**Hour 4**

You must have completed hour 3 in order to do this task.

Go back to the jobs you favourited at the end of the last session.

Fill in the table below with each of these three jobs. See if you can find the skills and qualifications needed, and the salary you would get. And remember to write down which part of each job you would like the most!

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Job title** | **Skills required** | **Qualifications you would need** | **Salary** | **The part you’d like the most** |
| 1. |  |  |  |  |
| 2. |  |  |  |  |
| 3. |  |  |  |  |

**Careers and competencies**

A **competency** is another word for a soft skill. These are things that tend to come more naturally to some people than others. They are harder to be taught and measure, but you will be able to transfer them across many different jobs! Check out this video for more explanation: [Hard Skills vs Soft Skills](https://www.youtube.com/watch?v=0FFLFcB9xfQ)

[](https://www.youtube.com/watch?v=0FFLFcB9xfQ)

**Hard skills** are things you can be taught and can be improved on with practice. For example: playing an instrument, playing a sport, speaking another language, computer skills, etc.

Write down or type **at least 3** hard skills that you have in the box below:

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

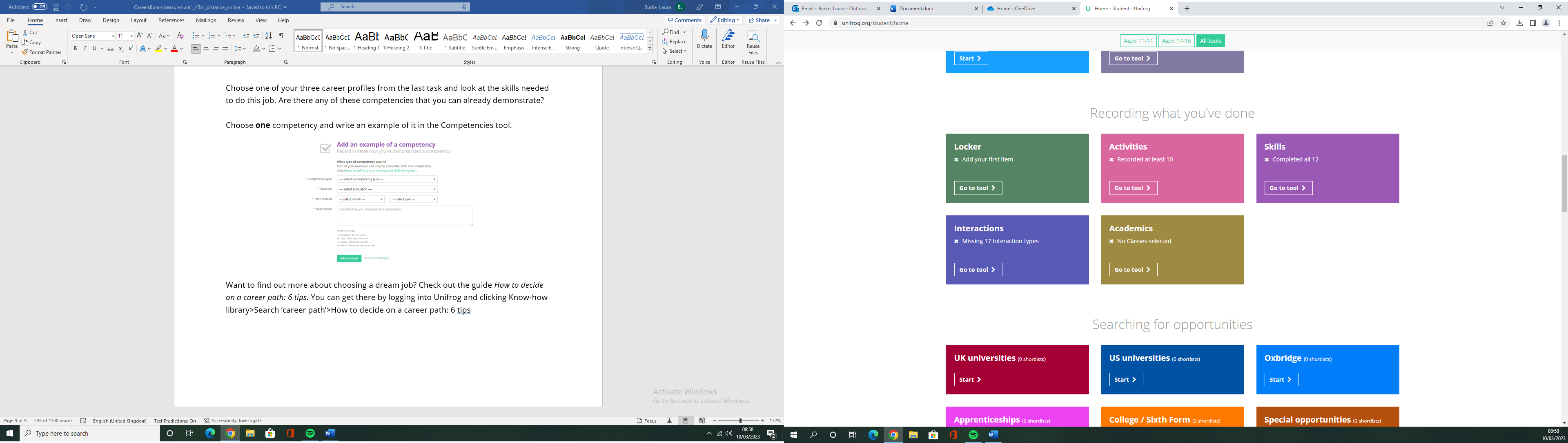
For each skill you’ve listed, make a note next to it to show how you could improve this skill. For example, by having lessons or dedicating yourself some practice time every week.

Write down or type **at least 3** soft skills that you have in the box below *(top tip: if you need some more examples, log into Unifrog and have a look at our 12 skills).*

For each skill you’ve listed, make a note next to it to show how you could improve this skill. For example, by watching other people and learning from them. This will be slightly more difficult than it was for your hard skills!

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

Find the skills tool on the Unifrog website.



Choose one of your three career profiles from the last task and look at the skills needed to do this job. Are there any of these competencies that you can already demonstrate?

Choose **three** skills and write an example of them in the Skills tool on Unifrog. Which do you think is your best skill? Why? Write below.

|  |
| --- |
|  |