HANDOUTS FOR MENTEES

Exercise no. 4. Self-reflection exercise: "Decision what kind of career is suitable for me"

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1 step
Task for mentee: discover your interests

- Consider your answers to the following questions below.

Think about your work experience:

1. When have you enjoyed your work most?

_____
_____
_____
_____

2. What jobs/tasks do you like to do at work when you have a choice?

_____
_____
_____
_____

3. When have you been most sure of yourself and your decisions in your activity?

_____
_____
_____
_____

4. When have you been most committed and enthusiastic at your work?

_____
_____
_____
_____

5. What activities do you like to do out of work in your leisure time??

_____
_____
_____
_____

6. If money were no concern, what would you be doing?

_____
_____
_____
_____

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2 step
Task for mentee: discover your talents and skills.

Think about your work experience:

1. What are the tasks/activities in which you are the most successful?

_____
_____
_____
_____

2. What other people consider: when you are the most successful?

_____
_____
_____
_____

3. What do you consider to be your greatest accomplishment?

_____
_____
_____
_____

4. When have you been most creative? At what activities/ work tasks?

_____
_____
_____
_____

5. What skills and abilities do you use in the situations when you are most successful/ most creative?

_____
_____
_____
_____

6. What your personal features reveal in the situations when you are most successful?

_____
_____
_____
_____

Now summarise this knowledge about yourself together. This is an important step toward self-discovery and defining the most suitable job for you. Think:

- What are the activities you get most satisfaction from?
- What your talents and strengths are?
- What are the talents and personal features you achieve most with?

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3 step

- **Task for mentee:** the next step is to think about what you want to do. Using your knowledge about yourself think about all of the jobs that you think would suit you. Write them down:

I. The jobs that you **would like** to do and you **have enough skills** and **competences** to perform.

1. _____
2. _____
3. _____
4. _____

Task for mentee: once you have done this, extend out and research other options available or find out if there are more careers that may also be a possibility.

II. The jobs that you **would like** to do, have enough talents but you still **lacking** special **skills** or **competences** needed.

1. _____
2. _____
3. _____
4. _____

III. The jobs that you **have enough skills** to perform but you **do not wish** to work at.

1. _____
2. _____
3. _____
4. _____

Now rate all of the job positions/careers according to the most desirable for you. After doing so, you have the most suitable jobs for you. Now you need to spend some time researching the top careers you have identified. After you'll make your research you may choose to find out more about some careers or eliminate unsuitable options.