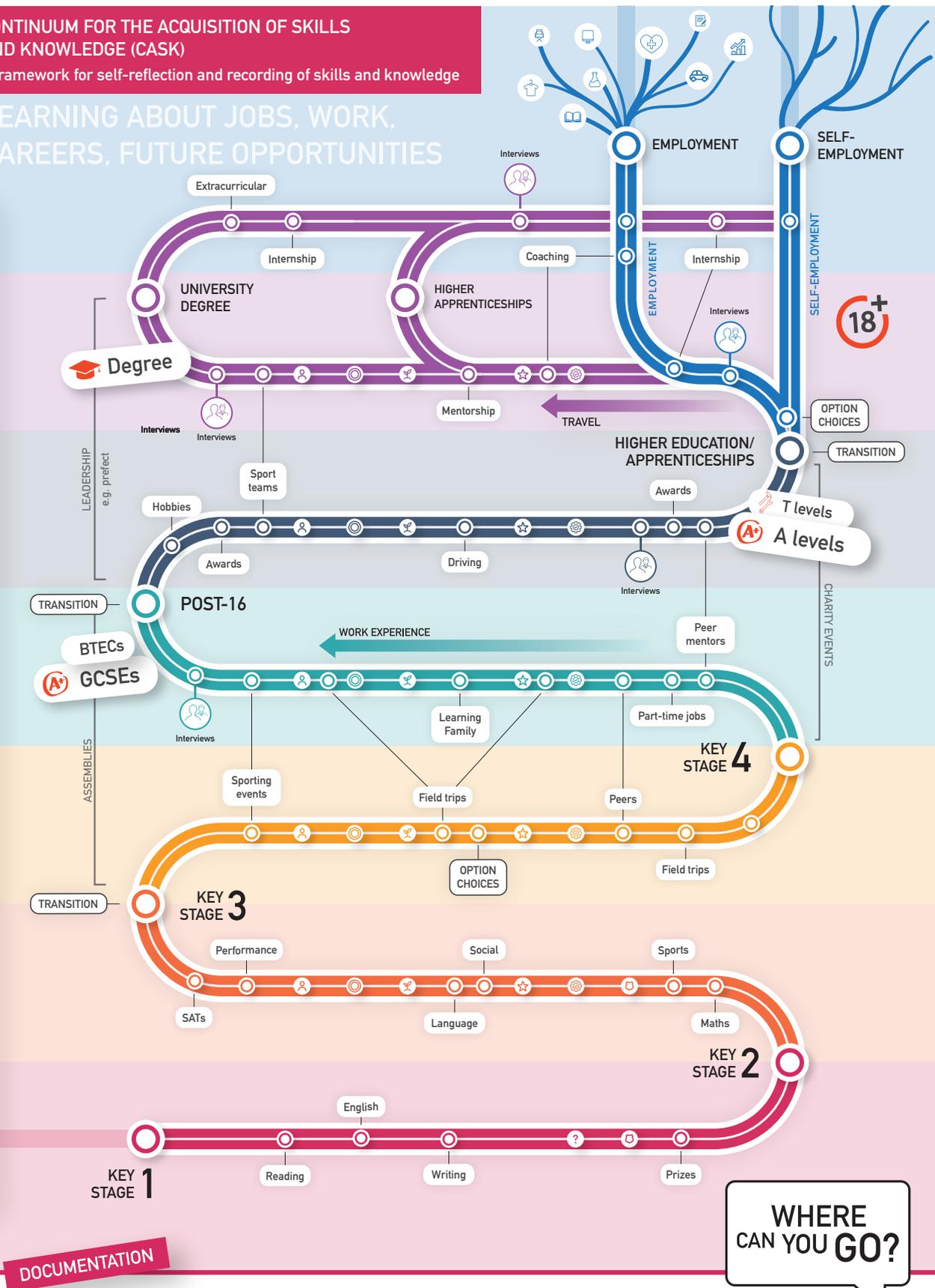


CONTINUUM FOR THE ACQUISITION OF SKILLS AND KNOWLEDGE (CASK)

A framework for self-reflection and recording of skills and knowledge

LEARNING ABOUT JOBS, WORK, CAREERS, FUTURE OPPORTUNITIES

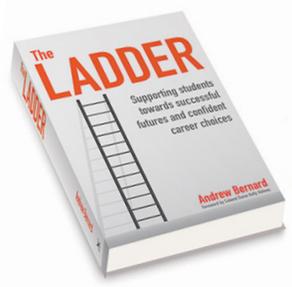
OPPORTUNITY / LOCATION / PART-TIME WORK / HOBBIES / SPORTS / DRAMA / MUSIC / ARTS



DOCUMENTATION

WHERE CAN YOU GO?

- Who Can I Help?** Primary skills sheet
- STAR Model** Positive skill and attitude development
- 7 Skills Assessment Sheet (7SAS)** Skills reflection sheet
- GROW Model** Setting and achieving your goals
- My Crest** What makes me me?
- Wheel of Life** Happiness levels and how to improve them
- Ideal Me** Visioning tools



For more resources and advice on how to support pupils' career aspirations, discover *The Ladder* at www.crownhouse.co.uk