social situations

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Emotional Understanding & Relationships

## OVERALL TARGET

I can recognise different levels of intimacy and their consequences

I can recognise people in my social circles

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise that I will share different information and emotions with these people

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise the difference between friendships and intimate relationships

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise positive and negative behaviours in an intimate relationship

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Careers and Job Skills

## OVERALL TARGET

I can understand how I and others can impact on my self-esteem

I can explain how what others say and think about us can positively and negatively affect the way we think about ourselves

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify some simple strategies to help manage negative opinions/comments.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can explain how we can feel about ourselves can be affected by what is happening in our lives

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can give reasons why media can affect how people feel about themselves.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Careers and Job Skills

## OVERALL TARGET

I can understand the process of getting and being successful in a job.

I can explore career paths based on different interests and skills.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify wages and qualifications needed to get specific jobs.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can understand the process for applying for a job.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can prepare for an 'interview'.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify aspirations for adulthood.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise that some jobs are paid more than others

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can describe things that keep people healthy and safe at work.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Careers and Job Skills

## OVERALL TARGET

I can understand our rights and what can be a barrier.

I can name some of the ways we benefit from diversity in our friendships.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can name some of the ways we benefit from diversity in our community.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise that everyone has human rights and these are protected by the law.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify the rights to education and employment.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can understand what a 'stereotype' is.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can explain how a stereotype can lead to discrimination.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify how to challenge a stereotype and who to speak to.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_



# Careers and Job Skills



## OVERALL TARGET

I can understand environmental issues

I can identify some of the responsibility and role of the wider society in caring for the environment and living things.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can research a current topic around environmental damage and it's impact on the world..

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_



# Careers and Job Skills

## OVERALL TARGET

I can understand how to manage money.

I can identify the difference between an essential and luxury purchase.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can understand simple budgeting.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can understand the difference between 'debt' and 'credit'.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can understand what is meant by 'value for money'.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify the benefits of saving for the future.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify what we can do if something is faulty and we want to return it.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_



# Careers and Job Skills



## OVERALL TARGET

I can understand how people can become isolated.

I can identify ways people can be isolated from their community.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify facilities and groups in the community that support inclusion.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_



# Careers and Job Skills

## OVERALL TARGET

I can understand how to succeed.

I can understand the term  
'resilience' and how it applies  
to different areas of our

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can understand how to  
set SMART targets to  
increase our level of  
success.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify ways our  
current learning can inform  
our future plans.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can name ways our  
strengths, interests and  
skills can help us make  
choices about our future.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can create a careers plan  
and the steps to achieve  
this.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_