

Lesson plan 3

Topic: The job for me, the job for you.

Brief description of activities:

When planning a career path it is necessary to study your abilities, preferences and predispositions. This is not an easy matter. However, psychologists have developed a number of tools to support the process of self-discovery. During the classes the young people get to know John Lewis Holland's theory, according to which the job satisfaction depends on how well the personality traits fit the requirements of the particular job. Classes are taught in a very attractive form - this is a card game on the basis of which young people define their professional skills and then confront them with the profiles of people who have had a successful career.

Objectives: students:

- indicate the link between personality traits and a future profession
- understand the importance of self-knowledge in educational and professional decision-making
- develop the ability to recognize specific professional groups
- become aware of their own professional preferences

Methods and techniques:

- learning game
- diamond ranking method
- individual work
- pair work

Materials and Tools:

- card game (board + cards)
- computers with the Internet access

Preparation for classes:

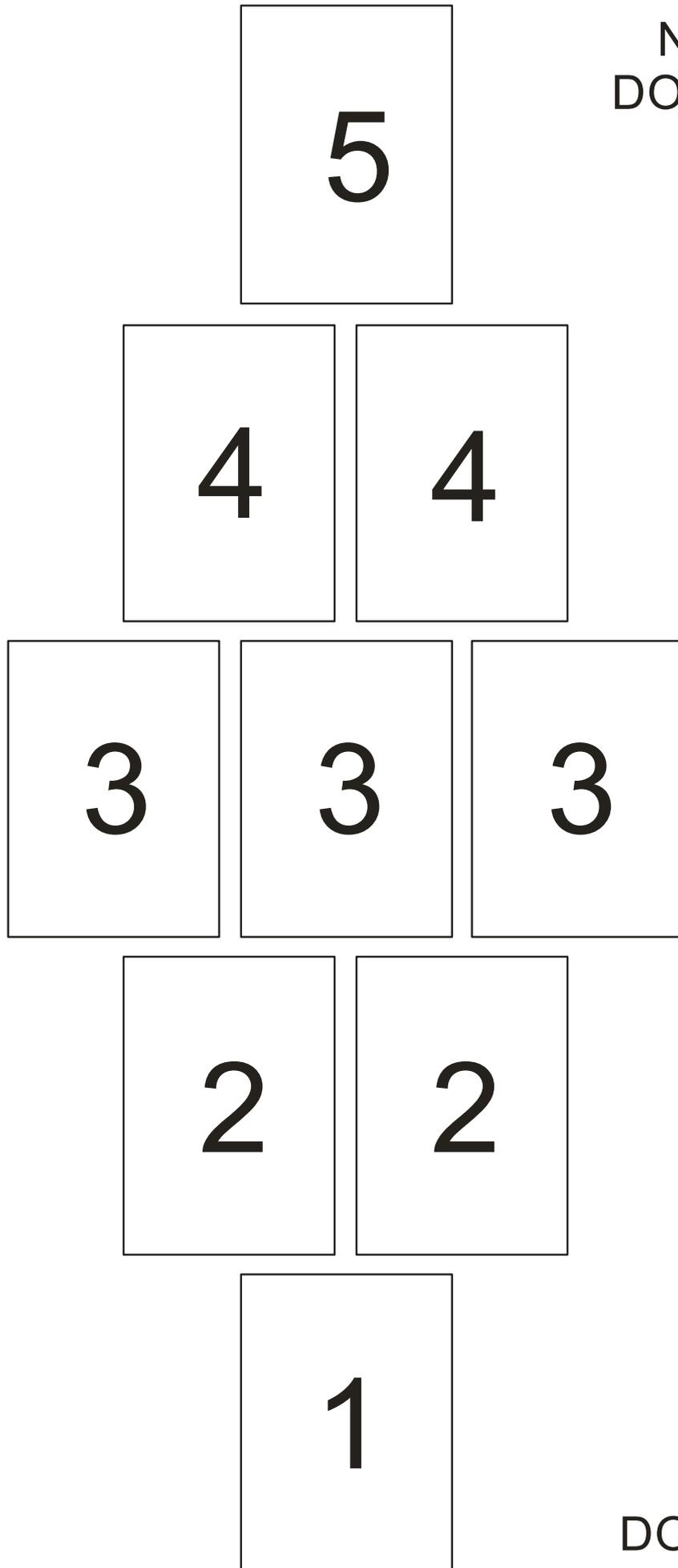
- preparing the computer classroom with the Internet access
- preparing the playing cards (for each group), the board (Appendix 2.2) and the table of job preferences (Appendix 2.3) for each participant

