



	GRADE 7	GRADE 8	GRADE 9	GRADE 10	GRADE 11	GRADE 12
Who am I?	View Discover Your Skills, Introduction to Essential Skills and Work Habits (ES&WH), and ES&WH in Action in Everyday Life Videos Complete ES&WH Video Worksheet Complete Modules 1 and 2 of OSP Activities for Job Seekers and Learners Try SkillsZone Games	Self-assess your ES&WH Use the ES&WH Worksheet	Self-assess your ES&WH View Skills Overview Video Use an OSP Learning Activity Prepare an OSP Volunteer Worksheet	Self-assess your ES&WH Use an OSP Learning Activity Prepare an OSP Volunteer Worksheet View Make Social Media Work for You and Keeping Safe at Work Videos	Self-assess your ES&WH Review Links between the OSP Work Habits and the Learning Skills and Work Habits from Growing Success Use the ES&WH Worksheet	Self-assess your ES&WH Use the ES&WH Worksheet Use the Keeping Safe at Work Video Facilitator's Guide
What are my opportunities?	ES&WH Worksheet Track Your ES&WH in Learning Activities	Track Your ES&WH in Learning Activities Use an OSP Learning Activity	Track Your ES&WH in Learning Activities	Track Your ES&WH in Learning Activities	Track Your ES&WH in Learning Activities Use an OSP Learning Activity Prepare an OSP Volunteer and/or Experiential Learning Worksheet	Track Your ES&WH in Learning Activities Create an OSP Work Plan Use an OSP Learning Activity focused on the skill(s) you want to develop Prepare an OSP Volunteer and/or Experiential Learning Worksheet
Who do I want to become?	View ES&WH in Action in the Workplace Video Complete ES&WH Video Worksheet	Use OSP Occupational Profiles Compare your ES&WH to Occupations of Interest	Use OSP Occupational Profiles Compare your ES&WH to Occupations of Interest	Compare your ES&WH to Occupations of Interest Use OSP Occupational Profiles	Compare your ES&WH to Occupations of Interest Use OSP Occupational Profiles	Compare your ES&WH to Occupations of Interest Use OSP Occupational Profiles
What is my plan for achieving my goals?	Update your ES&WH Worksheet Complete the OSP Reflection Worksheet File all OSP records in your IPP	Create a résumé to showcase your skills Prepare an OSP Volunteer Worksheet Update your OSP Tracker Complete the OSP Reflection Worksheet File all OSP records in your IPP	Update your résumé to showcase your skills to access opportunities Update your OSP Tracker Complete the OSP Reflection Worksheet File all OSP records in your IPP	Update your OSP Tracker Complete the OSP Reflection Worksheet Update your résumé to showcase your skills to access opportunities File all OSP records in your IPP	Update your OSP Tracker Complete the OSP Reflection Worksheet Update your résumé to showcase your skills to access opportunities File all OSP records in your IPP	Update your OSP Tracker Complete the OSP Reflection Worksheet Update your résumé to showcase your skills to access opportunities File all OSP records in your IPP

