



# MY SKILLS, MY FUTURE

## WHAT IS MY SKILLS, MY FUTURE?

My Skills, My Future is a suite of resources aimed at supporting individuals in identifying the skills they have gained from other experiences outwith formal qualifications and benchmarking these to the Scottish Credit and Qualifications Framework (SCQF).

## WHO BENEFITS FROM MY SKILLS, MY FUTURE?

The resources are aimed primarily at young people who have left, or may be about to leave school with few or no formal qualifications. However, they can also be used with young people who may have been made redundant from their first job, adult returners or the long term unemployed.



## HOW DOES IT WORK?

Advisers from a wide range of organisations can use these resources with individuals over one or more sessions to identify their transferable skills through a series of practical and engaging activities. These skills are then benchmarked against the SCQF to help individuals understand the level of their informal learning.

The resource also helps them to develop a set of competency based statements that can be used in a CV, to access further training or to use in job applications. Individuals can then work with advisers to agree a future plan of action based on their strengths.

## WHAT ARE THE BENEFITS TO LEARNERS?

The resources have already been used with a range of individuals including young people leaving care which has highlighted a number of benefits. The resources:

- Help individuals clearly understand their range of skills
- Help in supporting a decision making process regarding future career or further training
- Help individuals understand where their learning sits on the SCQF which helps build self-confidence and raises aspirations
- Help to generate evidence towards certain SQA awards such as the Employability Award at level 2 and some Personal Development Awards
- Are benchmarked against the 'I can' statements from Education Scotland's Career Education Standard
- Are clearly linked to Scottish education policies



## HOW DO I FIND OUT MORE?

Resource packs have now been produced and members of the team at SCQF Partnership will be running a number of free training workshops over the coming months to support advisers in using the pack. The one day workshops will consist of a number of practical sessions designed to allow advisers to try out the pack and to better understand each stage as well as the benefits to their clients. Dates for these will be available on the Events section of the SCQF website -

[www.scqf.org.uk/events](http://www.scqf.org.uk/events)