DISCOVERING YOUR WORK SKILLS—School Day

1. Fill out the activity column for a school day:

|  |  |  |
| --- | --- | --- |
| **TIME** | **ACTIVITY/CLASS** | **WORK SKILL** |
| 6:00AM – 7:00AM |  |  |
| 7:00AM – 8:00AM |  |  |
| 1st Period |  |  |
| 2nd Period |  |  |
| 3rd Period |  |  |
| 1st Lunch or 4th Period |  |  |
| 4th Period or 2nd Lunch |  |  |
| 5th Period |  |  |
| 6th Period |  |  |
| 7th Period |  |  |
| 2:52PM – 4:00PM |  |  |
| 4:00PM – 5:00PM |  |  |
| 5:00PM – 6:00PM |  |  |
| 6:00PM – 7:00PM |  |  |
| 7:00-PM – 8:00PM |  |  |
| 8:00PM – 9:00PM |  |  |
| 9:00PM – 10:00PM |  |  |
| 10:00PM – 11:00PM |  |  |

Some examples of activities…there are many more:

Dance

Art

Games

Homework

Cooking

Reading

Watching TV

Team practice

Work (be specific)

Tutoring

Listening to music

Practicing

Drawing

Driving

Hanging with Friends

Surfing the internet

Exercise

Video/Computer Games

Babysitting

Cleaning

Yardwork

Pet care

Volunteering

Studying

Music

Organizing

Shopping