

# SOFT SKILL: ADAPTABILITY LESSON PLAN

## MYCAREERTECH.COM

### LESSON SUMMARY

This lesson is meant to introduce and educate students on the soft skill, adaptability. Depending on the level of interaction and discussion with class participants, this lesson can last 45-55 minutes.

**OBJECTIVE:** Upon completion of these materials, students will know the traits of an adaptable person, why it's an important skill, and tips to increase adaptability.

#### **MATERIALS AND RESOURCES NEEDED:**

- Soft Skill: Adaptability Video
  - *Run Time: 16 minutes, 59 seconds*
- Student internet access for test

### INSTRUCTIONAL VIDEO OUTLINE

- Introduction to Soft Skills
- The nature of change within technology, relationships, and work environments
- Defining adaptability
- In depth example of adaptability in a work setting
- Traits of an adaptable person:
  - Change their attitude
  - Willing to give change a chance
  - Ability to deal with unpredictable work situations
  - Realize failure is part of learning
  - Understand the importance of lifelong learning
- Traits of someone without adaptability skills
  - Resist change, stubborn
  - Not open to new ideas, close-minded
  - Feel threatened, become defensive
  - Would rather be fired than deal with change
- Tips to increasing adaptability skills
  - Get out of your comfort zone
  - Find the positive
  - Be willing to make mistakes
  - Ask questions

# SOFT SKILL: ADAPTABILITY LESSON PLAN

MYCAREERTECH.COM

## CLASS ACTIVITIES

- **Option 1: Class Discussion**

- The instructor either references the example in the video or provides a different example of a scenario where two individuals handled a change very differently. Then, lead a class discussion on:
  - What made one individual adaptable and what made the other inflexible? List examples.
  - How was being adaptable beneficial?
  - What could the inflexible individual have done to adapt to the change?

- **Option 2: Self Reflection**

- First, ask students to independently think of a recent change they underwent or an upcoming change in their life. *Examples may include a new school year with different teachers, a move to a new home, an upcoming high school graduation, a new coach, etc.*
- Next, ask students to write down the change and how they handled or anticipate handling the change. Thought provoking questions might include:
  - Did you adapt well to the change/do you anticipate adapting well?
  - How could you have handled the change better/what could you do to prepare for the upcoming change?
  - What were the consequences for how you handled the change/what are the potential consequences depending on how you choose to handle the change?
- Finally, ask students to: List one tip you learned from the video that you can begin to put into practice to help you increase your ability to adapt to change.

### **LESSON EVALUATION:**

Students complete Soft Skill: Adaptability test on [MyCareerTech.com](https://www.mycareertech.com)