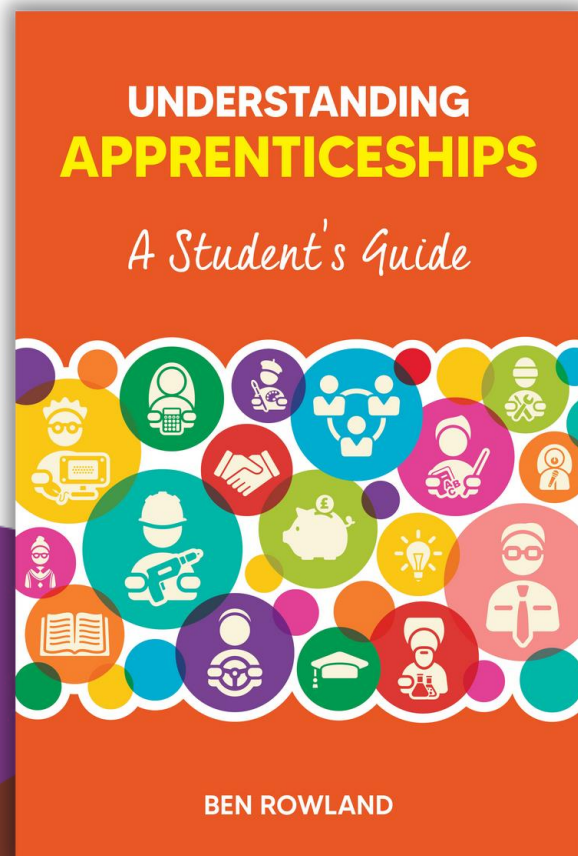




Supplementary materials
for students

UNDERSTANDING APPRENTICESHIPS
A Student's Guide

Lesson 1: Discover Yourself



DISCOVER YOURSELF – OBJECTIVES

- **Get you thinking about yourself in relation to your career**
- **Give you some structure and questions to ask as you go through the next few years**
- **Reassure you that you don't have to know everything now!**

SOME KEY THINGS FOR YOU TO KNOW

- There is no 'right' answer
- It's okay not to have much of a clue right now (many people take years to find their way to their 'ideal' job)
- If you do have a good idea, it's worth exploring it more
- There is no 'magical gateway', no one single step after which everything is 'sorted'
 - **Bad news:** you've got to keep working hard all through your life
 - **Good news:** no 'mistake' is the end of the world, it is never too late to change
- Many successful careers these days are 'zig zag', not straight line

THE VERY INTERESTING YOU

THERE ARE THREE THINGS YOU SHOULD THINK ABOUT (AND KEEP THINKING ABOUT – THE DISCOVERY JOURNEY NEVER ENDS!)

- 1 Your aspirations in life**
- 2 What you enjoy doing**
- 3 Your strengths and weaknesses**

LET'S LOOK AT EACH IN TURN...



1. ASPIRATIONS

WHAT ARE YOUR ASPIRATIONS? WHAT DO YOU WANT IN LIFE?

Understanding what you aspire to does not lead you to one option more than another, but it allows you to make better judgements about different options and whether they are good for you.

ACTIVITY!

IN PAIRS

- Write down your aspirations
 - Share with each other



1. ASPIRATIONS

OTHER ASPIRATIONS COULD BE...

- Recognition
- Helping others
- Status
- Money
- A great family life
- A life that isn't stressful
- A life that's exciting



2. WHAT YOU ENJOY

**WHAT DO YOU ENJOY DOING? WHAT DO YOU FIND REWARDING TO DO?
WHAT ARE YOU HAPPY DOING?**

Again, knowing this does not mean you should go for one option rather than another, but it will help you to understand which options could be right for you and why.

ACTIVITY!

IN PAIRS

- Write down what you enjoy
 - Share with each other



2. WHAT YOU ENJOY

THINGS YOU MIGHT ALSO ENJOY...

- Spending time with new people
- Being creative
- Working with tools
- Solving problems
- Caring for others (including animals and plants)
- Selling and persuading
- Routine (or variety)
- Working on your own (or working as a team)
- Working with numbers
- Writing



3. STRENGTHS AND WEAKNESSES

LESS IMPORTANT THAN YOUR ASPIRATIONS AND WHAT YOU ENJOY

But...

- **Think about things you enjoy but are not good at**
 - **do you enjoy them enough to become good enough at them for a career?**
- **Think about things you are good at but do not enjoy**
 - **how could you make the most of them without becoming locked into doing them all the time?**
- **Think about your weaknesses/the things you really don't enjoy**
 - **do you need to fix them? Or can you just manage around them?**



3. STRENGTHS AND WEAKNESSES

EXAMPLE STRENGTHS

- Being organised
- Good attention to detail
- Being sociable
- Working well with others
- Being good at writing
- Having good IT skills

EXAMPLE WEAKNESSES

- Being disorganised
- Being too focused on detail
- Disliking being given instructions
- Taking feedback personally