

SKILLS



SDOC4E
ENROLL • ENLIST • EMPLOY • EXPLORE

LEARNING TARGETS

- X IDENTIFY THINGS YOU CAN DO TO HELP YOU PREPARE FOR YOUR FUTURE TODAY
- X EXPLORE SKILLS REQUIRED TO PERFORM VARIOUS ACTIVITIES
- X INVESTIGATE THE LINK BETWEEN YOUR SKILLS AND CAREER GOALS
- X EXPLAIN TRANSFERABLE SKILLS



EXPLORING YOUR NEXT STEPS

FIND THIS GUIDE...

- X ON THE SDOC COLLEGE & CAREER WEBSITE
- X BY ASKING YOUR SCHOOL COUNSELOR FOR A COPY
- X BY FOLLOWING YOUR DISTRICT COLLEGE & CAREER COORDINATOR ON INSTAGRAM – @MRS.MALFARA

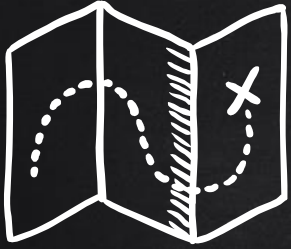
6th-8th Grade Planning

- ☐ Share your goals with your School Counselor to help get you into the right courses for your future. Enroll in challenging courses in line with your goals and interests. *(Remember, high school credit classes start your college application!)*
- ☐ Complete lessons and activities on Xello to explore careers aligned with your interests. Save at least 3 careers to discuss with your School Counselor.
- ☐ Practice organizational skills - keep a planner to track homework assignments, upcoming tests, and sports/activities. Good organizational habits will help you succeed in many areas!
- ☐ Do your best in your classes and on standardized tests to have the most options for high school and beyond. If you are having difficulty, don't give up. Get help from a teacher, tutor, or mentor.
- ☐ Explore and engage in after-school activities in line with your interests.
- ☐ Attend school events to learn more about your options in middle school, high school, and beyond. You never know where your journey might take you!
- ☐ Start researching high schools and programs that fit your interests and goals. Options include your zoned school, IB programs, NeoCity Academy, Osceola County School for the Arts, and Professional and Technical High School. You can get more information from your School Counselor.
- ☐ The skills and study habits you're learning today will prepare you for high school, college and life. Ask your teacher or School Counselor for study tips and any help you might need!

#SDOC4E

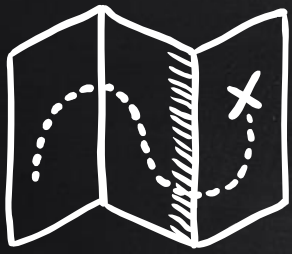
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Future
Ready!



INTRODUCTION

x A *skill* is ANYTHING you can learn to do well through practice.



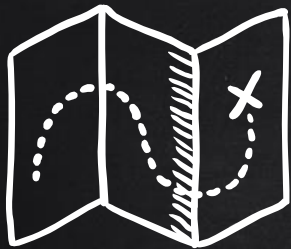
SKILLS



Examples –

- x Making the basket when you shoot a basketball
- x Writing in cursive





INTRODUCTION

- x What **skills** do you need to play soccer?
- x What **skills** do you need to solve a math equation?



CLASSLINK

FIND AND OPEN XELLO

CLICK GET STARTED TO LAUNCH THE LESSON.

LEARNWORK
ORIDA

Home ▾ About Me ▾ Explore ▾ Plans ▾

Hey Danielle!

75% Core lessons ▾

Grade 7

Skills

Resume

5%

Time Management ✓

Learning Styles ✓

Explore Career Matches ✓

About me

Matchmaker ✓

Personality Style

Mission Complete 🔒

Learning Style ✓

Explore options

Careers

Schools

Majors & programs

Apprenticeship

Opportunities

Saved options

Goals & Plans

My goals and plans

College Planning

Portfolios **New**

Showcase your skills, creativity, and learning with portfolios.

View portfolios

My career research

Photography project

Surveys

No surveys to take yet!

REMEMBER, YOUR TEACHERS AND YOUR COUNSELOR
CAN REVIEW YOUR ANSWERS!

Explore your skills and build your profile



Time estimate: 30 to 40 minutes

In this lesson:

- What Are Skills?
- Life of a Softball Star
- Transferable Skills
- What Are You Good At?
- Your Skills on the Job
- Building Your Skills
- Show What You Know

See how your skills relate to
careers that interest you

Get Started

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[Get Started](#)

YOU KNOW YOU ARE DONE WHEN YOU SEE THIS SCREEN.

100%

EXPLORE CAREER MATCHES

Done

CAREER YOU LOOKED AT:


Principal

It's just one of your career matches! Think critically about how your interests and skills line up with a career's aspects. That hard work will result in a list of career options that you can truly see yourself pursuing.

Here's how you can use Xello to keep exploring careers:

- Answer more questions in Matchmaker
- Review and refine your answers as your interests change or develop
- Discuss your top career matches with your family
- Fill out the Explore this Career section after you save a career that interests you

Your list of career suggestions may change as your interests change!



Congratulations!

You've finished the **Explore Career Matches** lesson.

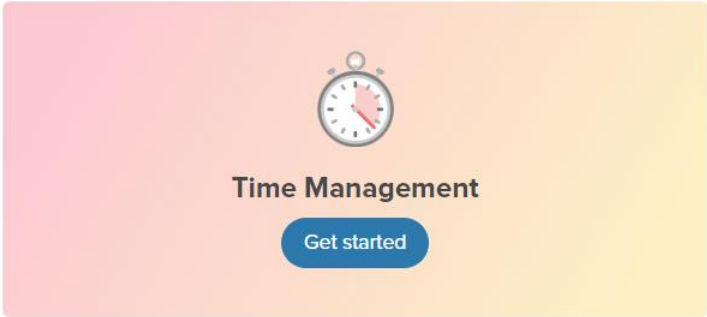
Done

YOU KNOW YOU'RE DONE WHEN YOU SEE THE GREEN CHECKMARK.

25%


Core lessons


Grade 7





Time Management

Get started


 Learning Styles 0%

 Skills 0%


 Explore Career Matches



About me

Matchmaker 

Personality Style

Mission Complete 

Learning Style

Explore options

Careers

Schools

Majors & programs

Apprenticeship

Opportunities

Saved options

Goals & Plans



My goals and plans

College Planning

Portfolios New

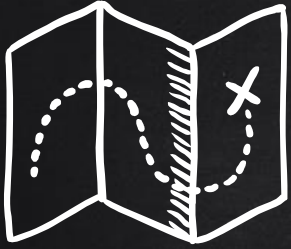
Showcase your skills, creativity, and learning with portfolios.

View portfolios



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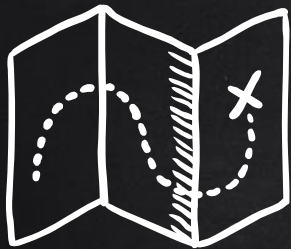


WRAP-UP



- x What 2 **skills** do you feel most confident about?
- x How do those skills relate to 1 career you are interested in?





I AM ALWAYS DOING THAT
WHICH I CANNOT DO, IN
ORDER THAT I MAY LEARN
HOW TO DO IT.

—PABLO PICASSO