

# **SKILLS TO SUCCEED ACADEMY**

Interactive, online employability  
training program.

## **ACTIVITY PACK**

### **You and Your Career 3**

***Why Do You Want  
To Be A ...?***

## WHY DO YOU WANT TO BE A ...?

This pack contains two activities to help you apply what you have learned in the ‘Why Do You Want To Be A...?’ module.

In Activity 1\* you will challenge your preconceptions and influences.

In Activity 2\* you will identify and overcome any obstacles to choosing the best job/career for you. You will need to use the information from the activities marked with an asterisk (\*) in this Activity Pack, for activities in You and Your Career - Module 6, ‘Get Some Experience’.



### Remember the key learning points from this module:

1. It is important to challenge your preconceptions about careers.
2. You will need to do research and dig deeper to challenge your preconceptions and what influences you.
3. You need to do your own research into various careers because what you want to do (and why) may be very different than other people!
4. There are often ways of overcoming obstacles that get in the way of you finding the career that is right for you.

### It is also important to note that:

- There’s a term in this module that is not applicable to the Philippine context. Please see below:

Scenario / Terminology	Applicability to local context
In slide 17, under the Financial Challenges obstacle, a “ <b>Federal Student Aid</b> ” was mentioned as a financial aid from the government.	The Commission on Higher Education (CHED) has a similar program, which is called Unified Student Financial Assistance System for Tertiary Education (UniFAST).  It includes scholarship, grants-in-aid, and student loans. Link to the CHED website is provided below.



## **ACTIVITY 1: LISTING REASONS AND CHALLENGING YOUR PRECONCEPTIONS AND INFLUENCES\***

The first step to choosing the right career is to understand the various options that are out there and think about what you would like to do and what you would be good at.

Often, without knowing it, you have picked up ideas about what it is like to work in a certain career already. This could be from your friends, family, TV or people you meet. However, the information that you have picked up could be incomplete, hard to understand, and sometimes completely wrong!

It is therefore important to start your career planning by challenging any assumptions you may have about certain careers.

The following activity will help you begin to challenge some of the preconceptions and influences that may be giving you a one-sided or incomplete view of what it's like to work in certain careers.

The activity will help you look at the reasons for and against a particular job, as well as to think about how you can challenge those reasons and come up with actions to help do this.

Before you start, look at Lila's example that she wrote herself. Remember, she wants to be a drummer but her mom wants her to be a lawyer.

**LILA'S PRECONCEPTIONS AND INFLUENCES**

<b>JOB/CAREER</b>	<b>REASONS</b>	<b>CHALLENGES</b>
<b>Drummer</b>	<b>FOR:</b> I like being a drummer.	<p>I like being a drummer as a hobby. Would I really like to do it as a job?</p> <p><b>Action:</b> I will research what it's like to be a drummer as a job (online, offline and by talking to people). I will research other careers to see if I might like something more than being a drummer.</p>
	<b>FOR:</b> Drummers make quite a bit of money.	<p>Do all drummers make a lot of money?</p> <p><b>Action:</b> I need to find out how much money drummers actually make. Do they all earn the same?</p>
	<b>FOR:</b> Drummers get to hang out with celebrities.	<p>Do all drummers really get to hang out with celebrities?</p> <p>Do I want to hang out with celebrities?</p> <p><b>Action:</b> I will research where drummer's go and who they spend time with.</p>
	<b>FOR:</b> Drummers only have to work for a few hours every day.	<p>Do drummers really only have to work a few hours every day? Maybe the really good ones work harder?</p> <p><b>Action:</b> I will research to see how hard drummers have to work especially at the beginning of their career.</p>

	<p><b>AGAINST:</b> Maybe I would only enjoy being a drummer because of the parties.</p>	<p>I do love going to parties but would it be the same working as a drummer at a party as it would be being a guest at a party?</p> <p><b>Action:</b> I will research drummers who work at parties to find out what's involved, how much preparation is needed, what it's like on the night and whether they get to enjoy the party or it's just a 'workplace' for them.</p>
	<p><b>AGAINST:</b> My parents wouldn't approve of me being a drummer.</p>	<p>Would my parents not be happy with me being a drummer?</p> <p><b>Action:</b> I need to check this assumption with them and ask them if it is true. If it is true, I need to understand why they don't want me to be a drummer. It is important I do what is right for me, but maybe my parents have some good reasons. I will try to understand their point of view and challenge both our preconceptions.</p>
<b>JOB / CAREER REASONS</b>		<b>CHALLENGES</b>
<p><b>Lawyer</b></p>	<p><b>FOR:</b> Lawyers read a lot – and I like reading.</p>	<p>Is a passion for reading enough to be a lawyer?</p> <p><b>Action:</b> I will research and speak to people to find out exactly what it's like to be a lawyer. Do lawyers spend most of their time reading? What do lawyers read?</p>