Class duration: 2 lessons (45min each)

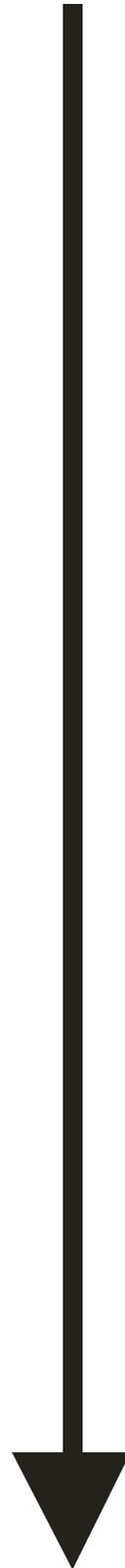
Class activities in brief:

1. After welcoming the participants explain that while planning a career path it is necessary to study their abilities, preferences and predispositions. This is not an easy matter. However, psychologists have developed a number of tools to support the process of self-discovery. Inform the students that the classroom activities will give them a chance to test their professional preferences according to the theory of John Lewis Holland, according to which the job satisfaction depends on the proper match of the person's abilities to the job requirements.
2. Explain that the students will play a card game, where the goal is to get to know the personality traits useful in the future career of each player. Divide the students into 5-person teams. Each team sits around a separate table, each team member receives a gameboard (Appendix 2.1) and each team a set of cards (Appendix 2.2). The game is played as follows:

- a. The players shall determine who starts the game by drawing lots. The winner shuffles the cards and puts them on the table in such a way that the players cannot see what is written on them.
 - b. The player takes the top card and places it on his board in the desired location, according to the fields hierarchy. If the statement is very much in line with the preferences of the player, the card should be put on the field number 5 or 4, if it is inconsistent - on the field marked 1. After placing the card on the board, the next players start the game (clock- wise).
 - c. If all the fields on the board are already occupied, the player may replace any card on the board with the newly selected card, and pass the replaced card to the next player, who in this case does not draw a card from the table. If the card that was passed to the next player gets to the one who was the first one to draw it, it should be put aside. The cards that are put aside are not used in the game anymore.
 - d. Subsequent players (clockwise) perform steps b and c until all the cards on the table are uncovered.
3. When the game is finished, ask the students to have a look at the letters (identification) located in the bottom left corner of the cards on the board and complete the job preferences table (Appendix 2.3), then study the results interpretation.
 4. Ask volunteers to share their opinion with the group.
 5. Ask them to find people with similar job preferences and form teams. When the teams are formed, explain that on the basis of the information found on the Internet each team should prepare a short presentation of a person who has been successful in an occupation characteristic of the given personality type. The presentation can take any form (a poster, a mind-map, a role-play, etc.) and it should include:
 - a. education
 - b. personality traits
 - c. major successes and failures
 6. As the summary the team representatives present the profiles of the selected persons to the class.



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Appendix 2.2 Playing cards

<p>I enjoy DIY</p> <p>R</p>	<p>I am very good at activities requiring precision</p> <p>R</p>	<p>I understand how various mechanisms and machines work</p> <p>R</p>	<p>I can use various tools</p> <p>R</p>
<p>I have technical skills</p> <p>R</p>	<p>I don't mind getting my hands dirty when I work</p> <p>R</p>	<p>I like making practical things</p> <p>R</p>	<p>I like working outdoors</p> <p>R</p>
<p>I like simple, clear situations</p> <p>R</p>	<p>Better position and prospects of promotion are important for me</p> <p>R</p>	<p>Sport is very important in my life</p> <p>R</p>	<p>I am stubborn in the pursuit of a goal</p> <p>R</p>

