

Senior Information Evening

27th August 2026

MetaSkills- A guide for Parents/Carers



Work Hard Be Kind

Metaskills at Castlehead

Supporting our young people
to develop skills for learning,
life and work

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Work Hard Be Kind

Self-management		Social intelligence		Innovation	
Focusing	Can you concentrate on what's important?	Communicating	Can you express yourself and share information with others?	Curiosity	How good are you at asking the right questions?
Integrity	How well do you stay true to yourself?	Feeling	Can you tell how others are feeling?	Creativity	Can you think of new ways to solve problems?
Adapting	How well do you adjust to change?	Collaborating	Can you work with others?	Sense-making	Can you recognise patterns in things around you?
Initiative	How well do you think for yourself?	Leading	Can you influence and motivate others?	Critical thinking	Can you process, analyse and evaluate information?

What skills does your young person need?

Imagine they are applying for a job in
the next few years

What skills do you think the employer will
be looking for?

What are employers looking for in 2026 (and beyond)?

“Soft skills”

Communication & collaboration

Critical thinking, problem-solving & analytical thinking

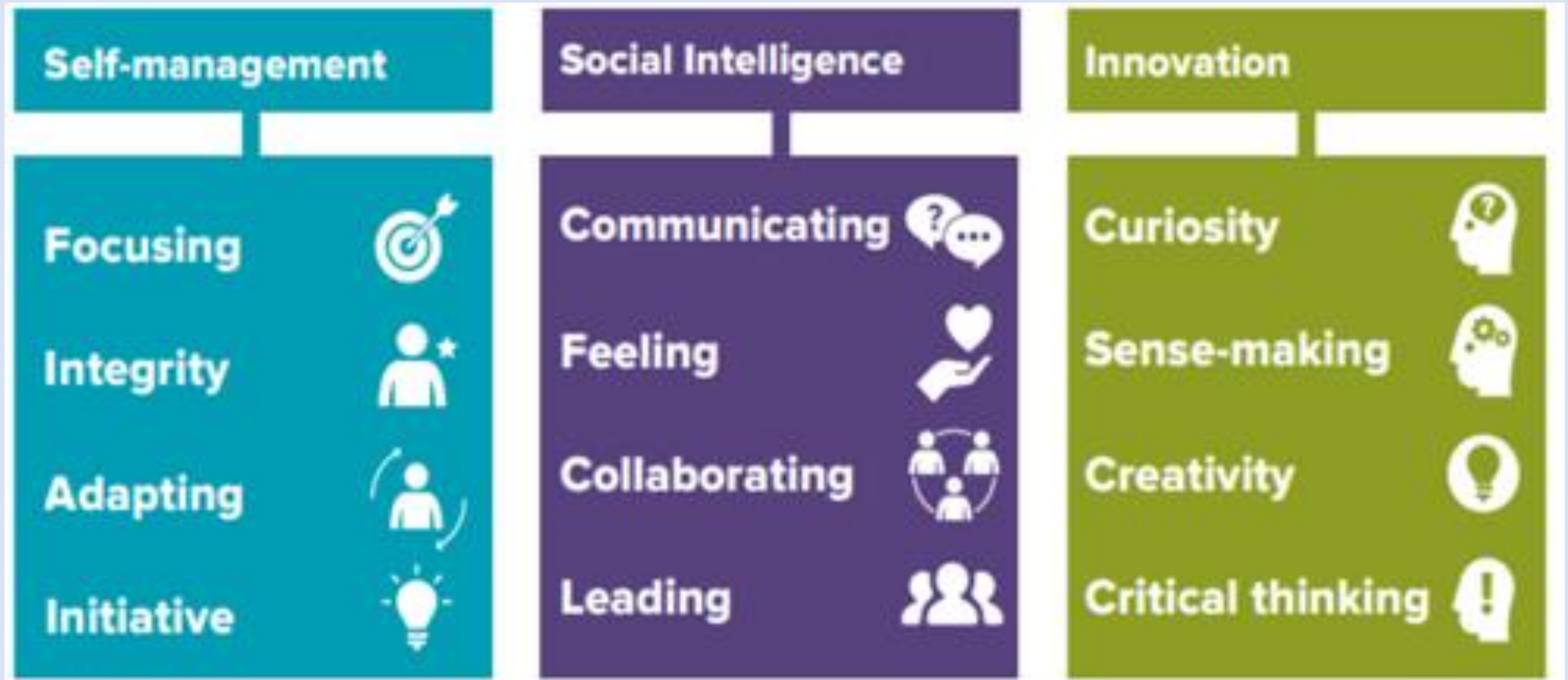
Adaptability, agility & resilience

Leadership & emotional intelligence (EQ)

Time management, organisation & self-management

Perseverance & self-motivation

What are metaskills?



The goal isn't to simply learn the 12 terms – it's important to be able to recognise, practise and talk about the skills

Which metaskill is being used?

I have homework to do. I have put a 45-minute timer on my phone and put it out of my way to work on the task.

Focusing

Which metaskill is being used?

My plans have changed at the last minute, but I've moved some stuff around to make sure I get everything done that I need to.

Adapting

Which metaskill is being used?

I have to work with someone in a group to come up with a solution to a problem.

Collaborating/Communicating

Which metaskill is being used?

I've independently noticed a problem and come up with an idea to solve it.

Initiative/Creativity

They're probably already using them!

The activity isn't the skill - the skill is what the young person develops through it.

Plays football

Collaborating • Communicating

Gaming

Creativity • Critical thinking

Part-time job

Integrity • Communicating

Plays an instrument

Focusing • Adapting

Looks after siblings

Feeling • Initiative

Learns from YouTube

Curiosity • Adapting

Metaskill or not?

Knowing how to use Excel.

NOT A METASKILL - a specific technical skill.

Being able to learn new software.

METASKILL - ADAPTING.

Knowing lots of football facts.

NOT A METASKILL - knowledge.

Deciding whether online information is trustworthy.

METASKILL - CRITICAL THINKING.

How can we encourage development of metaskills at home?

Your young person says: "I'm rubbish at this. I can't do it."

A Don't worry, I'll do it for you.

B Just keep trying, you'll get there!

C What have you tried so far?
What could you try differently?

D Stop doubting yourself, you're actually really good at this!

Best choice: C - it encourages reflection, problem-solving and adapting.

Small changes in the things we say

"You're really good at that."

"What did you do that helped you do well in that?"

"Just try harder."

"What could you maybe do differently?"

"I'll do it."

"What part could you have a go at yourself?"

"Why didn't you think of doing it that way?"

"What made you choose that approach over a different one?"

Thoughts to take away...

- 1 Which meta-skill is your young person strongest in?
- 2 Which skill might they benefit from developing further?
- 3 What is one thing you could do at home to help develop it?

Our aim: help young people recognise, practise and talk about the skills they are developing.