

The Career Choice Cycle Course

CONTRACT

I _____, agree to participate in these career education lessons, listen carefully to instruction, and contribute to discussions. I will also complete the written activities and homework assignments in this booklet so that it becomes a useful resource to inform my Senior Education and Training Plan (SET Plan). I look forward to discovering, understanding and reflecting upon my strengths, interests, and beliefs. I aim to improve my goal setting and decision-making abilities during these six units so I can begin to formulate a realistic and inspirational SET Plan and make informed decisions concerning my future.

The rules of conduct that I have agreed upon with my classmates are:

I agree to participate in this course as stated above.

Signature: _____

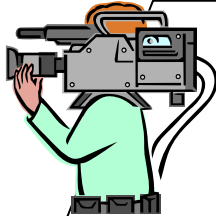
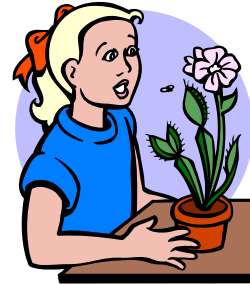
Ice-Breaker Activity - Get to Know Your Group

Complete the boxes on page 2 and then tell the members of your group what you wrote. Listen carefully to each group member as they tell you about themselves so you get to know them better.



Things I am good at:

Things I am not so good at:



Careers I am considering are:



Write down who/ what influenced you to consider these possible careers.



Things That Influence Who We Are



Within the Individual	Influential People	Environment/ Society	Chance Events

Influences on Career Development Change Over Time

In your groups, try to think of things that may influence your career in the future. Imagine what jobs will be like in twenty or thirty years from now and make some predictions about how the world of work will be different.

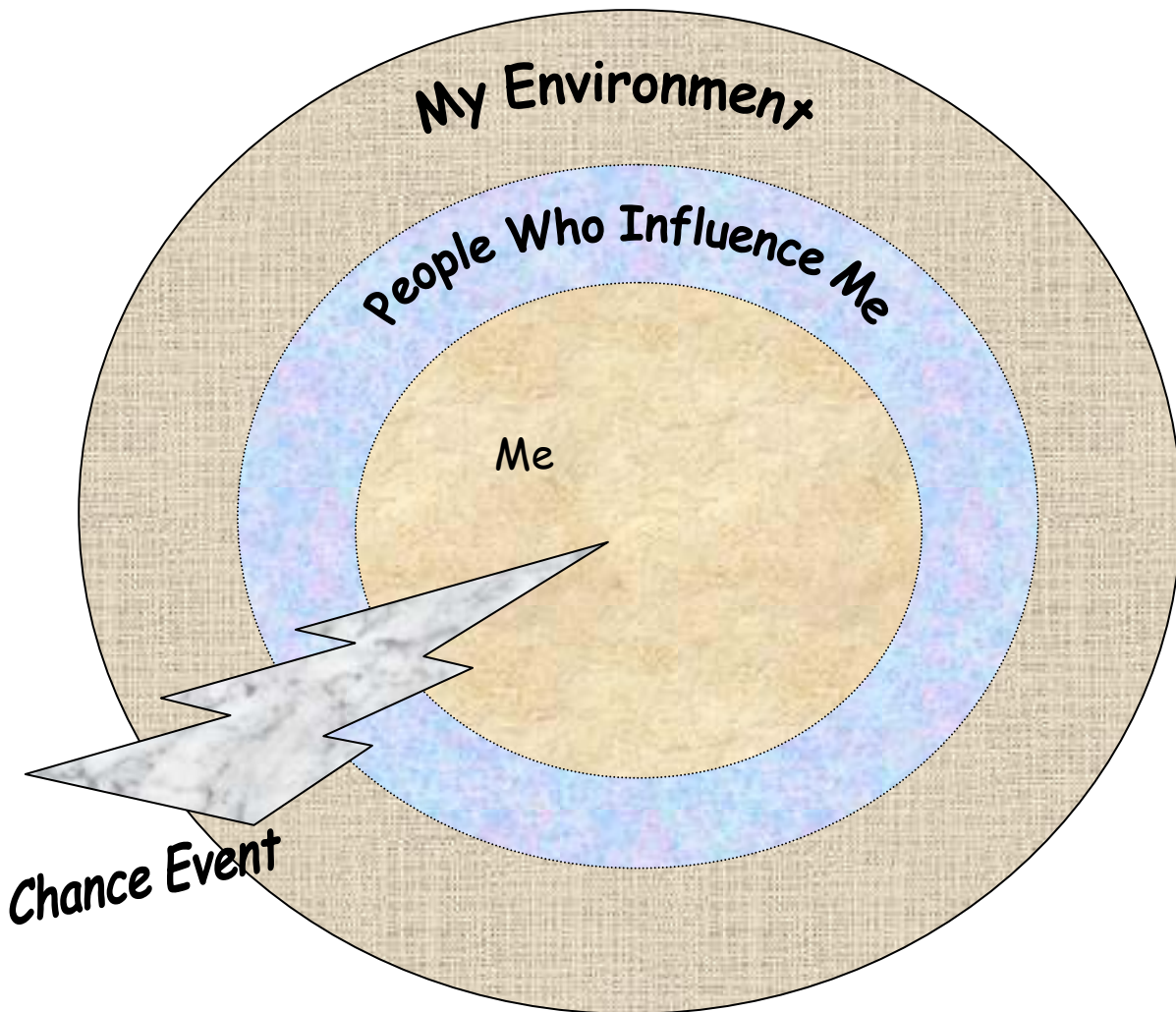


Now list the employment predictions as your teacher reads them out.

- _____
- _____
- _____
- _____
- _____

Career Development Takes Place in a Particular Context

Write on the model below aspects of yourself, your family and social environment, as well as any other things you think have influenced your career aspirations.



HOMEWORK ASSIGNMENT 1

You are to interview an adult about their working life. If possible, it would be good to question a grandparent or an elderly friend as their answers will clearly show how influences on careers differ according to the circumstances of the times. Keep some notes so you can talk about the interview in your group in the next lesson.

Here are some suggested questions:

1. Could you please tell me what job or jobs you've had?
2. What made you choose that work?
3. Tell me if any family members influenced your choice of job and how they did this?
4. What do you think were the social conditions or political events that had an influence on your career?
5. Could you tell me of a chance event that occurred in your life that made you choose a job that you might not have otherwise chosen?



Task Specific Confidence



In your groups, read the paragraph below. Try to work out the words that best fit in the spaces.

It's all about how your level of confidence affects how well you do.

When approaching any task, your level of confidence and _____ thoughts about it affect a number of things. If your _____ level is high, you'll have _____ thoughts and set challenging goals for _____. You will also put _____ effort into the task. In addition, you will stick with it for _____ even if you are having some trouble completing the task. However, when you _____ confidence in the thing you are about to do, you'll have negative _____. You will not put in as much _____ and you certainly won't want to keep at it if you are having difficulty. You are more likely to _____ up if you don't believe you can achieve the task. _____, if you have a low level of confidence to do something, you may not try it again so you don't give yourself an _____ to get any better at it.

thoughts	lack	more	positive	opportunity	your
confidence	yourself	give	longer	effort	Unfortunately

Summary

Your beliefs about your capability to do a particular task affect:



The **goals** you set for yourself
How much **effort** you will give to the task
How you will **cope** with failure
How you will **respond** to setbacks &



How long you will **persist** with the task when it is difficult

