

Resources for Self-Exploration



Subject: Preparation for the Job Market

Training Path: PWT or TST

Competency/Learning Targets

Establishes his/her personal and occupational profile

- Become familiar with their personal and work-related resources.
- Mobilize personal and work-related resources.
- Make an informed judgement on their personal and occupational profile.
- Recognize their main strengths and interests
- Make connections between their personal characteristics and the requirements of different work-related activities to discover their interests.

Gains an understanding of the job market

- Envision themselves as workers
 - Share their discoveries and understanding of the world of work with others.
 - Gain awareness of their rights, responsibilities, and obligations with respect to their career choice.

Carries out a sociovocational integration plan

- Develop and implement a sociovocational integration plan adapted to their personal profile and the opportunities available.

Resources

- Manitoba Education, (2003). *A Self-Managed Career Portfolio Guide*.
https://www.edu.gov.mb.ca/k12/docs/support/c_portfolio/full_doc.pdf

Help your students get to know themselves better. Students can use this guide to

- document skills and strengths
- add to skills and knowledge
- improve attitudes and conduct
- market themselves effectively

- Neris Analytics, (2021). 16 Personalities, *Personality Test*.
<https://www.16personalities.com/free-personality-test>

Take the quiz and get an accurate description of who you are and why you do things the way you do.

- Government of Canada, (2021). *Find Out About Your Multiple Intelligences*.
<https://www.jobbank.gc.ca/intelligence>

We are all smart in several ways. Research shows that people have eight different types of intelligence, usually with strength in three or four.