

# OSP Interactive Education and Career/Life Planning Resources

## For Grade 7 to Grade 12



### Be the Architect of Your Life

Throughout our lives we have opportunities to make decisions, set goals and make plans that influence the direction of our lives. In each instance we can choose to be actively involved, to take charge and determine the outcome, or sit back, let things happen, and take our chances.

Education and career/life planning, based on a four-step inquiry process, is an effective method for making informed education and career/life choices and helps us develop the skills and knowledge required to be competent and confident planners throughout life.

We acquire skills and knowledge in four key areas of learning as we develop personally meaningful answers to the inquiry questions as shown in the graphic to the right.

Education and career/life planning begins with understanding who you are as a person. The process is ongoing and you will regularly return to the four questions, equipped with a greater knowledge of yourself, and your opportunities and a growing understanding of how you can successfully shape your life.

Whatever your age, the question, "Who am I?" is a good place to begin. So, let's get busy, you are on your way to becoming the architect of your life.

[OSP-IPP Teacher Planning Chart](#)

[OSP-IPP Learner Chart](#)

### I am the Architect of My Life!

The OSP has many great tools and resources to help you develop personally meaningful answers to the following four education and career/life planning inquiry questions: *Who am I? What are my opportunities? Who do I want to become? What is my plan for achieving my goals?*

**Click the questions on the graphic below to access OSP tools and resources to help you answer the questions and develop your Individual Pathways Plan (IPP).**



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[www.skillszone.ca/index\\_osp\\_ipp\\_home.html](http://www.skillszone.ca/index_osp_ipp_home.html)



[www.ontario.ca/skillspassport](http://www.ontario.ca/skillspassport)

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## For Grade 7 to Grade 12

### Who am I?



### Who am I?

To help you answer the question “**Who am I?**” the process guides you to do the following:

- identify the characteristics that describe who you are (e.g. interests, strengths, intelligences, accomplishments, values, and skills, which include the Essential Skills and work habits described in the Ontario Skills Passport);
- identify the factors that have shaped who you are and are likely to shape who you become over time;
- reflect on how these characteristics influence your thoughts and actions, and how those thoughts and actions may in turn affect your development as a learner, your relationships and your education and career/life choices.

### I am the Architect of My Life!

- [Self-assess](#) your Essential Skills and work habits.
- Use the [OSP videos](#) to learn about Essential Skills and work habits and see them in action in everyday life and in the workplace.
- [Search for tasks](#) that show how people use these skills in work, learning and life.
- Use the [Essential Skills and Work Habits Worksheet](#) to describe and reflect on how you use your skills in work, learning and life.
- View the [OSP Social Media Video](#) and use the [OSP Social Media Resource](#):
  - Module 2 – to update your bio
  - Module 3 – to critically review and build your online reputation or “personal brand”
- View the [Keeping Safe at Work Video](#) and use the [Keeping Safe at Work Video Facilitator’s Guide](#) to see how workers use their Essential Skills and work habits and exercise health and safety rights to keep safe at work.

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### What are my opportunities?



### What are my opportunities?

To help you answer the question “**What are my opportunities?**” the process guides you to:

- explore the concept of “opportunity” and how the choices you make can open pathways for you;
- expand awareness of school- and community-based opportunities (e.g., recreational, social, leadership, volunteer, part-time employment) and how these programs/activities help develop skills and relationships;
- explore a variety of fields of work, occupations, and careers, and develop awareness of the impact of local and global trends (e.g., demographic, technology, economic, social) on the opportunities available to you;
- investigate the preparation required for a variety of school- and community-based opportunities, occupations, and jobs (i.e. acquiring the necessary experience, education/training, and specific skills, including the Essential Skills and work habits documented in the OSP) and how this preparation can be obtained.

### I am the Architect of My Life!

Use these OSP tools and resources to help you build and document the demonstration of your Essential Skills and work habits in classroom, co-operative education and other experiential learning, Community Involvement, volunteer opportunities (e.g. *SpeakUp* and *Students as Researchers* projects) and extracurricular activities.

- [OSP Learning Activities focused on the skills you want to develop](#)
- [Track Your ES&WH in Learning Activities](#)
- [ES&WH Worksheet](#)
- [OSP Work Plan](#)
- [Take our Kids to Work Day ES&WH Worksheet](#)
- [Experiential Learning Worksheet](#)
- [Community Involvement Worksheet](#)
- [Volunteer Worksheet](#)
- [Track Your ES&WH in Other Activities](#)
- [OSP Training Plan](#)
- Use the [OSP Social Media Resource, Module 2](#), to collect great social proof of your skills and accomplishments using OSP tools and resources such as the OSP Work Plans and OSP Community Involvement Worksheets.

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## For Grade 7 to Grade 12

### Who do I want to become?



### Who do I want to become?

To help you answer the question “**Who do I want to become?**” the process guides you to:

- identify the demands, rewards, and other features of various occupations you have explored, and reflect on the fit between those features and your personal characteristics;
- based on the connections you identify, use a decision-making process to determine personal and interpersonal goals as well as education and career/life goals;
- review and revise your goals in light of changes you recognize in yourself and in the opportunities that are available to you.

### I am the Architect of My Life!

- Choose a [self-assessment](#) of your skills and compare your results with occupation(s) of interest.
- Check out the [OSP occupational profiles](#) to see how Essential Skills and work habits are used on the job in over 400 occupations as well as get labour market information.
- Use [OnWIN](#) and [iWIN](#) to get information about education, training, occupations and labour market information and trends.
- Use the [OSP Social Media Resource – Module 1](#) to conduct research about a future career.

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# OSP Interactive Education and Career/Life Planning Resources

## For Grade 7 to Grade 12

### What is my plan for achieving my goals?



#### What is my plan for achieving my goals?

To help you answer the question “What is my plan for achieving my goals?” the process guides you to:

- create a plan that identifies in detail the steps required to achieve the goals you have set;
- identify the resources required to implement your plan;
- identify potential obstacles and challenges you may encounter in implementing your plan, and devise possible solutions.

#### I am the Architect of My Life!

- Use the [OSP Tracker](#) and the [OSP Reflection Worksheet](#) to track and plan further skills development so that you can achieve your goals.
- Use the [OSP Transition Plan](#) to transfer your skills to everyday life and the next place you go – whether it’s further education, training or the workplace.
- Use the [OSP Social Media Resource – Module 4](#) to create, build and use your social media network as an important tool for realizing your personal and academic goals.
- File all your OSP records in your IPP

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