

My Skills My Life: Classroom

Amy Locks delivered her first My Skills My Life sessions at Westfield School for girls in July 2021—one with 20 year 12 students and the other 50 KS3 students.

How did you prepare for the session?

My Mum works at the school, so she was able to get me in. I prepared a presentation about my journey and also had printed off the necessary bits of paper for the personality quiz to do at the end.

“The teachers said that it was very inspiring!”



What happened during the session?

I delivered a PowerPoint presentation lasting 10-15 minutes about my journey from school to PhD, with emphasis on how what I chose to do outside of school helped me gain personal skills that also aided me on my academic journey. This helped make it relatable and realistic to the kids as they could see that I was once in a similar position to them.

At the end of the presentation, I used the My Skills My Life activity, which lasted another 10-15 minutes. I used the paper resource—role model sheet, tally sheet and question sheet. The question sheet and role model sheets were integrated into the PowerPoint slides however the tally sheets were printed off on paper to make it more interactive and also to prevent possible distractions/technical difficulties if I were to have instead asked them to complete it instead on their phones.

I ran through the questions, asked them to circle their most tallied boxes, got them to put their hands up if they had a particular letter then ran through the traits and example profiles for each personality type.

Would you recommend My Skills My Life?

I would recommend the My Skills My Life activity, I thought the kids I delivered it to (sixth form and year 8/9 age) found it really engaging and inspiring. I think the personalised approach of fitting into a category and seeing how themselves and peers with such a varied skillsets can fit into a range of categories with real life examples of people in successful STEM careers are helps combat the pigeonhole academic attitude towards STEM some schools seem to have.

“The My Skills My Life training was very informative and clearly inspiring enough for me to go out there and deliver my own session!”

“The girls said they were really impressed by the session!”

Amy's Top Tips!

Ensure you've got all the necessary resources printed off before the session.

Introduce the activity with a presentation to ensure you give it context.