



JOB SPECIFIC SKILLS

Seek ways to improve my job performance

“SkillsUSA Framework Checkpoint” (20 minutes)

Supplies Needed:

- Internet access to complete the [SkillsUSA Framework Essential Element Assessment](#).

Give these instructions:

1. Complete the SkillsUSA Framework Essential Element Assessment
2. Have students review their results to identify personal strengths and areas for improvement.

Facilitate a discussion by asking questions including:

- What are your strengths?
- What are areas for improvement?
- What did you learn about yourself through this experience?
- How do your results reflect your effort and attitude?
- What is one goal you can set regarding personal growth?
- What specific steps will you take to reach that goal?
- How can you track your progress?
- What kind of support or resources would help you improve?
- Whose feedback could you seek to gain another perspective?



While this activity is not included in SkillsUSA Ignite, if you and your students enjoyed this exercise, similar activities covering all Essential Elements are available.