<p>I am not fond of schoolwork</p> <p>R</p>	<p>Bodybuilding - this is something for me</p> <p>R</p>	<p>I like coping with things without others' help</p> <p>R</p>	<p>I don't like talking about myself</p> <p>R</p>
<p>I am not very interested in parties</p> <p>R</p>	<p>To succeed you have to aim high</p> <p>R</p>	<p>Engine is what I enjoy most in a new car</p> <p>R</p>	<p>I enjoy being active</p> <p>R</p>
<p>In the future I want to earn a lot of money</p> <p>R</p>	<p>I often say what's on my mind without thinking</p> <p>R</p>	<p>I find discussions boring - I prefer clear and simple solutions</p> <p>R</p>	<p>I don't feel well in a group</p> <p>R</p>
<p>I like to analyse the surrounding reality</p> <p>I</p>	<p>I often analyse abstract problems</p> <p>I</p>	<p>I create various theories for my own use</p> <p>I</p>	<p>My aim is to understand the reality</p> <p>I</p>

<p>I can meditate for hours</p> <p> </p>	<p>I'm glad when I can examine the reality myself</p> <p> </p>	<p>I treat learning as a process of developing my own thinking</p> <p> </p>	<p>I spend a lot of time solving problems</p> <p> </p>
<p>I enjoy thinking about life</p> <p> </p>	<p>Before I start work, I need to think things through and analyse</p> <p> </p>	<p>I have the maths skills</p> <p> </p>	<p>I always want to know why...?</p> <p> </p>
<p>I debate an issue until I find answers</p> <p> </p>	<p>I love reading thought-provoking books</p> <p> </p>	<p>I want to be an expert in the field that interests me</p> <p> </p>	<p>Solving a fascinating problem I forget about the whole world</p> <p> </p>
<p>Even just reading about new discoveries is interesting</p> <p> </p>	<p>I've always been curious about the functioning of nature</p> <p> </p>	<p>I make a detailed analysis to see if I can handle the problem</p> <p> </p>	<p>I do not like taking responsibility</p> <p> </p>

<p>I prefer other people to decide for me</p> <p>I</p>	<p>I dream about being like Einstein</p> <p>I</p>	<p>I would like to win the Nobel Prize in physics , chemistry or medicine</p> <p>I</p>	<p>One day I will have my own laboratory</p> <p>I</p>
<p>I want to express myself in painting , dancing, singing or other creative activity</p> <p>A</p>	<p>My friends say I have artistic skills</p> <p>A</p>	<p>I have artistic imagination</p> <p>A</p>	<p>I feel great surrounded by the colours , music and beautiful objects</p> <p>A</p>
<p>I am sensitive to the beauty of the surroundings</p> <p>A</p>	<p>I appreciate beautiful shapes, forms and colours</p> <p>A</p>	<p>I'm looking for new ways to express my creative abilities</p> <p>A</p>	<p>I like experimenting with fashion and colour</p> <p>A</p>
<p>I wear unusual and extravagant clothes</p> <p>A</p>	<p>I like to change the environment so that it is unique</p> <p>A</p>	<p>I want my work to express my mood and feelings</p> <p>A</p>	<p>I am deeply moved by the beauty of nature</p> <p>A</p>

<p>I love going to concerts, exhibitions, theatre and cinema</p> <p>A</p>	<p>I do not want to be like the others – I like to do things differently</p> <p>A</p>	<p>I am fascinated by happenings</p> <p>A</p>	<p>I always have a mess on my desk, in my cabinet or a school backpack</p> <p>A</p>
<p>I often work erratically and without a plan</p> <p>A</p>	<p>I hate to follow strict rules</p> <p>A</p>	<p>My friends say I have intuition</p> <p>A</p>	<p>It's fun to be in a good mood and do something unusual</p> <p>A</p>
<p>I have my own opinions and view of reality</p> <p>A</p>	<p>For Christmas I want to get something original</p> <p>A</p>	<p>I may get an Oscar someday</p> <p>A</p>	<p>I love the stage and the stage loves me</p> <p>A</p>
<p>I can encourage others to act for their own benefit</p> <p>S</p>	<p>I can support others</p> <p>S</p>	<p>When I have to take care of someone, I show a lot of patience</p> <p>S</p>	<p>I like helping others</p> <p>S</p>

