



Living in Safety and Stability


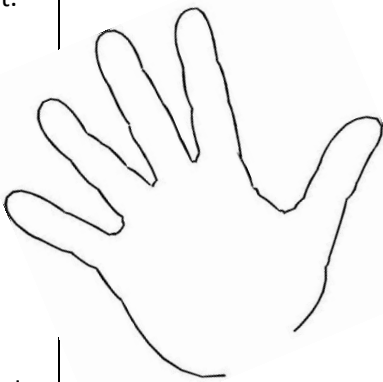


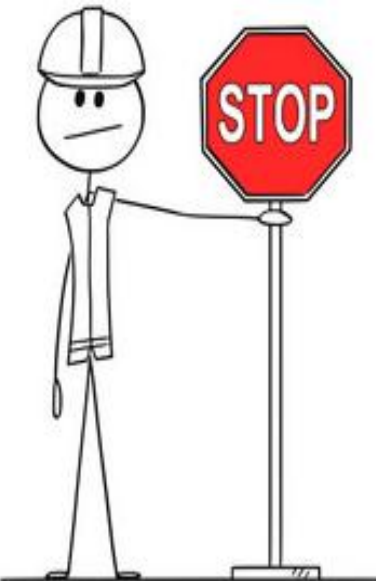
10

Purpose: To create a learning opportunity for participants to explore their future hopes and aspirations and the journey to employment.

Participant learning objectives:

1. Clarify values, interests, strengths, and skills in relation to potential careers
2. Increase awareness of steps required to achieve desired career, including opportunities, and ways of overcoming possible barriers to success
3. Increase confidence and motivation in pursuing a meaningful career

CONTENT	METHODS/ RESOURCES <i>Slides 102 - 107 can assist with this session.</i>	APPROX. TIME
<p>All About You!</p> 	<p>Resources: Paper Pens/Markers</p> <p>Inform participants of the purpose of today's session - to create a learning opportunity for participants to explore their future hopes and aspirations and the journey to employment.</p> <p>Ask participants to draw around their hand. Ask them to fill in the following:</p> <p>Palm – Name Thumb – Personal quality they have Index finger – Skill they have Middle finger – Something they would like to be better at Ring finger – Something they are passionate about Little finger – Describe themselves in one word!</p> <p>The purpose of this exercise is to get participants to think about what they are good at and what really interests them. Inform participants that what they have written in their hand will, and should, impact upon their ideas for the rest of the session!</p>	<p>20 minutes</p> 

<p>Dream Job!</p>	<p>Resources: Post-its Pens Container/ small box for post-its</p> <p>Ask participants to think of what they want to be/do when they are older. Ask them to write this job/ role down on a post-it note, and not to let anyone else in the group see. Encourage them to be specific as possible (e.g. If you want to be a nurse, what sort of nurse? What area/department would you like to specialise in? If you want to be a business owner, what sort of business would you like to run? Etc.).</p> <p>Now ask everyone to fold over their Post-it note and place it in a container in the middle of the room. Shuffle the Post-its. In turn, ask everyone to pick out a Post-it note (with a job title written on it). The person must guess correctly who the Post-it note belongs to. Ask them to think about reasons why it may belong to them.</p> <p>Debrief: Is it difficult to think of careers from a young age? What are your motivations for picking the job you have picked?</p>	<p>20 minutes</p>
<p>Your Journey to Employment</p>	<p>Now ask participants to think about how they are going to get to their destination – their chosen job. What do they need to do?</p> <p>Ask them to devise a roadmap detailing choices and decision they have to make and experience/skills they may need to develop. Ask them to also think about and illustrate any ‘stop signs’ or ‘road work delays’ they may encounter (obstacles to success). Their road map may include things such as subjects they need to study, money needed for courses, learning to drive, buying a car, building confidence, etc. At the end of their roadmap ask them to draw a picture of them in their dream job. This will help them to visualise their steps to success!</p> <p>Ask participants to share their roadmap with others in the group- if they feel comfortable to do so. Ask participants how it feels looking at their life mapped out in front of them? Does the road feel long and difficult, or does it feel within easy reach? Why?</p> <p>Remind participants that sometimes things don’t pan out the way we planned or expected – sometimes we change our mind, sometimes we encounter challenges or opportunities that divert us onto a different path. This is OK – the main thing is that we are doing a job that we enjoy, pays the bills, and makes us happy.</p>	<p>40 minutes</p> 

