

YOU'VE GOT SKILLS!



## SKILLS

### What are my child's preferred skills?

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#### REFLECT

A skill is a learned ability. Reflect on skills your child tends to prefer. Think about what they talk about and how they play. Does your child show a preference for **people**, **ideas**, **information**, or **things**? Use the following list to map his or her skill interests to the four categories to see which categories have the most boxes checked.

**People Skills** - leading, caring, supporting, serving, or selling, like a teacher, manager, or salesperson

- Cooperate – Work with others to reach goals
- Deal with Feelings – Understand and deal with other people's emotions
- Lead Others – Be the leader in a group of people or friends
- Perform – Speak or perform in front of people or an audience
- Sell – Able to convince people to accept an idea or buy something
- Teamwork – Work with others, or play team sports such as soccer, baseball, or lacrosse

**Idea Skills** - use creativity, thoughts, and knowledge, like a writer, or actor

- Create – Draw, sketch, take pictures, or make things
- Ideas – Think of new ideas or grow other people's ideas
- Imagine – Think or daydream about what is possible or what could be
- Innovate – Improve things or make things better
- Risk-Taking – Leaves comfort zone to try new things
- Write – Create poems, stories, or write letters

**Information Skills** - work with data, numbers, facts, and procedures, like an accountant, or scientist

- Make Decisions – Make choices for yourself instead of others making your decisions
- Numbers – Solve number or math problems
- Observe – Notice, see, and watch what happens around you
- Plan – Think about all the steps before starting to work on something
- Research – Read and look for information on the Internet
- Study – Read information in detail or carefully

**"Thing" Skills** - work with machines, tools, instruments, animals, and resources, like a mechanic, or veterinarian

- Change – Handle or deal with change
- Computers – Using computers or technology
- Mechanical – Repair or fix things, or take things apart
- Organize – Keeps your room or desk neat; keep your things organized
- Play Instruments – Musical instruments such as piano, guitar, drums, violin
- Play Solo Sports – Individual sports such as snowboarding, golf, figure skating, and bowling

Ask your child to discuss skills they have learned and what skills she does best. Offer examples if she gets stuck.

Which skills did he think were **easy** to learn? Which skills did he think were **hard** to learn? Which skills does he **enjoy most** and **enjoy the least**?

Share skills you have learned. Discuss skills that were easy for you to learn and those which were harder. Discuss the skills you do best and enjoy most and least.

## REINFORCE

When your child is frustrated with a task or activity, consider if she is performing a “least preferred” skill. Is there an alternate way to accomplish a task that better aligns with your child’s strengths, values, or preferred skills? For example, if your child enjoys people skills and procrastinates on homework, consider working at the same table together instead of your child doing homework alone in her room. Take breaks to interact.

On which tasks does your child tend to procrastinate? Is there a correlation between the task and skills she does not enjoy?

Reinforce investment in your child’s preferred skills by aligning chores and household responsibilities to their preferred skills. Sometimes we have to do things we don’t want to do. That’s part of life. We can also make adjustments to build our child’s skills to create transferable skills they will enjoy using throughout life.

## IDEAS FOR ACTION

What school subjects or topics interest your child?

Encourage your child to learn about a subject that appeals to him and **combine a skill** to apply learning.

For example, if your child is interested in science, history, or horses, and enjoys one of the following skills, have them:

1. **Write** – Create a story about horses/space/history, or create a booklet with facts and information about the topic or subject of interest
2. **Create** – Learn to draw or sketch pictures of characters, places, or objects related to the subject of interest
3. **Perform** – Create a play or presentation about the subject you have researched and perform it for the family
4. **Cooperate** – Engage in a hobby based on the subject of interest with a friend or family member
5. **Mechanical** – Watch YouTube videos to learn to make or fix things related to the subject of interest.

Applying preferred skills to learning helps your child build relevant skills and reinforces learning. Customizing how your child applies learning will make sure the learning sticks!

## PARENT INSIGHTS

Knowing preferred skills is useful when choosing activities and hobbies. For example, if your child likes information and things, a coding class for kids might be a better hobby than a sport. If your child likes “Solo Sports” but not “Teamwork,” perhaps tennis or skiing is a better option over soccer or baseball.

Periodically reevaluate your child’s preferred skills with him/her. This will help your child avoid “burning out” as an adult in his/her career. Many adults perform burnout skills and feel exhausted from their job because they are unaware of their preferred skills and those skills which burn them out. We think we should perform skills we’re good at, without considering how they make us feel if we don’t enjoy doing them.

Integrate your child’s strengths and values as you make decisions on activities your child is involved in. For example, if they have the Competitive strength, they will likely prefer activities and hobbies where there are competitions and they can measure progress and success and receive rewards. If they have Relator, activities that involve others will feel more rewarding.

## ADDITIONAL EXPLORATION

To discover your child’s strengths and values to build confidence through self-awareness, check out the other books in the “You’ve Got” series:

*You’ve Got Gifts!* <http://bit.ly/youvegotgifts>

*You’ve Got Values!* <http://bit.ly/youvegotvalues>

*You’ve Got Personality!* Coming November 2021. <https://www.myyoumap.com/you-ve-got-personality>

For children 8-12, the **YouMap® Youth** profile reveals your child's strengths, values, preferred skills, and personality type. [bit.ly/OrderYouMapYouth](http://bit.ly/OrderYouMapYouth)

For children ages 12 – 14, check out the **YouMap® Teen** profile at <http://bit.ly/OrderYouMapTeen>