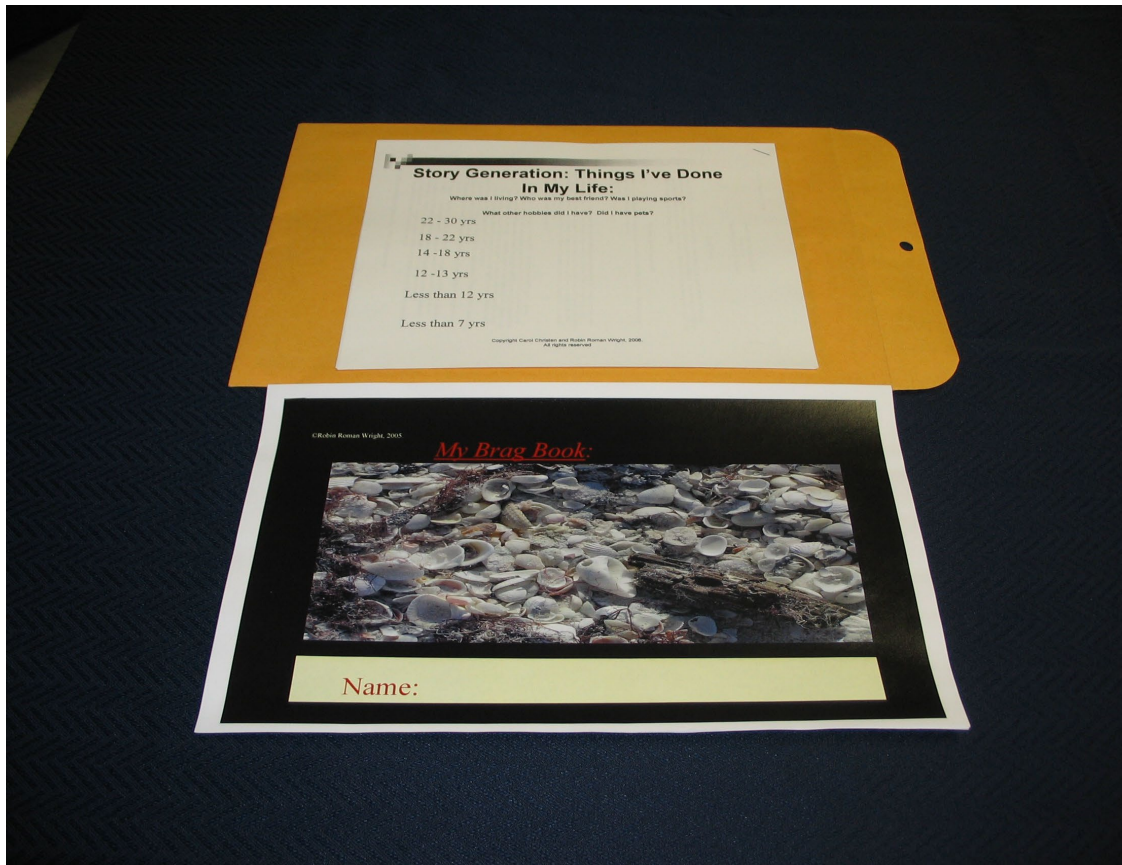


## **Brag Book™**

"How can we help young people start now to identify their transferable skills?"

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**The Brag Book** is an activity that helps students get started figuring out their skills and abilities so that they can better work on identifying their dream job. Each person has skills and abilities that can be turned into a career that is fulfilling and worthwhile. Use the **Brag Book** to begin your quest to find out what you have to offer the marketplace.

### **Guided Activity That Helps Teens and Young Adults Identify Real Skills and Abilities**

An activity designed to help students collect samples of things they've done in their lives where they've shined and enjoyed what they were doing. Students collect 6 pages worth of examples where they have displayed their talents.

It builds self-confidence based on real accomplishments that students can point to and display for others to see.

The Brag Book is a colorful tool that helps students develop insight about their skills and accomplishments. Teens and Young Adults collect samples of things that they are proud of and things they've done that they feel good about. For instance, a young person might collect camp pictures, vacation pictures, photos of a pet, certificates received from sports activities and add them to their Brag Book. The Brag Book activity is best used in conjunction with career coaching, career counseling or as part of a career explorations class.

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