<p>I cope well with teaching others</p> <p>S</p>	<p>I enjoy helping my friends with studying</p> <p>S</p>	<p>Other people enrich my life and give it meaning</p> <p>S</p>	<p>I love company</p> <p>S</p>
<p>I enjoy talking to people</p> <p>S</p>	<p>I can often feel when someone has a need to talk</p> <p>S</p>	<p>Working for the good of others gives me joy</p> <p>S</p>	<p>I willingly work as a volunteer</p> <p>S</p>
<p>I enjoy discussing problems</p> <p>S</p>	<p>When I have problems I discuss them with my friends</p> <p>S</p>	<p>I'm happy when people understand each other</p> <p>S</p>	<p>Good relationships with others are important to me</p> <p>S</p>
<p>When someone disappears for a long time, I want to know what is happening to them</p> <p>S</p>	<p>I feel the need to help others</p> <p>S</p>	<p>The presence of people stimulates me</p> <p>S</p>	<p>I prefer cooperation to competition</p> <p>S</p>

<p>What worries me is the fact that many people in our society need help</p> <p>S</p>	<p>I try to take care of those who seem to be lonely</p> <p>S</p>	<p>I think people are good in the depths of their souls</p> <p>S</p>	<p>People come to me to tell me about their problems</p> <p>S</p>
<p>People usually easily submit to my will</p> <p>E</p>	<p>I find it easy to pass on my point of view to others</p> <p>E</p>	<p>I can convince others to my ideas</p> <p>E</p>	<p>It's easy for me to manage other people</p> <p>E</p>
<p>I believe in myself and that I have an impact on my life</p> <p>E</p>	<p>I enjoy competition</p> <p>E</p>	<p>I am often the most important person in the group</p> <p>E</p>	<p>I like to organize people and motivate them to work</p> <p>E</p>
<p>I like new challenges</p> <p>E</p>	<p>I like to implement new ideas</p> <p>E</p>	<p>I like to make even the most difficult decisions</p> <p>E</p>	<p>I'm ready to take responsibility for my decisions</p> <p>E</p>

<p>What fascinates me is the ability to influence the behaviour of other people</p> <p>E</p>	<p>I tend to take risks and I am not afraid of taking risky decisions</p> <p>E</p>	<p>It's fun to give ideas to other people</p> <p>E</p>	<p>I usually find the solution in the so-called "dicey situations"</p> <p>E</p>
<p>I'm not afraid to do things that are not accepted by the general public</p> <p>E</p>	<p>I am looking for the contact with people who open up new opportunities for me</p> <p>E</p>	<p>I do not like to deliberate about problems in detail</p> <p>E</p>	<p>When I prepare a plan, I'd rather others took care of the details</p> <p>E</p>
<p>I dream of becoming a politician in the future</p> <p>E</p>	<p>I enjoy public speaking</p> <p>E</p>	<p>I am a born leader</p> <p>E</p>	<p>I know I'm good at creative thinking</p> <p>E</p>
<p>I always have perfect order in my notebooks</p> <p>C</p>	<p>Entrusted with the task, I carry it out very conscientiously and accurately</p> <p>C</p>	<p>I am a very well-organized person</p> <p>C</p>	<p>I appreciate the clearly defined lines of action</p> <p>C</p>

