

## INSTRUCTION FOR MENTOR

### 2. Theme “Job suitable for me”

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

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*Adapted according to the results of project “Socialines atskirties mazinimo priemoniu pletra LDRMT sistemoje”.*

#### Aims of the exercise

The aims of this exercise are:

- To help mentees to find out what kind of job they want and what kind of job is best suitable for them.
- To help mentees to assess if their wishes for the wanted job are real.

#### Description

Every one of us has the vision of the desirable job. Some of us have a dream from our teen years or childhood. Others change several or even tens of jobs during our life – it depends on the circumstances. But it is always important to ask yourself what kind of job is best for the person, what competences are necessary to get that kind of job. This exercise will give possibility to mentees think about these issues, to visualize their desirable job having the present situation in mind. Also it will help mentees to assess their wishes for the job, to evaluate and competences they have..

**Expected duration:** 45 min.

#### Steps for performing the exercise:

1. Mentor introduces the theme and the exercise to the mentees.
2. Mentor explains the aim of the exercise to the mentees and explains how to perform an exercise and handles the handouts to mentees. There are two steps of the exercise. Mentor encourages each mentee to fill the tables by answering the questions supplied.
3. Mentees perform an exercise individually step by step.
4. Mentor encourages mentees to share their experience to other person in pairs first and then to comments the results to the group.
5. Then common discussion in the group is held according to the following questions:
  - What do you think is important for the job preference?
  - Look at your experience: what have you found – what kind of job is best for you?
  - What competences are necessary to get that kind of job?
  - What is real for you? What kind of job is the best option for you now?

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##### HANDOUTS FOR MENTEES

##### 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...? |
|----------------|--|--------------------------------|--|----------------------------|
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