SkillsUSA Motivational and Essential Skills Lesson Launchers Using TED Talks

As a great lesson launcher, consider using these Motivational and Essential Skills presentations delivered by industry professionals at TED.com.

The SkillsUSA framework illustrates the skills required by industry that students need to achieve career success.

After your students have viewed the TEDTalk, ask them to describe how each talk connects to the components and essential elements of the SkillsUSA Framework.

**Week 1**

**Motivational Monday**
"Everyday Leadership" Drew Dudley (6 minutes)
https://www.ted.com/talks/drew_dudley_everyday_leadership

**Essential Skills Thursday**
"How to speak so people will want to listen" Julian Treasure (10 minutes)
https://www.ted.com/talks/julian_treasure_how_to_speak_so_that_people_want_to_listen

**Week 2**

**Motivational Monday**
"Try something new for 30 days" Matt Cutts (3 minutes)
https://www.ted.com/talks/matt_cutts_try_something_new_for_30_days

**Essential Skills Thursday**
"When looking for a job highlight your ability not your experience" Jason Shen (7 minutes)
https://www.ted.com/talks/jason_shen_looking_for_a_job_highlight_your_ability_not_your_experience

**Week 3**

**Motivational Monday**
"What adults can learn from kids" Adora Svitak (8 minutes)
https://www.ted.com/talks/adora_svitak_what_adults_can_learn_from_kids

**Essential Skills Thursday**
"Why being respectful to your coworkers is good for business" Christine Porath (15 minutes)
https://www.ted.com/talks/christine_porath_why_being_respectful_to_your_coworkers_is_good_for_business
Week 4
Motivational Monday
"Skills that pay the bills and redefine success" Peyton Holland (16 minutes)
https://www.youtube.com/watch?v=6OvVlkx69Ys&feature=youtu.be

Essential Skills Thursday
“5 Ways to Listen Better” Julian Treasure (8 minutes)
https://www.ted.com/talks/julian_treasure_5_ways_to_listen_better

Week 5
Motivational Monday
“How do you define yourself?” Lizzie Velásquez (13 minutes)
https://www.ted.com/talks/lizzie_velasquez_how_do_you_define_yourself

Essential Skills Thursday
“The real reason female entrepreneurs get less funding: Dana Kanz (15 minutes)
https://www.ted.com/talks/dana_kanz_the_real_reason_female_entrepreneurs_get_less_funding

Week 6
Motivational Monday
“Grit: The power of passion and perseverance” Angela Lee Duckworth (6 minutes)
https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance

Essential Skills Thursday
“Know your worth, and then ask for it” Casey Brown (8 minutes)
https://www.ted.com/talks/casey_brown_know_your_worth_and_then_ask_for_it

Week 7
Motivational Monday
“How to let go of being a “good” person- and become a better person” Dolly Chugh (11 minutes)
https://www.ted.com/talks/dolly_chugh_how_to(let_go_of_being_a_good_person_and_become_a_better_person#t-18481

Essential Skills Thursday
“Machine intelligence makes human morals more important” Zeynep Tufekci (17 minutes)
https://www.ted.com/talks/zeynep_tufekci_machine_intelligence_makes_human morals_more_important
**Week 8**
**Motivational Monday**
“The happy secret to better work” Shawn Anchor (11 minutes)
https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work

**Essential Skills Thursday**
“How to make applying for jobs less painful” Priyanka Jain (5 minutes)
https://www.ted.com/talks/priyanka_jain_how_to_make_applying_for_jobs_less_painful

**Week 9**
**Motivational Monday**
“How to make hard choices” Ruth Chang (15 minutes)
https://www.ted.com/talks/ruth_chang_how_to_make_hard_choices?referrer=playlist-talks_to_watch_when_you_have_a&language=en

**Essential Skills Thursday**
“What Baby Boomers can learn from millennials at work and vice versa” Chip Conley (11 minutes)
https://www.ted.com/talks/chip_conley_what_baby_boomers_can_learn_from_millennials_at_work_and_vice_versa