<p>I like to know exactly what to do</p> <p>c</p>	<p>To start the new task I need to organize the previous ones</p> <p>c</p>	<p>The attention to detail in my work is the matter of honour for me</p> <p>c</p>	<p>I like to work routinely</p> <p>c</p>
<p>I'm glad to know that I perform my tasks carefully and well</p> <p>c</p>	<p>I'm usually pleased with the place where I stay</p> <p>c</p>	<p>I like it when someone else takes the reins</p> <p>c</p>	<p>I like to work a detailed number of hours every day</p> <p>c</p>
<p>I do not like surprises</p> <p>c</p>	<p>I can't work in chaos</p> <p>c</p>	<p>When I promise to do something, I do it paying attention to the smallest detail</p> <p>c</p>	<p>When I start doing something, I like clear and precise instructions</p> <p>c</p>
<p>I can't stand it when someone is constantly changing decisions</p> <p>c</p>	<p>I do not like doing things that are not accepted</p> <p>c</p>	<p>I like to know what others expect of me</p> <p>c</p>	<p>I don't get nervous when it's necessary to think things over again and re-plan the operation</p> <p>c</p>

<p>I find museums and exhibitions awfully boring</p> <p>c</p>	<p>Fear of public speeches literally paralyzes me</p> <p>c</p>	<p>I like office work</p> <p>c</p>	<p>I never dare sing in front of an audience</p> <p>c</p>
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Appendix 2.3

Table of job preferences

	Letter	Duplicate the letter designation of the card in the empty fields			
write the letter of the card from the field 5					
write the letter of the first card from the field 4					X
write the letter of the second card from the field 4					X
write the letter of the first card from the field 3					X
write the letter of the second card from the field 3					X
write the letter of the third card from the field 3					X
write the letter of the first card from the field 2					X
write the letter of the second card from the field 2					X
write the letter of the card from the field 1					X
TOTAL IN THE TABLE				letters R	
				letters I	
				letters A	
				letters S	
				letters E	
				letters C	

The results interpretation:

The number of letters in the table represents the intensity of possessed traits associated with occupational preferences.

The largest number of letters determines the dominant type, the others complement professional personality characteristics.

R- Realistic type

Represented by people who love to solve various problems through action. At work they use machines and tools for production, processing and extraction of raw materials, growing crops, and animal husbandry. They feel good performing tasks that require manual labour.

Typical occupations: electrician, engraver, driver, mechanic, optician, pilot, turner, upholsterer and other craft professions, occupations related to the processing of raw materials, forester, gardener, farmer.

I- Investigative type

These people seek to understand the world around them, look for the truth by analysing things, events, thoughts and feelings. They like to evaluate, create theories, work with the abstract and complex issues, challenges.

Typical occupations: anthropologist, astronomer, archaeologist, biologist, chemist, philosopher, geologist, geographer, physicist, pharmacist, mathematician, historian, meteorologist, programmer, political scientist, statistician, sociologist.

A- Artistic type

These people like to engage in fine arts, music, literature, enjoy developing their own ideas, concepts, creating new things. They prefer creative activities, unusual situations, exchange of ideas. They prefer to work in unplanned situations, using their imagination and creativity.

Typical occupations: actor, architect, conductor, interior decorator, photographer, illustrator, composer, painter, musician, writer, fashion designer, artist, director, sculptor, dancer, make-up artist.

S- Social type

These people like working with other people: they help, advise, explain, inform, care for others, cure. While working with others they use words, feelings and promote ideas.

Typical occupations: physiotherapist, librarian, hostess, priest, waiter, doctor, speech therapist, massage therapist, teacher, psychologist, social worker, police officer, paramedic, nurse, flight attendant, trainer.

E- Enterprising type

These people like working with other people but they orient it for personal gain. They like to have power, money, influence others, direct, lead, persuade others to organizational goals or economic achievements.

Typical occupations: attorney, insurance agent, salesman, diplomat, tax advisor, bookseller, broker, manager, notary, lawyer, purchasing agent.

C- Conventional type

These people like activities and occupations in which they deal with organizing and structuring data. They like order and safety. They solve problems according to the established rules, instructions, procedures, commands of superiors.

Typical occupations: archivist, usher, customs agent, insurance agent, editor, collector, cashier, estimator, accountant, notary, legal counsel, clerk, assessor, statistics, trustee, stenographer, office clerk, health and safety inspector.

My occupational preferences are:

I can work as: