



Through the Skills section you can choose to improve on an existing skill or try something new. It's all about having a go, learning something and getting better at it, giving yourself a sense of achievement and well-being. Tertiary educators and employers like to see that you have life skills too!



“Without the challenge of the Award, I would still be washing dishes. Today, my eyes are open to the endless possibilities that life offers. The Award has given me the confidence to grab my opportunities.”

Vicky Roy, professional photographer, India

## Example ideas

Here's a list of some Skills section ideas that you could do or use as a starting point to create a programme of your own.

### Music

- Play an instrument
- Learn musical theory
- Sing
- Manage a music event

### Sports related

- Officiate for a sport
- Umpire or referee a sport
- Sports equipment maintenance
- Sports ground maintenance

### Arts and crafts

- Ceramics
- Clay modelling
- Embroidery
- Dressmaking
- Glass painting
- Jewellery making
- Calligraphy
- Drawing
- History of art
- Painting
- Photography
- Sculpture
- Graphic design

### Nature and the environment

- Agriculture
- Aquarium keeping
- Astronomy
- Bee keeping
- Bird watching
- Conservation
- Dog training and handling
- Fishing
- Forestry
- Gardening
- Horticulture
- Animal care and handling

### Communication

- Film and video making
- Film studies
- Sign language
- Braille
- Foreign languages
- Newsletter and magazine production
- Reading
- Writing
- Presentation skills
- Public speaking and debating
- Digital media
- Journalism
- Information technology
- Website development

### Games

- Billiards, snooker or pool
- Card games
- Chess
- Draughts
- Darts
- Backgammon
- Other table games

### Life skills

- Business management
- Financial literacy
- Entrepreneurship
- Health awareness

### Technical and vocational skills

- Accounting
- Hairdressing
- Vehicle maintenance
- Engineering
- Fashion
- Furniture making
- Furniture restoration
- Metal work
- Tailoring
- Carpentry
- Cookery

### Performance skills

- Drama and theatre skills
- Circus skills
- Puppetry