



"Where'd You Pick That Up?"

Meta-Skills and Young People

Background

Meta-skills are the skills that make it easier to adapt to new situations and are common requirements on job applications. As new innovations in technology, like AI, create rapid changes in society, young people will need to rely on their meta-skills to navigate this changing world.

Data Collection

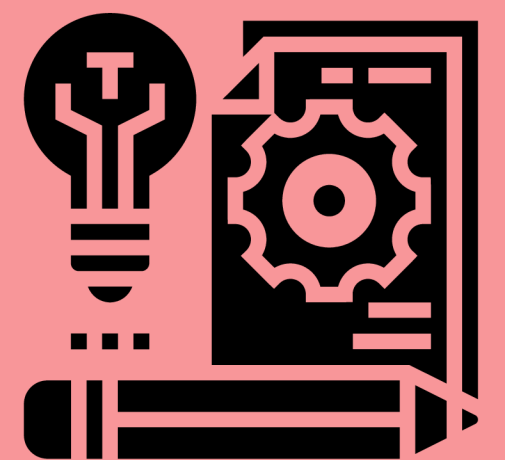
- Included interviewing 30 young people, aged 16-18, studying in Clackmannanshire, Scotland.

Results

Skills were developed and used:

- During extra-curricular activities, such as football teams or in school leadership roles.
- As part of babysitting siblings or cooking for the family.
- While working part-time jobs for both local and national employers.

This research aims to support young people by identifying where they develop meta-skills and how different groups in society can support that development.



However, different factors could either support or prevent a young person's participation in these activities:

Supportive Factors

- Enjoying the activity, even if the activity was challenging at times.
- Thinking the activity would help improve their confidence or social skills.
- Direct encouragement from teachers and school support staff.

Barrier Factors

- Lack of interesting activities or part-time employment opportunities in their local area.
- Unable to continuing taking part in extra-curricular activities as they "age-out" of childhood activities.
- Limited social encouragement from family, friends, or teachers.

Takeaway Actions

Parents and
Guardians



Encourage and support young people to take up new activities.

Schools, Policy-makers, and
Employers



Create opportunities for skills use by developing a wider range of extra-curricular activities and long-term workplace experiences.

About the Project

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