

Here you can find a real life example of a future skills portfolio, just to show what it can look like.

FUTURE SKILLS PORTFOLIO

About Me

Personal Introduction

Name: Emma Johansson

Age: 19

Location: Vasa, Finland

I am a curious and creative person who enjoys learning new things and working with others. I am particularly interested in sustainability, digital technologies, wellbeing, and community development. Through AIMlearning I have developed greater confidence in my abilities and learned how future skills can help me prepare for studies, work and life.

My Values

- Responsibility
- Respect
- Sustainability
- Learning
- Equality

About Me in Three Words

- Curious
- Reliable
- Creative

Strengths & Self-Leadership

My Strengths Map

What I am good at

- Teamwork
- Communication
- Creative thinking

- Planning activities
- Learning digital tools

What I enjoy

- Helping others
- Creating content
- Solving challenges
- Working on projects

Feedback from Others

"My classmates say I am good at listening and helping people feel included."

"My teacher says that I am responsible and always complete tasks."

Example of a Strength in Action

During a group project, our team had difficulty deciding how to present our sustainability idea. I suggested dividing tasks according to everyone's strengths and created a shared plan. The project was completed successfully and our group received positive feedback.

What I Learned

- Leadership is not about telling people what to do.
- Good communication helps a team work better.
- I can use my organisation skills to support others.

Well-being & Resilience

My Well-being Reflection

For me, well-being means having enough energy, feeling connected to other people, taking care of my health, and finding balance between work and leisure.

Personal Well-being Plan

Goal: Improve my sleep routine.

Actions

- Put away my phone before bedtime.
- Go to sleep before 23:00 on weekdays.

- Exercise at least three times per week.

Results After One Month

- Better concentration
- More energy in school
- Less stress

My Energy Map

Activities That Give Me Energy

- Exercising
- Meeting friends
- Walking outdoors
- Music

Activities That Drain My Energy

- Too much social media
- Stress
- Lack of sleep
- Negative environments

Resilience Reflection

One challenge I faced this year was balancing studies and part-time work. By planning my time better and asking for support when needed, I learned how to manage stress and stay motivated.

Sustainability & Systems Thinking

Sustainability Challenge Project

Challenge

Food waste in the school cafeteria.

Root Causes

- Students take too much food.
- Lack of awareness about food waste.
- Limited feedback about waste quantities.

Proposed Solution

Create a weekly campaign showing how much food is wasted and provide tips for reducing waste.

Expected Impact

- Less waste
- Increased awareness
- More sustainable behaviour

Systems Thinking Reflection

This project helped me understand how environmental, social and economic issues are connected.

Food waste is not only an environmental issue. It also affects costs, resource use, and social responsibility.

Personal Sustainability Action

I decided to reduce my consumption of fast fashion by buying second-hand clothing whenever possible.

Result

I purchased four second-hand clothing items instead of buying new ones during the month.

AI & Digital Skills

How I Use AI

I use AI tools to:

- Generate ideas
- Improve my writing
- Summarise information
- Plan projects
- Learn new topics

My AI Project

Task

Create an awareness campaign about digital well-being for young people.

Tools Used

- Microsoft Copilot
- Canva AI
- Microsoft Designer

AI Ethics Reflection

Benefits

- Saves time
- Supports learning
- Increases creativity

Risks

- Inaccurate information
- Bias
- Privacy concerns
- Overreliance on technology

What I Learned

AI should support my thinking, not replace it.

I always need to fact-check important information and make my own decisions.

Career Portfolio & CV

Professional Profile

I am a motivated young learner interested in sustainability, technology and community development. I enjoy solving problems, working in teams, and learning new skills. I am currently developing my future skills in AI literacy, communication, leadership and sustainability.

Key Skills

Human Skills

- Communication
- Teamwork
- Empathy
- Leadership

Future Skills

- Critical Thinking
- Problem Solving
- AI Literacy
- Sustainability Literacy
- Adaptability

Projects

Sustainability Challenge Project

Role: Team member

Digital Well-being Campaign

Role: Content creator

AIMlearning Workshops

Role: Active participant

Certificates

- AIMlearning Participation Certificate
- AI Literacy Course
- Digital Safety Training

Evidence Library

This section contains proof of my learning.

Reflection Documents

- ☒ Strengths Reflection

- ✓ Wellbeing Reflection
 - ✓ Sustainability Reflection
 - ✓ AI Ethics Reflection
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Projects

- ✓ Sustainability Challenge Report
 - ✓ Digital Well-being Campaign
 - ✓ Circular Economy Canvas
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Certificates

- ✓ AIMlearning Certificate
 - ✓ AI Course Certificate
 - ✓ Cybersecurity Certificate
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Photos & Media

- ✓ Workshop photos
 - ✓ Presentations
 - ✓ Posters
 - ✓ Digital artefacts
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Future Vision & Goals

My Vision for 2030

In five years I would like to work in a field where I can combine technology, sustainability and helping people. I want to contribute to creating positive change in society.

My Future Skills Development Plan

Skill	Current Level	Goal
Communication	Good	Excellent
AI Literacy	Beginner	Advanced
Leadership	Developing	Strong
Sustainability Knowledge	Good	Expert
Problem Solving	Good	Excellent

Final Reflection

The AIMlearning programme has helped me understand who I am, what skills I have, and what skills I need to develop for the future. My portfolio shows evidence of my learning journey and demonstrates that I am prepared to continue building my future skills for education, work and life.

This material has been developed within the AIMlearning project, which is co-funded by the European Union. The project aims to strengthen the professional and domain-specific competences of students and unemployed job seekers under the age of 29 residing in the Central Ostrobothnia region. Through company-commissioned project assignments and learning packets developed by the project's experts, participants enhance their expertise in artificial intelligence, data analytics, cybersecurity, sustainability, and well-being while simultaneously developing skills that support their employability and professional growth. The AIMlearning project is implemented in cooperation between Centria University of Applied Sciences and Kpedu and will take place between 01.02.2024 and 30.04.2027