



Facilitator's Guide

Module 1: Who I Am

Delivered by



Module 1 – Who am I

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Follow this guide to facilitate delivery of this module with young people.

The 'Student Resource' can be printed and completed by hand or may be downloaded and completed on the Word document. If completing on the Word document, students can highlight their selection where it asks for an answer to be circled or ticked.

Introduction (10 minutes)

This module is designed to help students understand more about themselves before going out into the world of work. Begin by discussing with learners that understanding yourself can help you work out what careers you may enjoy working in. Learning about yourself also gives you things to talk about when you're in the workplace.

Activity 1 (10-50 minutes - 25 minutes optimal)

It is suggested that students can begin by working individually on this activity but then work with other students, particularly students that they know well or are friends with. Students use the spaces provided to list the things they like, don't like, are good at and that make them feel happy. They then use their answers to come up with a list of jobs they would like to do based on the things they are good at and enjoy. It is suggested that students work in small groups and that discussion is encouraged to help students share job suggestions and create a broad list of jobs for themselves. They may also choose to conduct some online research to help broaden their knowledge of different jobs.

Activity 2 (10-30 minutes – time dependent on occurrence alongside or in place of activity 1)

This is a visual and simplified version of Activity 1. Students may complete this activity instead of Activity 1 or they may complete this after completing Activity 1 to produce a more visual version of their answers. If completing this as a printed document, it may be best to print A3 to give more space to complete the activity.

Activity 3 (5-15 minutes)

Students work individually on this activity to reflect on what they have learnt. The same questions are asked at the end of each module and are designed to help learners identify which key areas of learning this module has helped them with