

HANDOUTS FOR MENTEES

Exercise no. 3. Self-reflection exercise “The job I want”

Task for mentee:

- There are two steps in this exercise. In the first step you will fill the table on the characteristics of your wanted job.
- And in the second step you will think about the requirements for this kind of job. Then you will be encouraged to evaluate your skills and competences – how much you meet the requirements.

1 step:

1. Think about the questions below and fill in the table, please:

The working place:

- Where I would like to work? In what kind of organization?

Working conditions:

- What working conditions are important for me?
- Do I have some special requirements?

Working hours per week:

- Do I have some special requirements?

Salary:

- What salary I would like to earn?

The job I want				
What kind of job I want?	The working place	Working conditions	Working hours per week	Salary
...				

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2 step:

You have already thought about what kind of job you would like to do. Now assess if your wishes for the job you want are real – please answer the following questions and fill the table.

- Please numerate several kind of job positions that are desirable for you.
- What kind of experience and what skills are necessary for the job you want?
- What kind of experience and what skills do you have?
- If you lack some skills, where could you gain or improve them?
- What will be your next step?

The job I want	Necessary skills, knowledge, competences	Do you have these competences?	Where could I gain or improve my skills?	Your next step will be...?