**Week 10**
**Motivational Monday**
“Are you a giver or a taker?” Adam Grant (13 minutes)
https://www.ted.com/talks/adam_grant_are_you_a_giver_or_a_taker?referrer=playlist-talks_to_help_you_find_the_ide

**Essential Skills Thursday**
“How to make work-life balance work” Nigel Marsh (10 minutes)
https://www.ted.com/talks/nigel_marsh_how_to_make_work_life_balance_work?referrer=playlist-talks_to_help_you_find_the_ide

**Week 11**
**Motivational Monday**
“The funny thing about the American Dream” Harrison Scott Key (13 minutes)
https://www.ted.com/talks/harrison_scott_key_the_funny_thing_about_the_american_dream

**Essential Skills Thursday**
“3 ways to make better decisions- by thinking like a computer” Tom Griffiths
https://www.ted.com/talks/tom_griffiths_3_ways_to_make_better_decisions_by_thinking_like_a_computer?referrer=playlist-talks_to_watch_when_you_have_a&language=en
**Week 12**

**Motivational Monday**
“What makes you Special?” Mariana Atencio (18 minutes)
https://www.ted.com/talks/mariana_atencio_what_makes_you_special

**Essential Skills Thursday**
“How to build your creative confidence” David Kelley (12 minutes)
https://www.ted.com/talks/david_kelley_how_to_build_your_creative_confidence

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**Week 13**

**Motivational Monday**
“Happiness and its surprises” Nancy Etcoff (13 minutes)
https://www.ted.com/talks/nancy_etcoff_happiness_and_its_surprises

**Essential Skills Thursday**
“How to get back to work after a career break” Carol Fishman Cohen (12 minutes)
https://www.ted.com/talks/carol_fishman_cohen_how_to_get_back_to_work_after_a_career_break

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**Week 14**

**Motivational Monday**
“All it takes is 10 mindful minutes” Andy Puddicombe (9 minutes)
https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes

**Essential Skills Thursday**
“Looking for a Job? Highlight your ability not your experience” Jason Shen (6 minutes)
https://www.ted.com/talks/jason_shen_looking_for_a_job_highlight_your_ability_not_your_experience

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**Week 15**

**Motivational Monday**
“How to turn a group of strangers into a team” Amy Edmonson (13 minutes)
https://www.ted.com/talks/amy_edmondson_how_to_turn_a_group_of_strangers_into_a_team

**Essential Skills Thursday**
“How to find the person who can help you get ahead at work” Carla Harris (13 minutes)
https://www.ted.com/talks/carla_harris_how_to_find_the_person_who_can_help_you_get_ahead_at_work
**Week 16**

**Motivational Monday**
“How to ask for Help- and get a Yes” Heidi Grant (12 minutes)
https://www.ted.com/talks/heidi_grant_how_to_ask_for_help_and_get_a_yes

**Essential Skills Thursday**
“The career advice you probably didn’t get” Susan Colantuono (14 minutes)
https://www.ted.com/talks/susan_colantuono_the_career_advice_you_probably_didn_t_get?referrer=playlist-counterintuitive_career_advice

**Week 17**

**Motivational Monday**
“How great leaders inspire action” Simon Sinek (18 minutes)
https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action?referrer=playlist-counterintuitive_career_advice

**Essential Skills Thursday**
“In defense of extroverts” Katherine Lucas (9 minutes)
https://www.ted.com/talks/katherine_lucas_in_defense_of_extroverts

**Week 18**

**Motivational Monday**
“The way we think about work is broken” Barry Schwartz (8 minutes)
https://www.ted.com/talks/barry_schwartz_the_way_we_think_about_work_is_broken?referrer=playlist-counterintuitive_career_advice&language=en

**Essential Skills Thursday**
“How to build your confidence, and spark it in others” Brittany Packnett (13 minutes)
https://www.ted.com/talks/brittany_packnett_how_to_build_your_confidence_and_spark_it_in_others