



# Skills

See learning skills sheet you filled in: Explain the skills you have, and how these will help you in times of CHANGE: Include a few pics/images that relate

Organization

Self regulation

Responsibility

Initiative

Collaboration

Independence

Skills cont.

# Strengths

See your Strength Profile, Passport, and MBlueprint surveys. List your strengths and incl. Related pics/visuals.

Strengths cont.

# Resources

- which materials in this course or online can I access?
- about getting info to make decisions and get help with life issues
- include related pics/images

# Allies

Which people are closest to you that you trust and can get advice from?

Parents? Teachers? Guidance ?

Friends?

Which organizations can you access to get help?



# Conclusion

Life is all about challenges and changes. Sum up what you've learned about how to deal with changes. What tools will you use as you recalculate?

-incl pics/images