

# My Career Shield

## Lesson plan

### Aim

To enable young people to think about their school subjects, hobbies, interests and transferable skills.

### Mapping

CES 'I Can' Statements	CMS Competencies
<ul style="list-style-type: none"> <li>★ 'I Can' identify my interests, strengths and skills and use them to make informed choices</li> <li>★ 'I Can' manage my profile, share it appropriately and justify my choice of evidence</li> </ul>	<ul style="list-style-type: none"> <li>★ I draw on my experience and on formal and informal learning opportunities to inform and support my career choices</li> <li>★ I develop and maintain a positive self-image</li> </ul>

### Learning Outcomes

Young people will be able to recognise:

- links between school subjects and interests and hobbies
- their own strengths and interests and link these to career ideas

### Development of Activity

Introduction: This shield is to be a “picture” of the young person. It should tell the story about their personality, strengths, likes and ambitions.

### Instructions for the young person

You can use these instructions for your young people to explain the activity.

A work-around has been included for those who can't print the worksheet. You can give this option to young people at the time and in the way you think best.

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## Instructions

### Before you start

- ★ Print the 'My career shield' worksheet or ask someone to print it for you or draw the shield on a piece of paper
- ★ Make your shield interesting and colourful: use words, drawings, colours, photos and magazine cuttings.

### Create your shield

- ★ Add the subjects you like at school to Section 1
- ★ Add your main hobbies, interests or other activities you enjoy to Section 2
- ★ Add things you're good at to Section 3 (think of skills and strengths, e.g. practical, creative, active, determined).

### Need help with this one?

Think about your hobbies and interests. What does it take to be good at them? These might be skills that you have. Talk to your family or friends and ask them to help you think about your skills.

- ★ And, to Section 4, add things you have achieved so far, ambitions you have for the future or anything else you think is important or that you want to find out more about
- ★ Finally, create a saying or motto: this should be one sentence that describes who you are.

### Follow-up

The young person should discuss their shield with family or friends. They should use My World of Work [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk) for further research into areas of interest e.g., subject choice tool, strengths tool