

# Module 1



**Explore & Discover my Career Interest**

## Explore & Discover my Career Interest

### Teachers Overview

#### Activities for Teacher & Students:

- Class Room Based Lesson
- Computer Room Based Lesson
- PowerPoint Presentation
- You tube Clips
- Guest Speaker
- Websites
- Reach Book
- Worksheets
- Learning Hook
- Student Task
- Reflection/Review

## You Tube Clips

1.

[http://www.careersportal.ie/sectors/sector\\_career\\_videos.php?parent=12&menu\\_parent\\_id=1107&ed\\_sub\\_cat\\_id=37&Heading=Check+CAO+POINTS+2015+HERE&ID=1806201611&sector\\_id=15&jobholder\\_id=88&client\\_id=35#.VeHLV\\_1Viko](http://www.careersportal.ie/sectors/sector_career_videos.php?parent=12&menu_parent_id=1107&ed_sub_cat_id=37&Heading=Check+CAO+POINTS+2015+HERE&ID=1806201611&sector_id=15&jobholder_id=88&client_id=35#.VeHLV_1Viko)

2. **Dead Poets Society**

<https://www.youtube.com/watch?v=Ec8FOZvcPVM>

3. **Steve Jobs** <https://www.youtube.com/watch?v=UF8uR6Z6KLc>

4. **Career sectors video** <http://gradireland.com/career-sectors>

## Websites

1. [www.careersportal.ie](http://www.careersportal.ie)

2. [www.gradireland.com](http://www.gradireland.com)

3. [www.icould.com](http://www.icould.com)

## Module One: Explore & Discover my Career Interest

### Checklist

#### 1. Career Awareness

- Discuss with 2 class member different jobs they have worked at
- Fill in *Exercise: Choosing a Career* Pg 1 and discuss answers with one other member in class
- Read *Michelle and Ian life timeline* on Pg 2 and Compare both their lives by answering the questions on Pg 3
- Watch Keith's career video on Careers Portal ([http://www.careersportal.ie/sectors/sector\\_career\\_videos.php?parent=12&menu\\_parent\\_id=1107&ed\\_sub\\_cat\\_id=37&Heading=Check+CAO+POINTS+2015+HERE&ID=1806201611&sector\\_id=15&jobholder\\_id=88&client\\_id=35#.VeHLV\\_IViko](http://www.careersportal.ie/sectors/sector_career_videos.php?parent=12&menu_parent_id=1107&ed_sub_cat_id=37&Heading=Check+CAO+POINTS+2015+HERE&ID=1806201611&sector_id=15&jobholder_id=88&client_id=35#.VeHLV_IViko))
- Fill in your timeline from birth till now on Pg 4
- How can you prepare for what life will bring? Reflect on the questions from the *Exercise: The High Five Principles* and answer the question from Pg 6-9
- Update 'My Career Profile' online: [www.careersportal.ie](http://www.careersportal.ie) by filling out the following icons:
  - a. Guidance Interview
  - b. High Five Principles
  - c. Remember to tick 'Add to Portfolio' for each section

#### 2. Dreams and Ambition

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- By reflecting on the past we examine our dreams and ambitions, we may find this useful for when we are looking for answers in the future. Fill in *Exercise: My Past Dreams and My Current Dreams* on Pg 11
- Read about different role models on Pg 11 and it will help us reflect on people (who you know or don't know) that inspire us. Read Nevin Maguire's career handout. Fill out *Exercise: What inspires me* Pg 14
- As a class read Carpe Diem and discuss what message it is trying to tell you. Or watch the clip from Dead Poets Society (<https://www.youtube.com/watch?v=Ec8FOZvcPVM>) Fill out *Exercise: Carpe Diem* Pg15.
- Explore your fortes and think of your talents and abilities that could be useful in the future. Fill out *Exercise: My Talents* Pg 16
- Watch Steve Jobs speech and read p 17. <https://www.youtube.com/watch?v=UF8uR6Z6KLc> In groups of two answers questions about Steve Jobs, fill out *Exercise: Find what you Love* Pg 17
- Update 'My Career Profile' online: [www.careersportal.ie](http://www.careersportal.ie) by filling out the following icons:
  - a. What Inspires me
  - b. Dreams & Ambitions
  - c. Remember to tick 'Add to Portfolio' for each section

### 3. Personal and Career Values

- Our values are very important when we choose our career. We cannot ignore what we believe in, fill out *Exercise: Jobs*



*and Values* Pg 38 to see what jobs work with our values and what jobs go against our values.

