



Discovering Your Talents

Secondary Lesson Plan

Talents:

Talents are the interplay between a person's natural gifts, acquired skills, and lived experiences. This combination of innate strengths, learned abilities, and meaningful interactions with the world helps individuals lead more purpose-driven and satisfying lives.

Objective:

Students will identify at least three personal talents and explore how these could be applied to future career paths and personal growth.

Materials:

Whiteboard or flip chart, markers, and pens or pencils, Discovering My Talents worksheet (provided), access to a device for an online strength assessment (for optional extended learning).

Activity Steps:

- Engage students and introduce the concept of talents:
 - ♦ Ask students to pair up and share one thing they think they are naturally good at. Let them know one can be humble and also recognize their talents.
 - ♦ Gather responses from a few pairs of students and write them on the whiteboard or flip chart. Some students may be more comfortable sharing their partner's talents rather than their own.
- Distribute the Discovering My Talents worksheet and have students use page 1 to reflect on their own experiences and identify at least three personal talents.
- Ask students to share their responses to the questions in the first three bullets. Discuss and highlight patterns and common themes, as well as unique talents.
- Discuss how personal talents can influence future decisions.
 - ♦ How might your talents connect with what you want to do in the future?
 - ♦ Write responses on the board, grouping similar ideas (e.g., leadership, creativity, problem-solving).
- Using page 2 of their Discovering My Talents worksheet, have students explore how they can take action and use a talent this week (e.g. volunteering, helping a friend, participating in a club, etc.)



Personal Reflection:

- What activities make you lose track of time?
- What do friends or family often ask you for help with?
- What are three things you're proud of achieving?

Group Discussion:

- What achievements have you seen amongst your peers?
- What are some ways you can support your peers to utilize their talents?

Extended Learning:

- Have students take a free online strengths assessment (e.g., [Strengths Test](#) or [VIA Character Strengths](#) on the Personality Quizzes site) and discuss results in a follow up discussion.
- Organize a Talent Showcase where students demonstrate their talents or explain how they are using them. This is different from a traditional Talent Show, as the focus is on discussing how various talents are being used—not just performing.
- Encourage students to talk to their friends, family, and mentors about their talents and explore activities to utilize and strengthen them.



Notes

Discovering My Talents

To identify your talents, reflect on activities you enjoy and where you excel naturally. Think about positive feedback you have received and ask friends, family, and teachers for their perspectives on your abilities. Consider your strengths in different areas such as academics, clubs, sports, music, art, drama, social interactions, etc.



Key strategies to discovering your talents:

- **Identify your interests:**
What activities do you find yourself naturally drawn to and enjoy doing in your free time?
- **Analyze your academic performance:**
Which subjects come easily to you? Which specific skills, such as writing, critical thinking, or problem-solving, do you excel at within those subjects?
- **Reflect on your involvement in various activities:**
In what ways are you a leader in any clubs or sports teams? Share how you consistently perform well in specific roles within these activities. What brings you joy about participating in these activities?
- **Consider feedback from others:**
Ask friends, family, and teachers for their honest opinions on your strengths and areas where you shine.
- **Pay attention to compliments:**
When people praise your abilities, take note of what they are specifically complimenting and how that reflects your strengths.
- **Challenge yourself:**
Try new activities or take on different roles to discover hidden talents you might not yet realize you possess.

Talent categories to consider:

- **Creative talents:** Artistic ability (drawing, painting), music, writing, design, photography
- **Leadership skills:** Ability to motivate others, organize groups, make decisions
- **Analytical skills:** Critical thinking, problem-solving, logic
- **Communication skills:** Verbal and written expression, public speaking
- **Athletic abilities:** Physical fitness, coordination, particular athletic skills
- **Technical skills:** Technology, coding, engineering concepts
- **Other:** What category would you add to this list?



Discovering My Talents (continued)

Answer the following prompts. Is there a common theme in your responses? How can you take action and use one of your talents this week (e.g. volunteering, helping a friend, participating in a club, etc.)?



1. Describe a time when you were deeply engaged in an activity (e.g., a sport, hobby, or creative pursuit).

2. If you could spend an entire day doing only one thing, what would that activity be and why?

3. Think about a project or assignment you did well on. What skills did you use to succeed, and how can you apply those skills in other areas of your life?

4. Consider a time when you helped a friend, family member, or group overcome a challenge. How did you assist, and what did you learn from that experience?

5. Think about a time when someone gave you constructive feedback. How did it help you improve, and what did you learn about your strengths and weaknesses?

6. When people praise your specific abilities (such as creativity, leadership, or problem-solving), how does this help you understand your strengths?

7. Is there a new activity, sport, or club you would like to try? What excites you about it, and how do you think it could help you discover new strengths or talents?