

Personal Skill is a chance for Gaisce participants to develop an existing skill or try something brand new. This is an opportunity for participants to explore an activity that interests them and to develop skills that they may have previously thought beyond their reach.

Ideas

- Baking
- Art/drawing
- Crafts
- Playing an instrument
- Calligraphy
- Creative writing
- Knitting
- Online mindfulness courses
- Chess
- Cards
- Light DIY
- Painting
- Knitting
- Gardening/horticulture
- Coding
- Video editing
- Photography
- Language (eg. Duolingo)
- Online courses.

Personal Skill 13-week example: Photography

1	Research your camera: Get familiar with the settings and modes either on your phone or the camera you plan to use. Research photography techniques and basic skills. Sign up to a free online photography course, which can help you throughout the weeks (optional).
2	Choose your themes: Take photographs in your local area to get used to the camera. Find inspiration for different themes you want to photograph over the next few weeks. Decide on three main themes to photograph. Below are examples.
3	Take photographs: Week 3-11 Example theme one: Still life. "Still" life is everything that is still and does not move. Take photographs of things such as shoes, fruit, or household objects.
4	Theme one continued.
5	Theme one continued.
6	Example theme two: Landscapes and Scenery. Take photographs of fields, woodlands, urban skylines or parks.
7	Theme two continued.
8	Theme two continued.
9	Example theme three: Reflection. Use water or mirrors to take photographs of objects' reflections.
10	Theme three continued.
11	Theme three continued.
12	Review and reflect: Go through all the photographs you've taken over the past few weeks. Pick out your favourite photographs from each theme. Reflect on the improvements you have made from your first photo to your last.
13	Exhibit and Present: Put together a poster or PowerPoint with all the photographs you have taken over the 13 weeks. Present this to your class and PAL.

A participant may undertake Personal Skill activities without PAL supervision, however as the PAL is the default signature on the record sheet, the participant will need to provide evidence of the activity they carried out. This can be done through a third-party supervisor (e.g. music teacher), use of the online diary to note the activity, a screen shot of a login for an online activity (YouTube art class), or another means of evidence gathering approved by the PAL.

*Is deis é **Scil Phearsanta** do rannpháirtithe Gaisce scil a bhí acu cheana a fhorbairt nó scil nua a fhoghlaim, scil a shíl siad a bhí lasmuigh dá n-acmhainn, b'fhéidir.*

Smaointe

- o BÁCÁIL
- o Ealaín/líníocht
- o Ceardaíocht
- o Uirlis cheoil a sheinm
- o Peannaireacht
- o Scríbhneoireacht chruthaitheach:
- o Cníotáil
- o Cúrsaí aireachais ar líne
- o Ficheall
- o Cártaí
- o Déan féin é éadrom
- o Péinteáil
- o Cníotáil
- o Garraíodóireacht/ gairneoireacht
- o Códú
- o Eagar ar fhíseáin
- o Grianghrafadóireacht
- o Teanga (m.sh. Duolingo)
- o Cúrsaí ar líne

Sampla de scil phearsanta in imeacht 13 seachtaine: Grianghrafadóireacht

1	Déan taighde ar cheamara: Cuir eolas ar na socruithe agus ar na móid ar d'fhón nó ar an gceamara a bheidh in úsáid agat. Faigh amach faoi theicnící grianghrafadóireachta agus ar na bunscoilleana. Cláraigh do chúrsa grianghrafadóireachta saor in aisce ar líne, a chabhróidh leat ó sheachtain go seachtain (roghnach).
2	Roghnaigh do théamaí: Tóg grianghraif i do cheantar féin chun dul i dtaithe ar an gceamara. Faigh inspioráid do na téamaí éagsúla a bheidh le do phictiúir sna seachtainí romhat. Roghnaigh trí phríomhthéama do do phictiúir: Seo roinnt samplaí thíos.
3	Tóg grianghraif: Seachtain 3-11: Sampla de théama a haon: Ábhar neamhbheo. Clúdaíonn "Ábhar neamhbheo" gach rud atá socair agus nach mbogann. Tóg grianghraif de rudaí ar nós bróg, torthaí, nó rudaí ar fud an tí.
4	Téama a haon ar leanúint.
5	Téama a haon ar leanúint.
6	Sampla de théama a dó: Tírdhreacha agus radhairc. Tóg pictiúir de thalamh feirme, coillearnach, líne na spéire i gceantair uirbeacha nó páirceanna.
7	Téama a dó ar leanúint.
8	Téama a dó ar leanúint.
9	Sampla de théama a trí: Machnamh. Úsáid uisce nó scátháin chun grianghraif a thógáil den fhrithchaitheamh ó rudaí.
10	Téama a trí ar leanúint.
11	Téama a trí ar leanúint.
12	Déan machnamh. Gabh trí na grianghraif a thóg tú le cúpla seachtain anuas. Píoc amach an grianghraf is fearr leat ar gach téama. Smaoinigh siar ar an bhfeabhas atá tagtha ort ón gcéad ghrianghraf a thóg tú go dtí an ceann deiridh.
13	Cuir ar taispeáint: Leag amach póstaer nó PowerPoint ina mbeidh gach grianghraf a thóg tú le 13 seachtaine anuas. Taispeáin é seo don rang agus don PAL.

Is féidir le rannpháirtithe tabhairt faoi Scil Phearsanta gan mhaoirseacht ó PAL, ach de bhrí gurb é an PAL a shíníonn an leathanach taifid, ní mór do rannpháirtithe cruthúnas éigin ar an obair a rinne siad a thabhairt don PAL. Is féidir é seo a dheánamh le maor tríú páirtí (m.sh. múinteoir ceoil), an dialann ar líne a úsáid chun an ghníomhaíocht a bhreacadh síos, gabháil scáileáin de logáil isteach i ngníomhaíocht ar líne (rang ealaíne YouTube), nó aon chineál cruthúnais eile a cheadóidh an PAL.