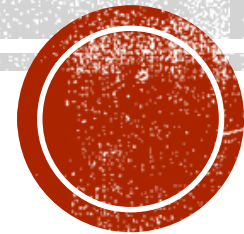


GETTING TO KNOW YOURSELF

MCCTC Career Based Intervention



SELF-AWARENESS

Values

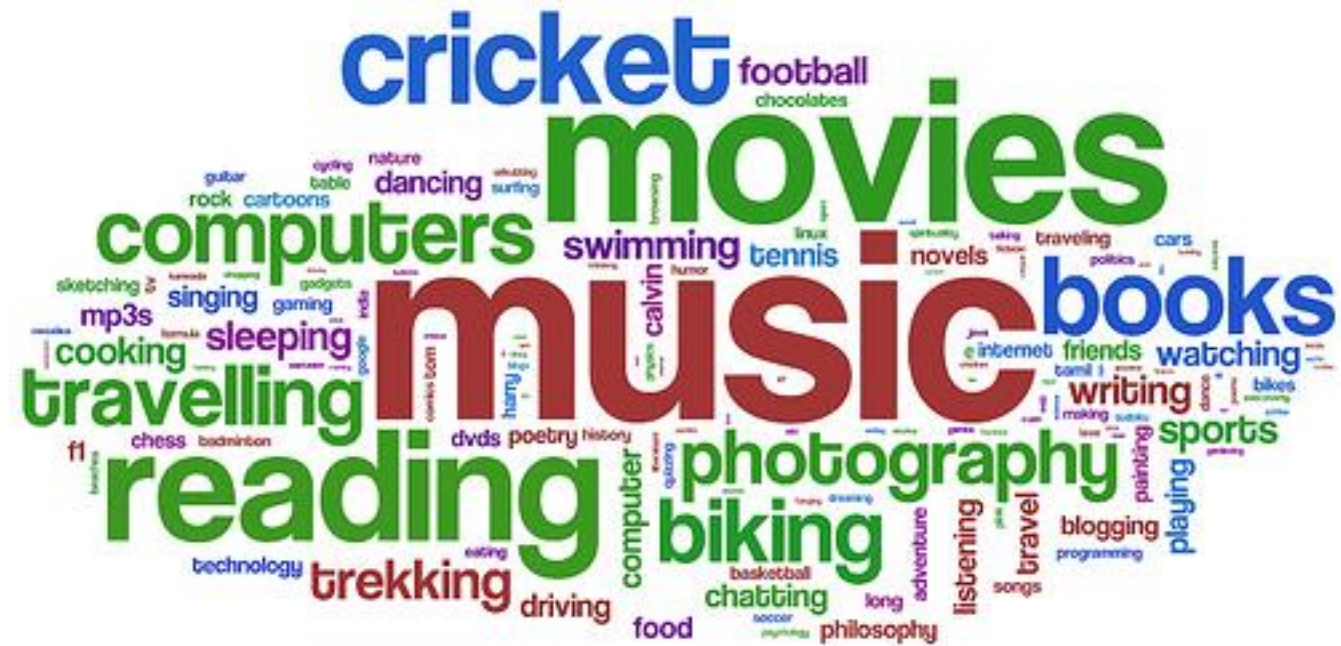
Things that are important
To you.



- Helping other people
- Being a part of a family
- Earning a lot of money
- Having good health



INTERESTS



Interests are things that you like to do.



SKILLS



Skills is the ability to do a specific task.



TWO KINDS OF SKILLS

Job Specific Skills

- Using a computer is a specific skill
- Welding is a specific skill
- Doctors have specific skills
- Plumbers
- Teachers

Transferable Skills

- Reading
- Writing
- Adding, subtracting, multiplying, dividing
- Listening
- Speaking
- Thinking logically
- Thinking creatively
- Making decisions
- Solving problems
- Picturing things in your mind



