

Adaptability

This learning tool has the goal of helping users to:

1. Understand the skill
2. Reflect on and identify ways they use the skill
3. Participate in activities to build skills

What is adaptability?

The Office of Skills for Success defines adaptability as:

Your ability to achieve or adjust goals and behaviours when expected or unexpected change occurs, by planning, staying focused, persisting, and overcoming setbacks.



Activity One: Review

Skills Coach suggestions:

- Ask a few of the Elders to come up with an idea and oversee the activity. This will let you focus on your regular responsibilities.
- Post a list of movies and play times and oversee the start of each movie.
- Ask your co-workers to help cover some of your job tasks so you have time to host an activity.

If your answer isn't the same that doesn't mean it's wrong! There are so many ways to demonstrate adaptability.

A strong answer to this question includes one or more ideas to set up and run activities that requires minimal time on your part so you still have the ability to complete your regular tasks. Alternately, you could reduce the time it takes to complete your tasks so you are able to host an activity.

This is an entry-level adaptability task. To adapt effectively you want to stay positive and follow standard processes to make sure your regular tasks are completed. This requires balancing usual priorities while thinking of time efficient ways to run activities.



Activity Two: Review

Skills Coach suggestions:

- Set a reminder on your phone for 15 minutes before the end of your shift to complete the log sheet.
- Carry a copy of the log sheet with you when you check in with residents throughout your shift and record their requests right on the log sheet.
- Ask one of your co-workers to remind you about the log sheet.



If your answer isn't the same as the Skill Coach answer, that doesn't mean it's wrong! There are many possible ways to adapt your routine.

A strong answer to this question includes one or more ideas about how to adapt your current routine noting the specific actions to be taken.

This is an intermediate-level adaptability task because it requires making an ongoing adjustment to a well- established routine. Habitual behaviours can be difficult to change and this can cause a degree of stress which will lessen as you learn to adapt to a new process.

Importance of Adaptability skills

Changes brought about by technology and other factors affect how you work, live, and learn and requires constant adaptability. Building adaptability skills will help you to deal effectively with change, manage stress, learn new skills and stay focused on goals and responsibilities not giving up when life gets challenging. For more information on Adaptability visit the skill components and proficiency descriptors on the [Skills for Success](#) Website. For more information on the Indigenous Skills for Success Journey Refresh Project please visit the [Douglas College](#) Website.

Continue the Journey

How can you continuously improve your adaptability skills?