<p>In the Hot Seat – Mock Interviews</p>	<p>Resources: Mock interview questions</p> <p>This is an opportunity for your group to get creative and really put into practice those skills and qualities that they have at their disposal! Participants can take part in a mock interview for their dream course/ job.</p> <p>Ask three people to volunteer to be the interviewers. Give them 10 minutes to read over the candidates chosen course/ job, and some typical Mock Interview Questions. They can prepare some additional questions relating to the specific course/ job. Ask interviewers to provide some feedback to each of the interviewees – would they hire them?</p> <p>Tip: Ask participants to think about what they might wear to an interview, how they might enter the room, how they might greet the interviewer, how they might sit, how they might talk etc.</p> <p>If permission is granted, you can record the mock interviews for participants to replay back and identify any areas of improvement.</p> <p>If time permits, allow the interviewers to have a turn at being the interviewee!</p>	<p>60 minutes</p>
<p>Baseline Assessment</p>	<p>Resources: End baseline assessments</p> <p>Remind participants of the importance of an end baseline - to help measure their potential and any progress they have made throughout the programme.</p> <p>Explain that this second assessment will allow their youth worker to compare knowledge and understanding before and after.</p> <p>Baselines should be completed independently however clarify any questions/ queries with individuals as they arise.</p>	<p>20 minutes</p>
<p>Overall Evaluation</p>	<p>Resources: Informal evaluation ideas</p> <p>Choose an activity from the list provided. It is recommended that facilitator conducts a more complete evaluation at the end of the programme, collating written feedback from young people, co-facilitators, and any other stakeholders.</p>	<p>30 minutes</p>



Mock Interview Questions

Tell me about yourself.

What are your strengths?

What are your weaknesses?

What is your proudest moment to date?

Tell me about a difficult experience you have had in school/ youth club/ part-time job and how you overcame it.

Tell me about a time you demonstrated leadership skills.

How would your teachers/ youth leaders describe you?

How do you deal with pressure or stressful situations?

What motivates you/ why do you want this job?

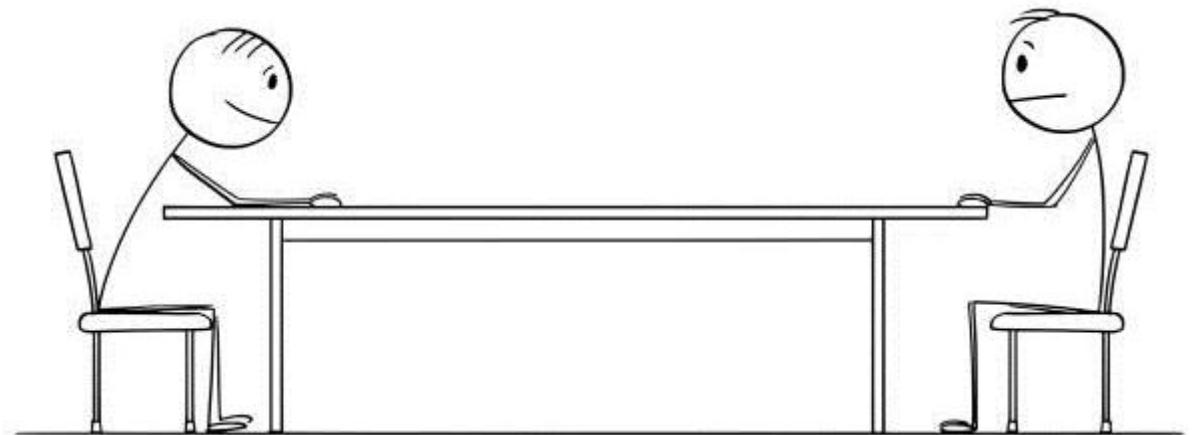
What really interests you?

Where would you like to be in the next 5 years?

Why should I hire you?

Sell me this pen.

If you were an animal, what would you want to be and why?





PARTICIPANT BASELINE - END

TO BE COMPLETED INDEPENDENTLY AT THE END OF THE PROGRAMME

Please circle your answer.

How satisfied are you with the programme you participated in?

Not Satisfied: Satisfied: Very satisfied:

Rate your ability to:

	Poor				Excellent
	1	2	3	4	5
Stay safe online	1	2	3	4	5
Stay safe in the community	1	2	3	4	5
Manage money	1	2	3	4	5
Deal with difficult emotions	1	2	3	4	5
Deal with difficult or risky situations	1	2	3	4	5
Maintain a healthy lifestyle	1	2	3	4	5
Ask for help when you need it	1	2	3	4	5
Be confident/ believe in yourself	1	2	3	4	5



How positive do you feel about your future?

Not positive

Very positive

Learner's name:

1 2 3 4 5

Youth Club: