

# My Circle of Support

## Lesson plan

### Aims

To help young people to recognise the people they already have in their network, how they could help them in their career. To help young people start to think about how they can add to their network.

### Mapping

DYW: CES – ‘I Can’ Statements	CMS Themes and competencies
★ I can identify people in my network who help me broaden my horizons	★ Networks: I develop and maintain a range of relationships that are important for my career journey

### Learning Outcomes

Young people will understand:

- they already have a circle of support around them and that this is their network,
- how people can help them in their career,
- where they can meet people to add to their network across their life.

### Development of Activity:

#### Introduction

This activity will get young people to start to think about their network and how it can help. It will ask them to think about how they can add to their network over time.

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## 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 the 'My circle' worksheet or ask someone to print it for you
- ★ If you can't print it, draw the circle on a piece of paper

### Activity instructions

- ★ Draw yourself in the middle of the circle
- ★ Think about the people you know
  - Think about family and friends, people at school, and people you know from clubs and hobbies
  - Add them to your circle.
- ★ Pick 5 people from your circle. Pick them from different places
  - Think about how they can help you in your career
  - Add this to the table on page 2 of the worksheet. Or to the back of your piece of paper if you didn't print the worksheet

Need help? Ask family or friends to help you think of how people could help you

- ★ Think about how you can add to your network over time
  - The circle gave you three places that you could meet people
  - Think of other places that you will meet people across your life, for example College
  - Write or draw these in the box on page 2 of the worksheet. Or on the back of your piece of paper if you didn't print the worksheet.
- ★ Talk to your family and friends about what you have learned about networks.

### Follow-up

The young people should look at [www.myworldofwork.co.uk/networking](http://www.myworldofwork.co.uk/networking) for more information on why they should develop a network and how to do this.