

Tell Me A Little Bit About Yourself

Lesson plan

Aims

Young people to interview an adult known to them about his/her experience in the World of Work.

Mapping

DYW: CES – ‘I Can’ Statements	CMS Competencies
★ ‘I Can’ demonstrate diverse thinking when exploring learning opportunities and pathways	★ I develop and maintain a range of relationships that are important for my career journey

Learning Outcomes

- To identify personal values relating to satisfaction in work
- To compare personal values to those of other adults known to you.

Development of Activity:

Introduction

Young person to identify a sector of work that they would like to investigate.

Continued on next page...

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.

Before you start

- ★ Print out the worksheet: 'A typical day in the life of' or write the questions on a piece of paper
- ★ Find an adult who has a job you think you might like to do that you can interview over the phone, video call or in person

The interview

To find out about their day by using some of the points below to start the discussion, notes can be taken on interview notes worksheet;

- What kind of environment do they work in?
- Shift pattern?
- Daily tasks?
- Who do they work with?
- Do they attend meetings?
- Preparation time for starting work?
- What breaks do they have?
- How did they get into their job?
- Qualifications needed?
- ★ Using worksheet 'A typical day in the life of' ask questions to find out about the specific details of their day, both in the workplace and at home.
- ★ Thank those involved for their time and knowledge.

Follow-up

In conclusion some points to consider:

Now knowing more about this job is it still of interest to you?

Do you feel you have the qualities, skills and attributes?

Would the daily tasks hold your interests?

Are you on track to get the right qualifications?

Do you know all the routes into this sector of work?

Further investigation of chosen sectors and jobs can be done using www.myworldofwork.co.uk