



Positive attitude

I am present, honest, respectful, friendly and hard-working. I look forward to things.



Communication

I listen. I ask questions. I show respect when I communicate to all sorts of people.



Teamwork

I work well with people to achieve a common goal. I contribute to the team.



Self-management

I look after myself. I am responsible, on time and prepared for the tasks I have to do.



Willingness to learn

I am open to learning new tasks, skills and information. I accept advice and learn from feedback.



Thinking skills

I weigh up options and figure out ways of doing things. I will get help when I need it.

EMPLOYABILITY SKILLS.

Employability skills are vital to your career path. These skills can be demonstrated in many ways.



Resilience

I meet challenges. I learn from my mistakes and find new ways of doing things.

My interests

- Basketball
- Swimming
- Band – drums
- Gaming
- Part-time job in gaming shop

My values

- My family
- Challenging myself physically
- Music
- Helping people
- My friends

My story

I am a point guard for my senior school basketball team and have also played in representative tournaments.

My highlights include attending Steven Adams' basketball training camp and getting to meet him. I also attended Basketball New Zealand's National Talent Programme.

Basketball takes a lot of commitment. I practise two or three times a week, plus more with reps, individual practise, fitness and watching games.

I get myself to practice and games, and my part-time job helps pay for some of my gear.

I also play drums in a school rock band. We practise a couple of times a week and have competed in Smokefree Rockquest.

My employability skills

- I listen and show respect to my coaches, managers, the refs and the other team.
- I ask questions to ensure I understand what my coach wants me to do. I offer suggestions when appropriate.
- I need to work well with all team members and the team comes first.
- I turn up to practice and games early and am ready to play.
- I follow my coach's direction to improve my game.
- My job is to motivate and encourage my team. I use my thinking skills to understand the competition and co-ordinate my team.
- I learn from our losses and pick myself up and move on.

What's your story?

Check out careers.govt.nz to find out more about your employability skills.