Name _____ **Reflective Journal** **July 24, 2019**

Warm up: Describe the skills you use at work:	Skill ideas: • Communication. • Ability to Work Under Pressure. • Decision Making. • Time Management. • Self-motivation. • Conflict Resolution. • Leadership. • Adaptability.
What other skills and experience do you have?	Ideas for experiences: • Volunteer • Clubs & Organizations • Church activities • School groups • Community Projects • Teams
What are your talents and hobbies?	Talents and Hobbies: • Speaking other languages • Building & repairing • Singing • Playing an instrument • Playing a game • Sports

Activity 1—Conflict and Communication

a. On your own--read the scenarios and use the first two lines to record your solutions.

b. Discuss each scenario with your team.

c. Scramble and then discuss the target scenario. Make recommendations to the class.

Activity 2—Intro to Career Research Review

Last week you began career research based on which career pathway fits your interests. Review the career profiles you completed. Tell how the skills, interests, and talents that you wrote about in the Reflective Journal fit one or both of those careers.

The career of _____ fits my interests, experience or talent because

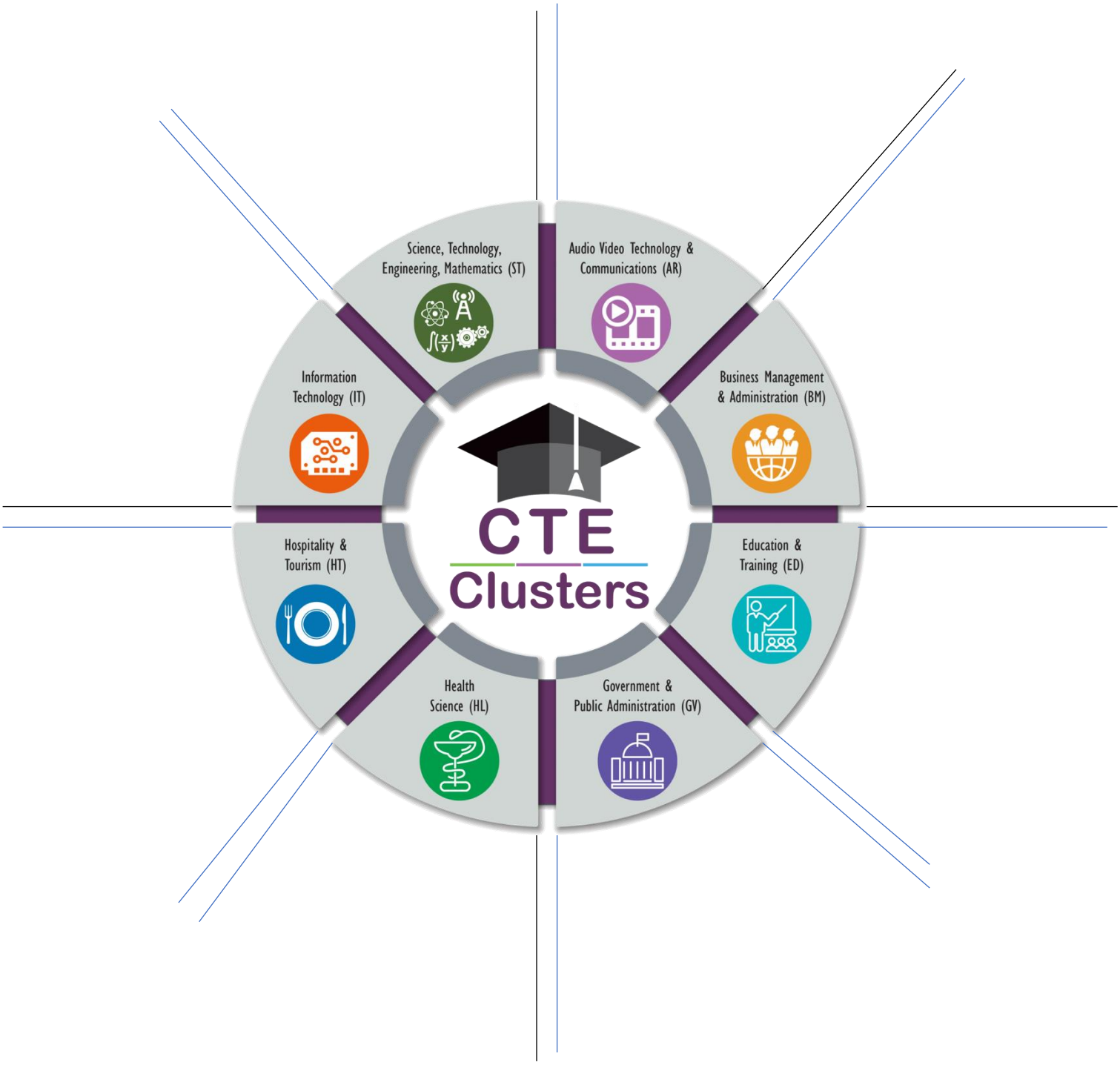
_____

_____

_____

Activity 3—Learn about all of the Career Pathways—you never know where life will take you!

Go back to www.onetonline.com and fill in the chart with the careers associated with each cluster.



Useful resources:

Career Pathways

ONET