



# Let's Talk Careers!

Part 2 – Big Decisions  
Learners Guide

## Level 1 Outline

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## Topic

### Purpose, Program Goals and Structure

#### Purpose

Originally offered for many years within Nova Scotia's middle and high school system, as a program to support parents of high school students to coach their children to make well informed career decisions. This updated program seeks to connect with a broader audience.

The sessions are meant to promote understanding and consideration of the importance of career conversations between youth and influencers using reliable information. This program is intended to open and support career dialogue, build connections and increase sharing of information and resources among youth, families and their communities.

#### Program goals

- Increase the knowledge and confidence of mentors of youth (Jr/Sr high school aged) in topics related to positively supporting youth career decision-making.
- Provide current and relevant career development information and resources to high school aged youth through their mentors.
- Enable youth to learn about local careers and experience/practice networking and creating connections within their communities.

## Topic

### Purpose, Program Goals and Structure - *Continued*

## Program Structure

### Let's Talk Careers

#### Level 1: Head Start

For Mentors  
of Jr. High+ Students

2 Hours (4 Parts)

Includes:

Learners Guide  
4 - 25 min PPT Presentations  
with Discussions and  
Activities

#### Level 2: Big Decisions

For Mentors  
of Jr.-Sr. High Students

2 Hours (4 Parts)

Includes:

Learners Guide  
4 - 25 min PPT Presentations  
with Discussions and  
Activities

#### Level 3: Making Moves

For Youth  
Jr.-Sr. High Students

2 Hours (4 Parts)

Includes:

Learners Guide  
4 - 25 min PPT Presentations  
with Discussions and  
Activities

#### Level 4: Community Counts

For Mentors, Youth and  
Community

2 Hours (2 Parts)

Includes:

Learners Guide  
2 PPT Presentations  
Discussion and Activities

**Topic**

**Level 2 – Big Decisions - *Welcome***

**Why are we here?**

**Slide 3**



**What are your goals for this program?**

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**Topic****Level 2 – Big Decisions – Mentoring Youth Through Decision Making**

25 minutes

**Why is decision making around careers so difficult?****Slide 4 - 8**

*Many youths, especially in their senior high years, are highly stressed and anxious about their future after school, and often admit that they don't know what they want to do after graduation.*

<i>Why is it so difficult?</i>	<i>What are some common barriers for decision making?</i>
<i>How do you respond to barriers?</i>	<i>What are some options to help with decision making?</i>

**Notes**

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## Topic

### Level 2 – Big Decisions - *Mentoring Youth Through Decision Making – Continued*

#### The goal is to keep options open:

Slide 9

- Schedule a meeting with School Counsellor or Nova Scotia Works
- Take a range of courses to keep options open:
  - Career Development 10 and 11, Workplace Health & Safety 11
  - Take Electives of interest
  - Math and Science Courses
  - Co-operative Education
- Create an academic plan in myBlueprint to match future plans with program requirements
- Upgrade after graduation
- Consider a year off, going part time, or direct entry into apprenticeship

#### Starting the Conversation

Slide 10

*How could you transition a conversation from talking about interests to making decisions?*

- 1.
- 2.
- 3.
- 4.
- 5.

#### Examples of transition statements:

Have you ever thought about doing...	Would you want to do that kind of job?
Have you ever talked to someone who works in...	What type of training would you need for that role?
Can you see yourself in that role?	Are there a lot of opportunities available in that field?

#### Resources

1. myBlueprint Academic Plan - <https://core.myblueprint.ca/HighSchool/Plan>

## Level 2 – Big Decisions - *Mentoring Youth Through Decision Making – Continued*

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**Topic**
**Level 2 – Big Decisions – Getting to Know Youth**

25 minutes

**Part 2**
**Slide 11**

<i>What influences youth today?</i>	<i>What influences decision making for youth?</i>
<i>Are they different?</i>	

**Let's Think About...**
**Slide 12**
*What type of jobs are youth interested in? Do they align with their interests and abilities? How do you know?*
**Career Quiz – Interests Results**

1. Jobbank career quiz - <https://www.jobbank.gc.ca/career-planning/quizzes>
2. myBlueprint "Who am I" surveys - <https://core.myblueprint.ca/V5/Spectrum>

<i>Work Preferences</i>	<i>Occupations of Interest that Match your Abilities</i>
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**Notes**


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## Topic

### Level 2 – Big Decisions – *Getting to Know Youth - Continued*

## What Matters to You?

Slide 13

**S.M.A.R.T Goals** – Specific, Measurable, Achievable, Realistic, Timely

*Your SMART Goal:*

### Tips for creating a SMART Goal:

- Determine what you can let go
- What is non-negotiable for you
- Consider what you need for:
  - Work conditions
  - Environments
  - Education
  - Values
  - Geography
  - Lifestyle
  - Salary
  - Interests/gifts

### Examples:

**Regular Goal** – Get a summer job

**SMART Goal** – Secure a physical, outdoor summer job that pays at least \$15/hour, using a professional targeted resumé, by June 1<sup>st</sup>, 2020.

