

NCS X SKILLS BUILDER JOURNAL



Here's the place to record any of your activity this summer. Feel free to download or print it out, or, if you can't do either of those, make your own!

And remember, you don't just have to record what you do with us through Staying Connected, it could be any social action project or volunteering you take part in this summer, future activities with us, or anything else you are involved in where you can apply essential skills.









For each entry, there are four main things to reflect on:

1. What was the activity?

2. Which topic did the activity relate to?

General skills development	Building a team	Looking after your wellbeing	Engaging with news & politics
Independent living & life skills	Enterprise & the world of work	Understanding communities	Social action

3. What essential skills did you use during the activity?

Listening 	Speaking 	Creativity 	Problem solving 
<ul style="list-style-type: none"> I listen to others I show I am listening I am aware of speaking styles I listen critically and question 	<ul style="list-style-type: none"> I speak clearly I speak effectively I speak engagingly I speak adaptively I speak influentially 	<ul style="list-style-type: none"> I imagine situations I generate ideas I develop ideas I innovate effectively I support others to innovate 	<ul style="list-style-type: none"> I complete tasks with support I explore problems I explore complex problems I analyse complex problems I implement strategic plans
Aiming high 	Staying positive 	Leadership 	Teamwork 
<ul style="list-style-type: none"> I work with care and pride I set goals I create plans I develop long-term plans 	<ul style="list-style-type: none"> I keep trying I look for opportunities in difficult situations I identify risks I support others to stay positive 	<ul style="list-style-type: none"> I recognise feelings I manage tasks and time I recognise strengths I support others I reflect on my leadership 	<ul style="list-style-type: none"> I work well with others I contribute to groups I improve the team I influence the team I support the team

4. What's your takeaway from the activity?

Think about what you found challenging: what skills did you use to overcome this? How did you feel? What have you learnt about your strengths and skill set? Is there anything you'd do differently next time?

