

Start your profile

Lesson plan

Aim

For young people to learn how to complete elements of their profile on My World of Work.

Mapping

CES 'I Can' Statements	CMS Themes and competencies
<ul style="list-style-type: none"> ★ I own and can manage my profile and can use it to help me discuss my interests, strengths and skills with my parents/carers 	<ul style="list-style-type: none"> ★ Self: I develop and maintain a positive self-image ★ Self: I am aware of how I change and grow throughout life ★ Strengths: I am aware of my skills, strengths and achievements

Learning Outcomes

Young people will understand how:

- ★ to access and update their profile on My World of Work
- ★ activities they have completed in their My World of Work account and other achievements in their life can help them in their career planning

Activity on next page...

Development of Activity

Introduction – Context of lesson

The young person should understand that throughout their time in school, young people will learn about the world of work and the skills they will need in future to plan and manage their career.

To help them, they will use [www.myworldofwork](http://www.myworldofwork.co.uk) to create their profile. This will help them to reflect on and summarise their interests, skills, strengths and achievements. They can also explore opportunities and link to the world of work.

Instructions

Before you start

- ★ Make sure you have set up an account on My World of Work, www.myworldofwork.co.uk and sign in
- ★ If you do not have an account, click 'register' at the top right-hand side of the homepage. If you need help to do this, watch this [video](#) on how to register

Set up your profile

- ★ Start to complete your profile summary sections using the results from the core tools
- ★ If you have not completed your core tools, please complete About Me, Strengths and Skills
- ★ You can use the guide 'Setting up your profile' below to help you
- ★ You can also start to add your Achievements to your profile

Tips to help you

- ★ Writing summaries: what would someone else want to hear about you?
- ★ Need help writing your summaries? Look at the [tutorial guide](#) in the summary sections for About Me, Strengths and Skills
- ★ What are achievements? These are things you are proud of and can be done at home as well as at school
- ★ Start to think about your personal statement. Look at this article in My World of Work <https://www.myworldofwork.co.uk/tutorial-creating-personal-statement-cv>

Follow-up

Young people should start to think about how the information in their profile can help them in their career. Young people can reflect and add to their profile.