TALENTS

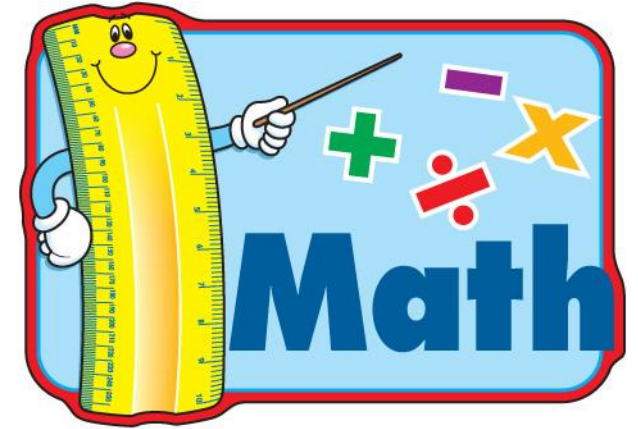


- Mental
- Physical
- Social

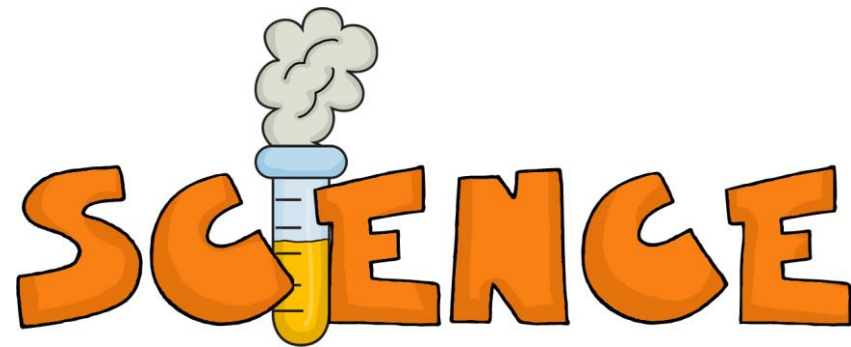
Talents are natural gifts.



MENTAL TALENTS



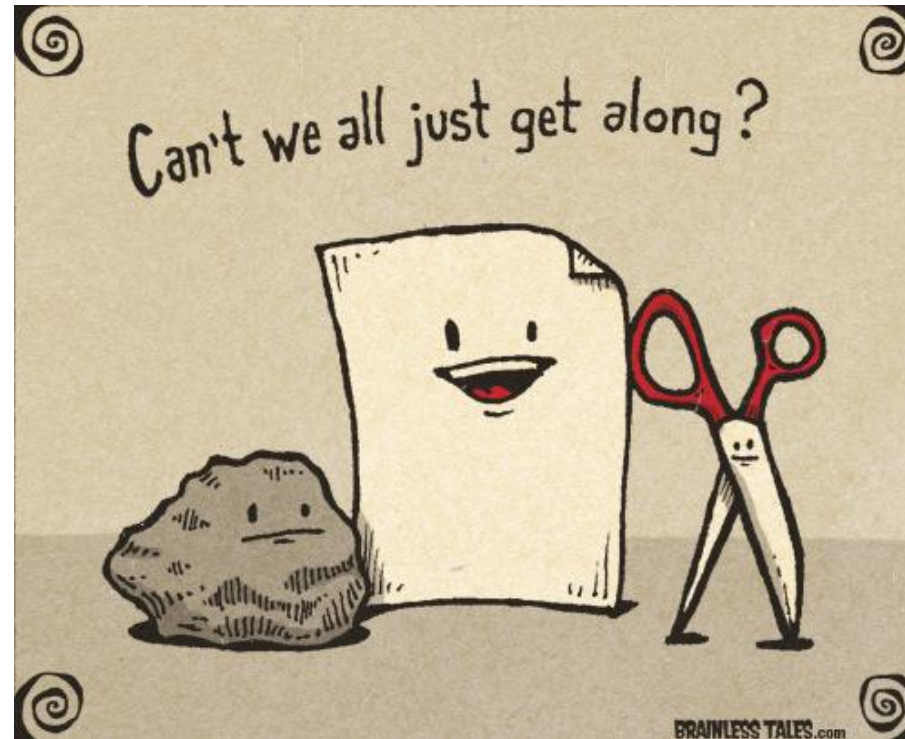
Other



PHYSICAL TALENTS



SOCIAL TALENTS



EXPERIENCES



Experiences are activities that you have tried.

