



Lesson Plan

Career planning	
Level, age of the students:	15-17
Subject:	Psychology/ Guidance
Subjects involved:	Psychology, Career Planning Lesson
Aims:	To make him realize the components while planning his career To realize the importance of choosing a profession suitable for personality traits.
Suggested # of students per group:	20-25
Time of the main activity:	15 minutes + 15 minutes (2 different lessons)
Material:	Smart Board or Blackboard Formulation Templates. (Annex2) Sample Talent Lists, (To help to facilitate thinking) (Annex 1)
Competences:	Ability to create the formulation for own career planning
Preparatory actions if any:	A formulation template was prepared in order to make effective planning and multiplied by the number of students. Talent sample lists were prepared.
Expected results:	Considering different premises in planning his career and gaining the practice of thinking multiple



CAREER COUNSELLING



PRACTICAL APPROACH

	Motivated to know oneself and explore occupations in the context of different elements	
Expected difficulties:	<p>The fact that the student is at a very low level or is very indecisive at the stage of career decision making may make it difficult to focus on the components.</p> <p>If there is difficulty in understanding that the skill-talent list is just a sample list, it is likely to be limiting.</p>	
Follow up if any:	<p>Guiding in the process of creating the formulation</p> <p>Controlling the creation of the activity by discussing it with other friends</p>	
TIME	PROCEDURE (T: TEACHER; SS: STUDENTS; O: OTHER)	METHOD
5'	Facilitating lists of abilities are opened in a way that they can see from the smart board. or, the attached lists are circulated in the classroom so that they can look at them one by one, and then they are hung on the classroom board. a template is drawn on the board to show an example formulation.	Lecture, Question and Answer, Group Discussion, Individual Studies, Group Work, Brainstorming,
10'	Students are given the right to speak about what "career planning" means and "what the elements of career planning should be". The necessary elements are placed in the template.	Brainstorming, Group Discussion, Writing
15'	Formulation templates are distributed to students (appendix2) Students are instructed to focus on one of the professions they would like to choose and write it on the top line.	Brainstorming, Group Discussion, Writing



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PRACTICAL APPROACH

Then they are asked to think about each of the components. They are asked to discuss with their friends as a duo group about what the missing component in each line might cause, and write it on the template. After completing the formulation work, students are asked to share with the large group.

NOTES TO THE TEACHER:

When the teacher gives the formulation paper to the students, he or she can use the ideas below, but the students are asked to brainstorm first.

- “Confusion” in the absence of Vision-Mission,
- “Anxiety” in the absence of skills,
- “resistance or loneliness” in the absence of a motivational environment,
- “Frustration” in the absence of resources,
- A “feeling of false starts” in the absence of planned progress
- “Bored with the profession” in the absence of interest
- “Psychological depression or desire to give up” in the absence of value congruence
- There may have a “desire to give up” when he realizes that he does not know the profession.

