

For one week, record the amount of time you spend on each activity you do. Write in after-school or part-time jobs, sports or other hobbies, chores, reading for pleasure, talking on the phone, dates, and so on.

# REAL TIME

DAY:	DAY:	DAY:	DAY:	DAY:	DAY:
morning:	morning:	morning:	morning:	morning:	morning:
afternoon:	afternoon:	afternoon:	afternoon:	afternoon:	afternoon:
evening:	evening:	evening:	evening:	evening:	evening:
<b>TOTALS:</b> minutes/hours sleeping: school: eating: TV: phone: other activities:	<b>TOTALS:</b> minutes/hours sleeping: school: eating: TV: phone: other activities:	<b>TOTALS:</b> minutes/hours sleeping: school: eating: TV: phone: other activities:	<b>TOTALS:</b> minutes/hours sleeping: school: eating: TV: phone: other activities:	<b>TOTALS:</b> minutes/hours sleeping: school: eating: TV: phone: other activities:	<b>TOTALS:</b> minutes/hours sleeping: school: eating: TV: phone: other activities:

# REAL TIME TALLY

There are 168 hours in the week. Here is how I spend my time:

sleeping: \_\_\_\_\_

other activities: \_\_\_\_\_

school: \_\_\_\_\_

eating: \_\_\_\_\_

watching TV: \_\_\_\_\_

talking on the phone: \_\_\_\_\_

TOP FIVE FAVORITE ACTIVITIES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

LEARNING STYLES (To the teacher: Save for Part 3.)

Cut out each learning style. Tape them to the bottom of the appropriate skill category on the “Skills” activity sheet.

Athletic, Body	Musical	Visual, Artistic	Mathematical, Logical	Verbal, Linguistic	Social, Interpersonal	Intrapersonal
Athletic, Body	Musical	Visual, Artistic	Mathematical, Logical	Verbal, Linguistic	Social, Interpersonal	Intrapersonal
Athletic, Body	Musical	Visual, Artistic	Mathematical, Logical	Verbal, Linguistic	Social, Interpersonal	Intrapersonal

**Pick three of your favorite activities. List the skills needed for each below.**

Activity:  Skills:	Activity:  Skills:	Activity:  Skills:

**List each skill above under the appropriate heading below. Count the number of skills and write the total below each box.**

PEOPLE (or ANIMALS)	THINGS	INFORMATION
Learning Style(s):          	Learning Style(s):          	Learning Style(s):          

TOTAL: \_\_\_\_\_

TOTAL: \_\_\_\_\_

TOTAL: \_\_\_\_\_

With the skills I have, I might enjoy a job, career, or profession working with \_\_\_\_\_

\_\_\_\_\_

# THREE SKILL GROUPS, MANY OCCUPATIONS

<p><b>A. People (or Animals)</b></p> <ul style="list-style-type: none"> <li>• helping or caring for</li> <li>• entertaining</li> <li>• teaching</li> <li>• coaching</li> </ul> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p><b>Occupations</b></p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p>	<p><b>B. Things</b></p> <ul style="list-style-type: none"> <li>• repairing</li> <li>• operating vehicles</li> <li>• using tools</li> <li>• working with nature</li> </ul> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p><b>Occupations</b></p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p>	<p><b>C. Information</b></p> <ul style="list-style-type: none"> <li>• planning</li> <li>• creating</li> <li>• designing</li> <li>• organizing</li> </ul> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p><b>Occupations</b></p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p> <p>• _____</p>
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