

Set Your Goals



OBJECTIVES FOR THIS SESSION



- ✓ Understand what a **career** and **career goals** are including their **purposes**
- ✓ Use and analyse different ways to **identify our career goals**

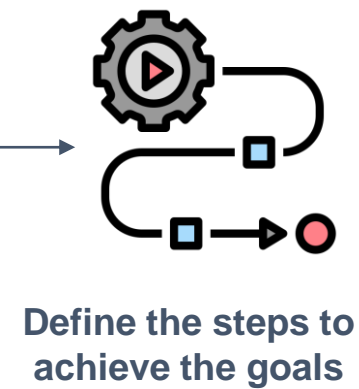


5 MINS



Building Your Career steps

BUILD YOUR OWN CAREER PLAN AGENDA






5 MINS

Did you complete your homework?

1. My draft career plan
2. Watched 2 videos to spark your ideas on finding your career/ career goals!

My draft career plan				
You need to complete this exercise <u>alone</u> . Think of the following questions at different stages of your lives. What are they?				
Age/Items	Ages 1-10	Ages 10-15	Ages 15-18	18 years+
Your skills and qualifications				
Skills and qualifications you wanted to gain				
What did/ do you want?				
What did/ do you like doing?				
What did/ do you want to be?				



Hang on to your results
on the wall of your dorm



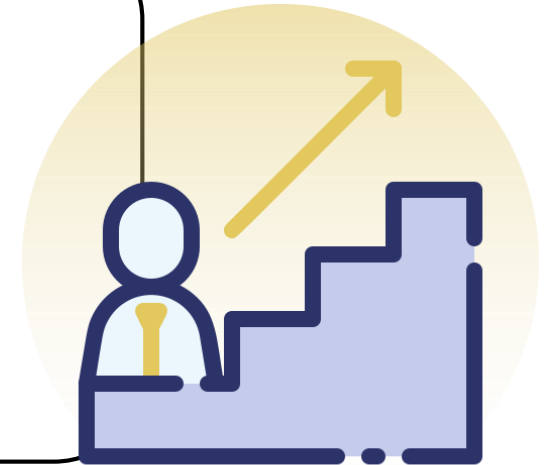
10 MINS



What is a career plan?

You will graduate and get a job soon in 2025. Prepare your road map/ journey to your **future** include:

1. Current skills and qualifications
2. Future skills and qualifications
3. Ambitions
4. Interests
5. Life goals (beyond work)





10 MINS



What is a career?

From the video, a career is...

1. Watch the kid video from 0.00 to 1.43
2. Watch the full video of Careerify - What is a career
3. Discuss in the group the video you watched “What did they talk about”
4. Share your ‘career’ from when you were young to now!



TO COMPLETE THIS ACTIVITY :

①

GROUP DISCUSSION
(5 mins)

②

CLASS DISCUSSION
(5 mins)



10 MINS



What is a career?



- **EVERYTHING** that you've done so far
- **EVERYTHING** that has given you experience
- ... **EVERYTHING** that will give you experience (depending on your **career goals**)
- You **NEVER STOP** making career decisions
- It sounds scary, but also exciting – you've been doing it without knowing!



5 MINS



Which one is a career goal?

Gain new skills

Maintain
competence
in the job

Increase
professional
network

All of them are career goals!

Gain
advancement in a
company/
organisation

Go on
professional
training

Gain
qualifications
on the job

10
MINS

Why do we need career goals?



You know career goals can be almost anything like your career. However, why do we need them?

- Talk to the person next to you for 3 minutes.
- After that, you will be invited to come to the front and write it on the whiteboard.

TO COMPLETE THIS ACTIVITY :

①

PAIR DISCUSSION
(5 mins)

②

**WRITE DOWN ON
WHITEBOARD**
(5 mins)



10
MINS



How do we produce career goals?

Similar to your draft career plan before this session, you need to consider...



Ambitions and
objectives

Your goals



Skills &
Knowledge

Your strengths and
weaknesses



Hobbies, work
environment,
life planning

Your interests and
values



5 MINS



The Holland Code (RIASEC Test)

- Developed by an American psychologist, John L. Holland;
- Based on one's interests;
- 6 categories;
- Each link the other



30
MINS

What is your Holland Code?

- The first 3 letters reflect your interests and potential career.
What are they?

TO COMPLETE THIS ACTIVITY :

①

INDIVIDUAL WORK
(15 mins)

②

GALLERY WALK
(10 mins)

③

PAIR DISCUSSION
(5 mins)