

# Lesson 2

# Exploring Identity/ Acknowledging Strengths

**S4L:** Skills4Life  
Social Emotional Skills  
for Career Studies

Secondary



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

ONTARIO ENGLISH  
Catholic  
Teachers  
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[www.smho-smso.ca](http://www.smho-smso.ca)

# We are learning

- To identify personal interests, roles, goals, and strengths.
- How identified assets/strengths connect to decision making and personal well-being.



# Group brainstorm

- What are things people like/enjoy doing?
- What are some strengths, gifts, talents people have? How do you know?
- Do you think any of these can be applied or transferred to a career?



# Transferable strengths and skills

- Critical thinking and problem solving
- Innovation, creativity and entrepreneurship
- Self-directed learning
- Collaboration
- Communication
- Global competence
- Technological fluency





# Debrief



School  
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# Notebook Self-Reflection

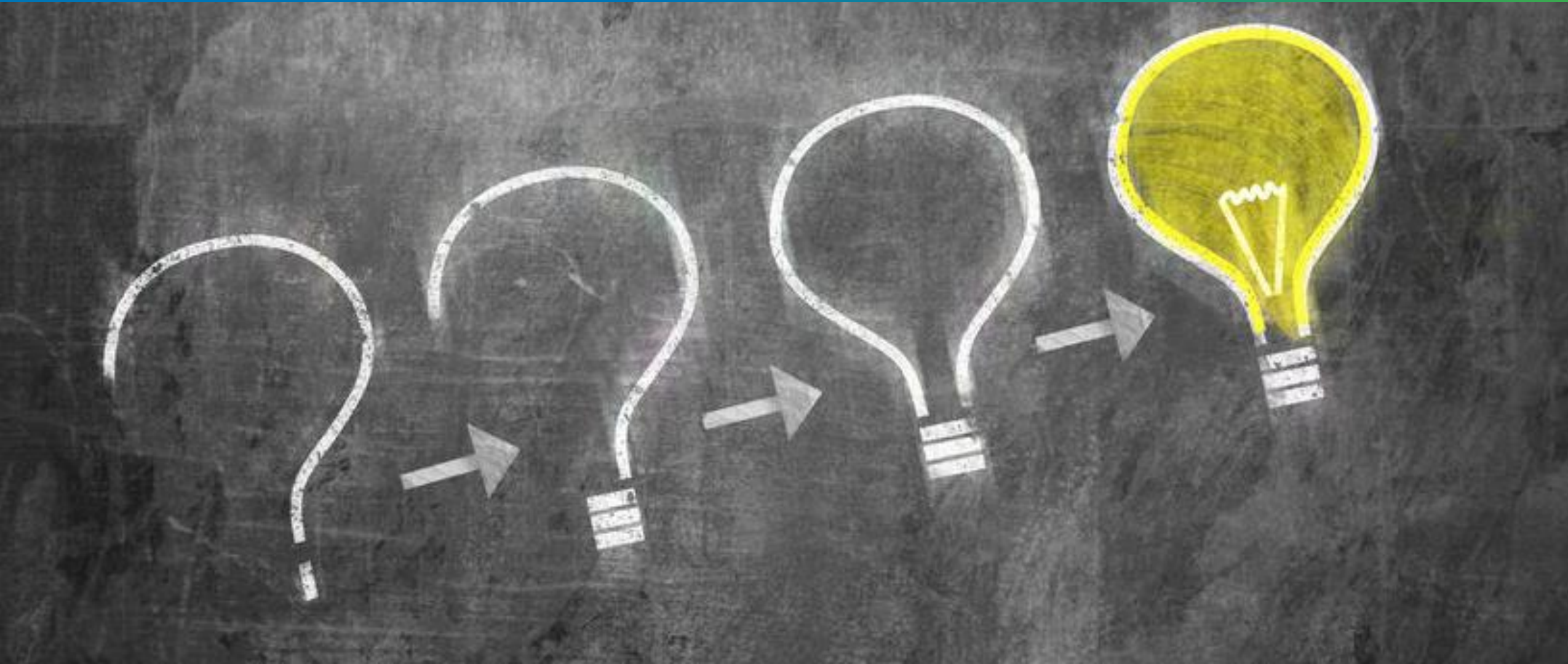
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- What are you passionate about?
- What are you good at?
- What are you interested in?





# My Strengths & Skills!



# Brainstorm

How do strengths and skills contribute to your goals and personal/professional growth?





# Debrief



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# Brainstorm

What are some other ways we can learn about our strengths or what we are good at?



# Tips when seeking feedback

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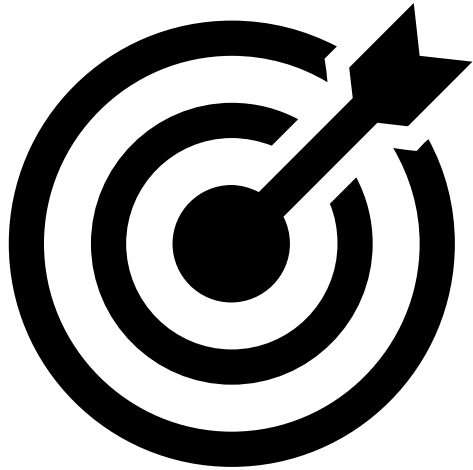


Is this the **right time** &  
**right place** to ask for  
feedback?



# Tips when seeking feedback

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**Be specific** about what you're seeking feedback on



# Tips when seeking feedback

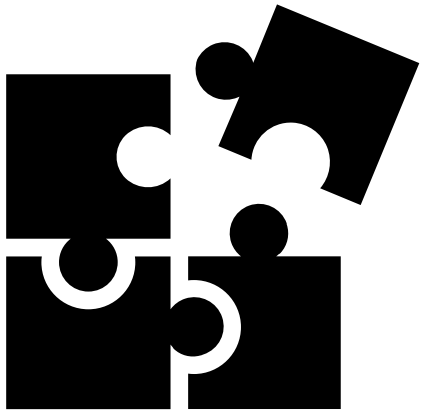
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When receiving feedback,  
**listen attentively**, without  
interruption

# Tips when seeking feedback

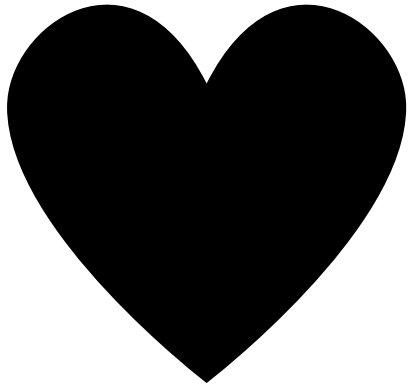
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**Be receptive.** Feedback is meant to help you grow. Stay open-minded!

# Tips when seeking feedback

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**Express gratitude.** After receiving feedback, thank the person for their time and insights.

# Notebook Challenge

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Seek feedback from 2 trusted sources and see if you learn anything new about yourself!





# Notebook Reflection

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Explore some careers that are  
aligned with your strengths and  
interests



# Notebook Extension

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How can you use social media to demonstrate your interests, strengths, and skills to potential employers?



# Wrap up

Strengths, skills and interests are great things to know about yourself, as they can help you in your personal life, and in your post-secondary life!

