


## Task Sheet: Solution-oriented communication – Personal qualities required in the profession

Provided by: Tallinn Construction School

### General information of task for teacher

<b>Title of the task sheet</b>	Solution-oriented communication – Personal qualities required in the profession
<b>Targeted 21<sup>st</sup> Century Skill</b>	Self-direction / communication
<b>Brief description of the competences the students will learn</b> (Including, for example what scientific theory this is based on)	The material and tasks are based on the principles and techniques of solution-oriented communication. Pair work, group discussions take place. Purpose: Supporting students' teamwork in the learning environment for the development of empathic and solution-oriented communication.
<b>Specialty/Target group</b> ( <i>If applicable</i> )	All specialties
<b>Learning outcome(s) for the vocational profession</b>	Student: 1) knows the principles of solution-oriented communication 2) has experience in using verbal and creative techniques (rethinking) in self-direction.
<b>Tools needed for this lesson plan/ task sheet</b> ( <i>If applicable</i> )	For frontal work, you need a screen or a whiteboard, colored pencils and A4 paper.
<b>Approximate time to complete the task</b>	Ca 60-90 minutes
<b>Suggested more comprehensive methodical guide for doing/carrying out the task (for the teacher or student)</b>	Not all personality traits are black and white, but can have different values depending on the situation or the subjective perspective of the evaluator. The goal is to find opposite meanings for positive and negative personal characteristics, to create an understanding of another person's nature. This task develops thinking, the ability to reason and rethink, a sense of empathy and, as an added value, expands foreign language learners' knowledge of the national language.  Work steps: 1) Take A4 paper. Fold the paper in four (look example); 2) Mark a "+" sign (with a green pen) on the left side of the paper, a "-" sign (with a red pen) on the right side of the paper; 3) On the "+" side, write your 5 positive qualities (that supporting working in the profession) feature;



	<p>4) On the “-” side of the paper, write your 5 negative qualities related to the specialty you are studying, which may be an obstacle to studying and working in the specialty;</p> <p>5) Form teams of 3-4 members.</p> <p>6) Brainstorming method in formed teams:</p> <ol style="list-style-type: none"> <li>1. Introduce your positive and negative qualities to the team members. Do this activity until everyone in the team has been able to talk about their personality traits.</li> <li>2. In the team, choose one positive and one negative personal characteristic related to the profession you are studying.</li> <li>3. Find opposite meanings for selected positive and negative personality traits.</li> </ol> <p><i>For example: negative quality SLOW (person) – positive quantity would be: thorough, dedicated, methodical, neat, accurate.</i></p> <p><i>For example: the positive quality FLEXIBLE (person) – the negative quantity would be: impressionable, uncertain, indecisive, etc.</i></p> <p>7) Present your team's results to other group mates.</p> <p>8) Talk about what negative personality traits you want to get rid of and discuss together what steps to take to do so. Do you need help getting rid of negative traits?</p> <p>At the end of the task, the teacher summarizes and gives feedback on the discussion.</p>
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### Lesson plan of the task

<b>Warming up</b>	For warming up we talk about a person's various personal qualities and the personal qualities necessary and inappropriate personal characteristics for the studied profession and write them down on the screen or on a whiteboard. The profession's standard can also be helpful.
<b>Explanation for the students at the start</b>	The topic of this material is helpful in self-direction and communicating with other people, including fellow students and colleagues in the future. During the task, you will also learn to communicate with fellow students with whom you may not have communicated before or did not want to communicate.



<b>Task description for the students</b>	Follow the task step by step. Think of your other positive and negative personality traits equally and write them down on an A4 piece of paper.
<b>Self-reflection for students</b>	Think about what new things you learned from this concept of the topic. How can you develop your communication skills? Individually, write down which opposite quantitative personality traits were the hardest to find?
<b>Feedback on the solution (if applicable) / Possibility to check</b>	Feedback from teacher.



Additional material:

### Appendix 1 Example of folding A4



### Appendix 2 Example \_ The result of teamwork

