

Video Seven

COMPETITION IS A REALITY

This challenging session encourages students to think critically about how their skills, qualities and attitude for learning will contribute to their competitive edge as they prepare for further education, apprenticeships and the working world.

Coaching Questions & Conversations (start the week discussing these):

- What is a word, which you feel describes how you are currently applying yourself as a student right now?
- What is your reason for choosing this word and is it in line with you achieving your why? How?
- What is one thing you can do right now that will shift your current performance as a student?
- How have you grown personally and academically in the past month?
- What skills and qualities do you bring to a team?
- What can you work on improving personally and academically over the next two months?



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Weekly Activities

Midweek reflection task:

Ask two people who know you well the following questions:

- What are my strengths and talents?
- What could I work on in order to improve on my skills and qualities for the future?

Using some of what you've heard along with your own thoughts, Make a list of your top 3 strengths and explain how you can make use of them over the next three months.

1.

2.

3.



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End of week reflection task:

Write a journal entry about how you are utilising your strengths and working on your areas of improvement.



Why not let us know how you got on this week? Drop us a line at info@innerscope.co.uk

