

## WORKSHEET 1: INTRODUCTION TO HORIZONS

### AREA: HORIZONS SKILL DEFINITION

*“Career management skills refer to a whole range of competencies which provide structured ways for individuals and groups to gather, analyse, synthesise and organise self, educational and occupational information as well as the skills to make and implement decisions and transitions.”*  
(defined by European Lifelong Guidance Policy Network)

### Exercise

#### CMS Framework for Scotland

Learning outcomes for “HORIZONS”:

- I understand that there is a wide variety of learning and work opportunities that I can explore and are open to me
- I know how to find and evaluate information and support to help my career development
- I am confident in responding to and managing change within my life and work roles
- I am creative and enterprising in the way I approach my career development
- I identify how my life, work, community and society interact

Please reflect on the following questions considering the learning outcomes defined in the **Career Management Skill Framework Scotland (2012)**.

- What do these learning outcomes mean to you?
- How can they be strengthened through education/training?

- What are the requirements for you as a professional to support learners' skill development?