



Tips for Parents

Use the OSP with your children and see how they can use it to **assess, build, document** and **track** their Essential Skills and work habits and **transfer** them to everyday life and the next place they go – whether it's further education, training or the workplace.

Parents can use the OSP to:

- ✓ Talk with learners about Essential Skills and work habits and why they are important at home, in school, and in the community.
- ✓ Access tasks that show how people use these skills in everyday life and in over 400 occupations from all pathways.
- ✓ Encourage learners to use the OSP tools and resources to gather evidence of their skills demonstrations in the classroom, co-operative education and other experiential learning opportunities, Specialist High Skills Majors and Ontario Youth Apprenticeship Programs, Community Involvement, volunteer opportunities (e.g. *SpeakUp* and *Students as Researchers* Projects) and extracurricular activities.
- ✓ Support learners to use their skills information in the development of the All About Me portfolio and their Individual Pathways Plan (IPP) as they answer the following 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?*
- ✓ Get information on career planning, education and training, and employment and volunteer opportunities.
- ✓ Help learners understand and value their skills and communicate them in their résumé and job interviews, including summer and part-time employment.

OSP Tools and Resources for Learners

- ✓ Use the videos and introductory activities, such as the [OSP Elementary Resources](#), [OSP Overview for Learners](#) or [OSP website activities with certificates](#), to learn about the OSP, Essential Skills and work habits.
- ✓ Choose a self-assessment to help learners get information on their Essential Skills and work habits and compare their results to occupations of interest.
- ✓ Use OSP learning activities to practice and build their Essential Skills and work habits.
- ✓ Create an OSP Work Plan that focuses on Essential Skills, job tasks and work habits related to a cooperative education placement or other experiential learning opportunity. Employers document how learners use their skills in the work plan.
- ✓ Update the OSP Tracker and use the OSP Reflection Worksheet to plan further skills development so that learners can achieve their goals.
- ✓ Access skills-focused videos, games, interactive resources and learning activities on [SkillsZone](#).

OSP [Videos](#) for Learners

- ✓ View the OSP has video clips for each Essential Skill, such as [Critical Thinking](#), and work habit, as well as videos that show how people use Essential Skills and work habits in the workplace and in everyday life.
- ✓ View the [Discover Your Skills](#) video to see how Essential Skills and work habits are used every day and why they are important in work, learning and life.
- ✓ View the [Make Social Media Work for You](#) video and the [OSP Social Media Resource](#) to learn how to use social media safely and effectively to showcase your Essential Skills and work habits and get noticed when you are looking for a great post-secondary program, apprenticeship, volunteer position, job, or internship.
- ✓ View the [Keeping Safe at Work](#) video and [Facilitator's Guide](#) to see how workers use their Essential Skills and work habits and exercise their health and safety rights to keep safe at work.

WHY SKILLS???

“When a student faces a new and stressful situation they need to have specific examples in their toolbox that they can pull out and refer to that confirm to them that they have skills, and have successfully used skills that are transferable to this new situation. This will build their confidence and self-esteem and contribute to their resiliency”.

Angela McKay, Health Care Technology Teacher, York Region DSB

“Resilience is the ability to recover from difficulties or change—to function as well as before and move forward. Many refer to this as “bouncing back” from challenges... Everyone needs skills and supportive people in their lives to help cushion them from problems they may encounter. Introducing even a few positive elements into their lives can shift the balance and help many children and youth flourish.”

Centre for Addiction and Mental Health

http://www.camh.ca/en/hospital/health_information/for_parents/Pages/raising_resilient_children.aspx

