Exercise no. 4. Self-reflection exercise: “Decision what kind of career is suitable for me”

HANDOUTS FOR MENTEES

1 step
Task for mentee: discover your interests
  - Consider your answers to the following questions below.

Think about your work experience:

1. When have you enjoyed your work most?
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

2. What jobs/tasks do you like to do at work when you have a choice?
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

3. When have you been most sure of yourself and your decisions in your activity?
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

4. When have you been most committed and enthusiastic at your work?
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

5. What activities do you like to do out of work in your leisure time??
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

6. If money were no concern, what would you be doing?
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________
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2 step
Task for mentee: discover your talents and skills.

Think about your work experience:

1. What are the tasks/activities in which you are the most successful?

________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________

2. What other people consider: when you are the most successful?

________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________

3. What do you consider to be your greatest accomplishment?

________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________

4. When have you been most creative? At what activities/ work tasks?

________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________

5. What skills and abilities do you use in the situations when you are most successful/ most creative?

________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________

6. What your personal features reveal in the situations when you are most successful?

________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________

Now summarise this knowledge about yourself together. This is an important step toward self-discovery and defining the most suitable job for you. Think:

- What are the activities you get most satisfaction from?
- What your talents and strengths are?
- What are the talents and personal features you achieve most with?
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3 step

• Task for mentee: the next step is to think about what you want to do. Using your knowledge about yourself think about all of the jobs that you think would suit you. Write them down:

I. The jobs that you would like to do and you have enough skills and competences to perform.

1. ________________________________
2. ________________________________
3. ________________________________
4. ________________________________

Task for mentee: once you have done this, extend out and research other options available or find out if there are more careers that may also be a possibility.

II. The jobs that you would like to do, have enough talents but you still lacking special skills or competences needed.

1. ________________________________
2. ________________________________
3. ________________________________
4. ________________________________

III. The jobs that you have enough skills to perform but you do not wish to work at.

1. ________________________________
2. ________________________________
3. ________________________________
4. ________________________________

Now rate all of the job positions/careers according to the most desirable for you. After doing so, you have the most suitable jobs for you. Now you need to spend some time researching the top careers you have identified. After you’ll make your research you may choose to find out more about some careers or eliminate unsuitable options.