- What three jobs go totally against your values and why. Fill out *Exercise on* Pg 39
- Now focus in on exactly what you value and what is important to you by filling out the *Exercise: What do you value* Pg 40 - 41
- Update 'My Career Profile' online: [www.careersportal.ie](http://www.careersportal.ie) by filling out the following icons
  - a. Personal & Career Values
  - b. Remember to tick 'Add to Portfolio' for each section

#### 4. Personality

- As a class read Pg 43 and discuss *The Four Temperaments*
- Take your time to read each question carefully and indicate your preferred answer to find out what type is your personality *Exercise: Personality Test* Pg 44 -45
- Score your profile and plot your personality on the diagram on Pg 45

OR

- Complete the Holland Party Game 
  - On an A4 refill page answer the following questions (Remember Q in red pen, Ans in blue/black pen)
    - i. What is your strongest temperament
    - ii. Do you agree with the test Yes/No and why (3)
    - iii. What was your weakest temperament
    - iv. Do you agree with the test Yes/No and why (3)

- v. What Career area's did your personality tell you be interest in
- vi. What weakness (3) has your personality identified that you would agree with and why
- vii. What strength (3) has your personality identified that your would agree with and why
- Update 'My Career Profile' online: [www.careersportal.ie](http://www.careersportal.ie) by filling out the following icons:
  - a. Personality
  - b. Multiple Intelligence
  - c. Aptitude Test
  - d. Remember to tick 'Add to Portfolio' for each section

## 5. Career Interest & Career Interest Test

- To determine your career interest answer the following questions to help you identify your career path *Exercise: What would I like to do* Pg 58 - 59
- Take the career interest test by placing a tick in the box *Exercise: Career Interest Test Test* Pg 63. Find out what the code means on Pg 64
- In groups of two, read through the occupations and name the interest group you think is most relevant in the space provided *Exercise: Occupations and Career Interests 1* Pg 65
- Also in groups of two, do the same as the exercise but put in two interest groups *Exercise: Occupations and Career Interest 2* Pg 44

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- Read Cathal's and Sinead's Career profile handout
- As a class group nominate two students to be facilitators and fill out the grid for the class interest profile *Exercise: Class Interest Profile* Pg 66
- The following pages (P46-P53) describe 8 career interest types, along with sample occupations, CAO and PLC courses. Read the pages from your top three interest results in the blue box on P 62.
- Tick the Sample Careers, Sample PLC Courses and Sample CAO courses that you like the sound of in the book.
- Once completed fill out the *Exercise: My Career Interest* Pg 75
- Design an A4 poster explaining all about your number one Career Interest
- Update 'My Career Profile' online: [www.careersportal.ie](http://www.careersportal.ie) by filling in the following icons:
  - a. Career Interest
  - b. Career Skills
  - c. Remember to tick 'Add to Portfolio' for section

6. The World of Work

- Introduce the world of work by reading and answering the questions on *Exercise: Not a lot to ask?* Pg 169
- What is your understanding of work? Answer the following exercise to find out *Exercise: Why do people work* Pg 170
- Entering the work force will get you to meet people from many different generations. Read the article on Pg 171 and Discuss as a class the advantages and disadvantages of living in the 4 different generation



- Once completed, in groups of two fill in the grid for  
Generation 2000 *Exercise: Future Generations* Pg 172

## 7. Career Sectors

- Within the world of work there are a number of departments/sectors. Sometimes it is good to look at the different sectors to know what career direction you may be interested in.
- As a class discuss the different career sector from the picture on pg 174.
- Read through all the different career sectors and follow the instructions *Exercise: Career Sectors* Pg 176 – 177
- Watch and discuss videos from <http://gradireland.com/career-sectors>
- As a class take one career sectors; design and present an A4 poster about it
- Fill in the top 4 sectors that interested you mostly *Exercise: My Career Sectors* Pg 178
- Investigate one sector and be able to defend it in class for next week *Exercise: Sector Investigation* Pg 178 - 179
- Update ‘My Career Profile’ online: [www.careersportal.ie](http://www.careersportal.ie) by filling in the following icons:
  - a. Career Sectors
  - b. Remember to tick ‘Add to Portfolio’ for each section

## 8. Career Investigation

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- Choose one career that you would like to investigate. The career sector you investigated may help you. Choose wisely as this exercise will help you plan for the future.
- Use the *Exercise: Career Investigation* Pg 66& 67 to help you. Additional information may also be added.

Resources

- a. [www.careersportal.ie](http://www.careersportal.ie)
  - b. [www.qualifax.ie](http://www.qualifax.ie)
  - c. [www.gradirelnd.com](http://www.gradirelnd.com)
  - d. Our Careers Library
  - e. Family members, Neighbours, Friends etc.
- Type up an A4 poster all about this career using the most important headings on Pg 180 & 181
  - Present your Career Investigation to the class in 5 min inclusive of questions from the class group.
  - Update ‘My Career Profile’ online: [www.careersportal.ie](http://www.careersportal.ie) by filling in the following icons:
    - Career Investigation
    - Remember to tick ‘Add to Portfolio’ for each section

9. Recap

- Update *Exercise: My Career Profile* Pg 194 - 197 in the book
- Also update *Exercise: Career and Course Ideas Log* Pg 198

10. Fill out Evaluation of Module

- Individually
- As a Class

## Evaluation of Module

Name: \_\_\_\_\_ Year Group: \_\_\_\_\_

Name of Module: \_\_\_\_\_ Rang Group: \_\_\_\_\_

**In this Module I learned about:**

**What was useful about this Module:**

**What was not useful about this Module:**

**I would like to learn more about:**

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