

## **INSTRUCTION FOR MENTOR**

### **6. Theme “Career and professional development”**

#### **Exercise no. 11. Quiz “Do you strive for success in your career?”**

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##### **Aim of the exercise**

- To raise mentees’ awareness about the attitudes that lead to success in the career.

##### **Description**

We all strive to be successful and to reach our goals. There are some statements about the success in a career. Please read each statement and select an answer that reflects your opinion and that fits you the most.

**Expected duration:** 30 min.

##### **Steps for performing the exercise:**

1. Mentor introduces the theme to the mentees.
2. Mentor explains the aim of the exercise and how to perform an exercise.
3. Mentor handles the handouts to the mentees.
4. Mentees perform an exercise individually.
5. Mentor interprets the results of the exercise to the mentees: he/she explains correct or incorrect answers.
6. Each mentee comments her/his results.
7. Common discussion in the group is held on these questions:
  - What behavior leads a person to the success in her/his career?
  - What other issues are important for the success in the career?
  - Look at your career and think what factors contributed to the success?

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#### HANDOUTS FOR MENTEES

##### Task for mentee:

**There are some statements below. You should read each statement and sign if you agree with it or not.**

1. I am flexible enough so I usually forget my work when the working day is finished.
  - a) Answer YES
  - b) Answer NO
  
2. I tend to think that success is influenced from outside factors (gambling, racing, lotteries, and situation).
  - a) Answer YES
  - b) Answer NO
  
3. I do not like to waste water and energy.
  - a) Answer YES
  - b) Answer NO
  
4. I respect people that have succeeded in their career and have attained higher position. I am interested to know the life stories of the successful people.
  - a) Answer YES
  - b) Answer NO
  
5. I would like to work with a partner, who shares similar interests and character, regardless of her/his competence level.
  - a) Answer YES
  - b) Answer NO
  
6. Usually I try to complete my work related tasks immediately not leaving them undone for the other day.
  - a) Answer YES
  - b) Answer NO

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7. I feel enough secure financially that is why I allow myself to spend my money without thinking about the future.

- a) Answer YES
- b) Answer NO

8. I do not like to plan aims and the tasks of my work.

- a) Answer YES
  - b) Answer NO
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##### Results:

##### Task for mentor:

Below you will find explanation of the results: which answers are correct and which are not. Also there are interpretations of the answers below. Please explain the results to the mentees.

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#### 1. The correct answer: YES

##### Explanation:

People who want to achieve something are usually very devoted to their work and because of that tend to think about the work related issues even at their leisure time.

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#### 2. The correct answer: NO

##### Explanation:

A person who has high ambitions and seeks a career development rarely thinks that success is influenced from the outside factors. Rather he/she understands that the success depends on her/his efforts and this motivates a person to pursue her/his aims.

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#### 3. The correct answer: YES

##### Explanation:

Person who strives for success does not agree with any kind of wasting. Also this person avoids any kind of useless actions.

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#### 4. The correct answer: YES

##### Explanation:

Person, who has high motivation for success and aims to achieve something in her /his life usually, acts as a successful role model. If person demonstrates no interest towards the successful role models, or even depreciates their role then he/she surely has a tendency to loose.

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5. The correct answer: NO

##### Explanation:

Most of people striving for success do not prefer a partnership or cooperation with persons who are not competent enough. They rather prefer competent partners instead of those who have similar interests and character.

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6. The correct answer: YES

##### Explanation:

Successful people usually feel time very good. They are used to plan their time good enough and complete their tasks on time.

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7. The correct answer: NO

##### Explanation:

Successful people are good planners and spend their money when they have a clear motive for that.

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8. The correct answer: NO

##### Explanation:

If you strive for success it is important to have aims, to set goals, plan your actions and the measures you will use in order to reach them.

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