

A typical work day

A tool to reflect on a work day during vocational training. It can be used for counselling or as a group activity.

20 min

Counselling

Material: questions, pen

Why should I, as a coach, master this method?

The adolescents should reflect on their experiences and observations of the job shadowing experience in enterprises.

Description:

Reflection during a counselling session

Material:

Describe a typical work day

Activities

Which activities need to be done on a regular base in this occupation?

Name of the company:

What did I do:

Type of industry: Production / Service industry

What is the product / service offered?

Requirements

Which qualities should you bring with you in order to perform your job successfully?

Are there any special burdens (e.g. dust, noise, physical effort,...)

Perspectives for the future

Which chances for further education and advancement are there?

What does the job offer in this occupation look like? Is it rather big or small?