### **Additional Supports:**

- Nova Scotia Works Location
- School Counsellor
- Post-Secondary Recruiters
- Friends, mentors, family and professionals

## Level 2 – Big Decisions – *Getting to Know Youth - Continued*

1. Jobbank career quiz - <https://www.jobbank.gc.ca/career-planning/quizzes>
2. myBlueprint "Who am I" surveys - <https://core.myblueprint.ca/V5/Spectrum>

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**Topic**
**Level 2 – Big Decisions – *Tomorrow's Labour Market and Career Explorations***

25 minutes

**Part 3**
**Slide 14**
*How can LMI help with decision making?*

A few examples of how LMI can help guide decision making for the future:

Future predictions and outlooks	Job ads	Salaries and benefits
Skill gaps and labour market needs	Education, skills and qualification requirements	Work environments

Where to find LMI trends in Nova Scotia:

- Explore Careers NS
- myBlueprint
- Jobbank
- Future Skills
- Labour Market Information Council
- Centre for Employment Innovation

**What's Going on in Nova Scotia?**
**Slide 15**
*What is the impact of technology on the labour market in Nova Scotia?*

<i>How has technology changed?</i>	<i>What are the impacts of those changes?</i>
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## Level 2 – Big Decisions - *Tomorrow's Labour Market and Career Exploration - Continued*

## Slide 16 - 17

<ul style="list-style-type: none"> <li>• Co-op and Internships</li> <li>• Summer/Part-time jobs</li> <li>• Volunteer Work</li> <li>• Extracurricular Program</li> </ul>	<ul style="list-style-type: none"> <li>• Apprenticeship</li> <li>• High School Programs (O<sub>2</sub>, CEP, Career Access)</li> <li>• Mentorship</li> <li>• Entrepreneurship</li> </ul>
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1. RBC – Humans Wanted: How Canadian youth can thrive in the age of disruption  
<https://www.rbc.com/dms/enterprise/futurelaunch/humans-wanted-how-canadian-youth-can-thrive-in-the-age-of-disruption.html>
2. Making Waves Around the World – Video <https://www.youtube.com/watch?v=DR2epQgye70>

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**Topic****Level 2 – Big Decisions – *Skill Building for the Future***

25 minutes

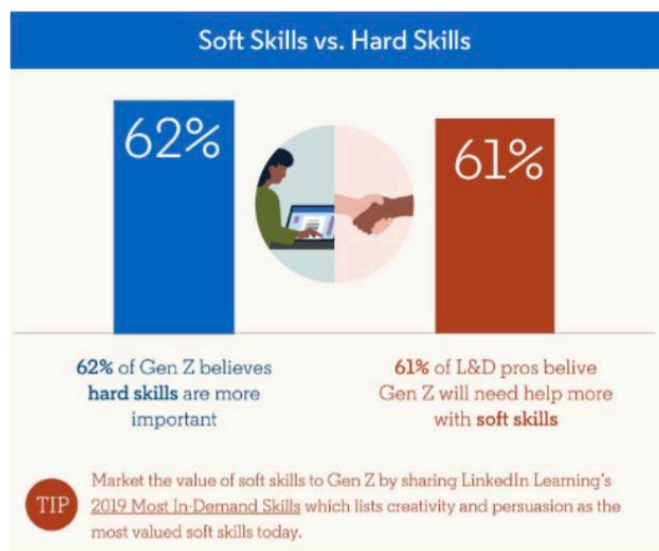
**Part 4****Slide 18**

*What skills do youth need to develop to be better prepared for the changing workforce?*

In a skills economy, youth are likely to spend their foreseeable future identifying, understanding, building on, speaking about and demonstrating their skills and abilities, while addressing barriers in doing so.

Some young Canadians are already upgrading their skills and making bold transitions. They are staying ahead of automation by building the right skill sets.

*So, what are the right skill sets?*



## Topic

### Level 2 – Big Decisions – *Skill Building for the Future - Continued*

## Building Skills for the Future

## Slide 19

The 6 competencies identified by the Department of Education as key for today's youth to be successful:

<b>Communication</b>	Able to promote themselves and ideas
<b>Citizenship</b>	Concerned with how actions affect others
<b>Personal – Career Development</b>	Adaptable and comfortable with change
<b>Creativity and Innovation</b>	Not afraid to fail; easy to access information
<b>Technological Fluency</b>	Comfortable learning and using new technology
<b>Critical Thinking</b>	Not satisfied with the status quo; willing to ask questions

Portfolios provide a tangible and visual representation of a youth's career development process that can support youth into their adult years. Portfolios can be used to document and demonstrate:

Resumés and Cover letters	Reflections	Recommendations, Endorsements, thank you notes	Records of attendance/participation
Work/project samples & information	Awards	Photos of accomplishments	Media/Published articles
Credentials, diplomas, certificates	Transcripts	Skills Statements	Online content or websites
Results from self or professional assessments	Business cards	Creative work	References

## Notes

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## Level 2 – Big Decisions – *Skill Building for the Future* - Continued

## Slide 20

Personal Profile	Qualifications and Highlights
Experience	Education and Training

- ## Resumé Review Activity

<i>What are some things you liked about the resums?</i>	<i>How would you outline your resumé?</i>
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## Level 2 – Big Decisions – Skill Building for the Future - Continued

1. **Communication** - <https://positivepsychology.com/communication-activities-adults-students/>
2. **Critical Thinking** - <https://ideas.ted.com/critical-thinking-is-a-21st-century-essential-heres-how-to-help-kids-learn-it/>
3. **Personal Career Management** – <https://www.skillsyouneed.com/ps/career-management-skills.html>
4. **Citizenship** – <https://www.skillsyouneed.com/ps/career-management-skills.html>
5. **Creativity & Innovation** – <https://www.canr.msu.edu/news/teach-youth-to-train-their-brain-to-be-more-creative>
6. **Technological Fluency** - <https://hbr.org/2019/10/to-prepare-for-automation-stay-curious-and-dont-stop-learning>

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