	<p><b>FOR:</b> Lawyers make a lot of money.</p>	<p>Do all lawyers make a lot of money?          How important is money to me?</p> <p><b>Action:</b> I will research how much money lawyers make especially at the beginning of their career. I will also list other things that may be important to me other than money.</p>
	<p><b>AGAINST:</b> Lawyers are boring.</p>	<p>Maybe it's just Uncle John that's boring. Maybe other lawyers are more interesting?</p> <p><b>Action:</b> I will look to research lawyers other than my Uncle John. Maybe I'll find different lawyers are more interesting.</p>
	<p><b>AGAINST:</b> All lawyers need to be a super brainiac.</p>	<p>I know you need to be clever – but how clever?</p> <p><b>Action:</b> I will research how to become a lawyer and how well I need to do in school.</p>
	<p><b>AGAINST:</b> Lawyers will have to defend criminals – I don't like that.</p>	<p>Do lawyers only defend criminals in court? What else do they do?</p> <p><b>Action:</b> Research whether there are other types of jobs in law where you don't need to defend criminals.</p>

**TRY IT FOR YOURSELF...**

Now that you've had a chance to review Lila's example, try filling out the template for yourself.

Using the template on the next page:

- Pick two jobs/careers that you are interested (or not interested) in. Write them in the job/career column.
- List your reasons for or against liking that job/career in the reasons column.
- Think about how you could go about challenging your reasons. You should write this as a question to yourself in the challenges column.
- Write actions for yourself to help you to challenge these reasons in the challenges column.

**LINKS:**

The links below are examples of websites that can help you learn more about different careers/jobs to be able to challenge perceptions.

- [JobStreet](#)
- [jobsDB](#)
- [Philjobnet](#)

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JOB / CAREER	REASONS	CHALLENGES
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## ACTIVITY 2: IDENTIFYING AND OVERCOMING OBSTACLES\*

It's important to think about why you believe you can't pursue certain careers. Are there obstacles in your way that could be overcome if you researched and understood them a bit more?

Below are some typical reasons people have for discounting particular jobs or careers.

- The job market is too competitive.
- I don't have the right skillset.
- I don't have enough confidence.
- I don't have enough work experience.
- I can't afford the education or training costs.
- I don't have the money.
- No one I know is doing it.
- I don't know if I will like it.
- My family wouldn't approve.
- I've heard that career/job is boring.
- It is too risky.
- I'm too young.
- I'm too old.
- I didn't know you could work as a ...

### OVERCOMING OBSTACLES

In the module, you saw that there can be many ways to overcome obstacles that might be stopping you from pursuing a certain job or career.

The activity on the next page will help you identify what your obstacles are and plan how to challenge them.

#### **ACTIONS:**

Using the template on the next page:

- List some potential obstacles that are stopping you from finding a career that may be good for you.
- List ways in which you can overcome these obstacles.

You can use the list of common obstacles above as a starter, but you may have others unique to you. One example has been entered for you.

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Remember, sometimes the answer will not be completely obvious and will only be uncovered if you do more research.

Review **Activity Pack 2: Career Pursuit** for more details on how to research effectively using DLO (define, locate, organize).

OBSTACLE	DETAIL	ACTIONS TO OVERCOME
Lack of money. Cost of education too high.	I want to work in IT but do not have the funds to get qualified. I also need to help support my family while I am training...	<ul style="list-style-type: none"> <li>○ Research cost for IT courses</li> <li>○ Research whether there are courses that I could do in the evenings or weekend, so I could work in the day and still earn money.</li> </ul>

**LINKS:**

The links below are examples of websites that can help you learn more about training and financial assistance for apprenticeships, degrees and other training:

- [CHED's Unified Student Financial Assistance System for Tertiary Education \(UniFAST\)](#)

**REMEMBER**

These Activity Packs are yours to keep. Make sure you review them regularly and keep them updated.

You can also discuss them with advisors, friends, family and anyone else you trust to give you valuable feedback.

For any questions or concerns on the context, please email us at [contact.ph@s2sacademy.ph](mailto:contact.ph@s2sacademy.ph)



