

## \*Competency 1

*The student...* **Carries out a process of career exploration**

### Plans his/her exploration process

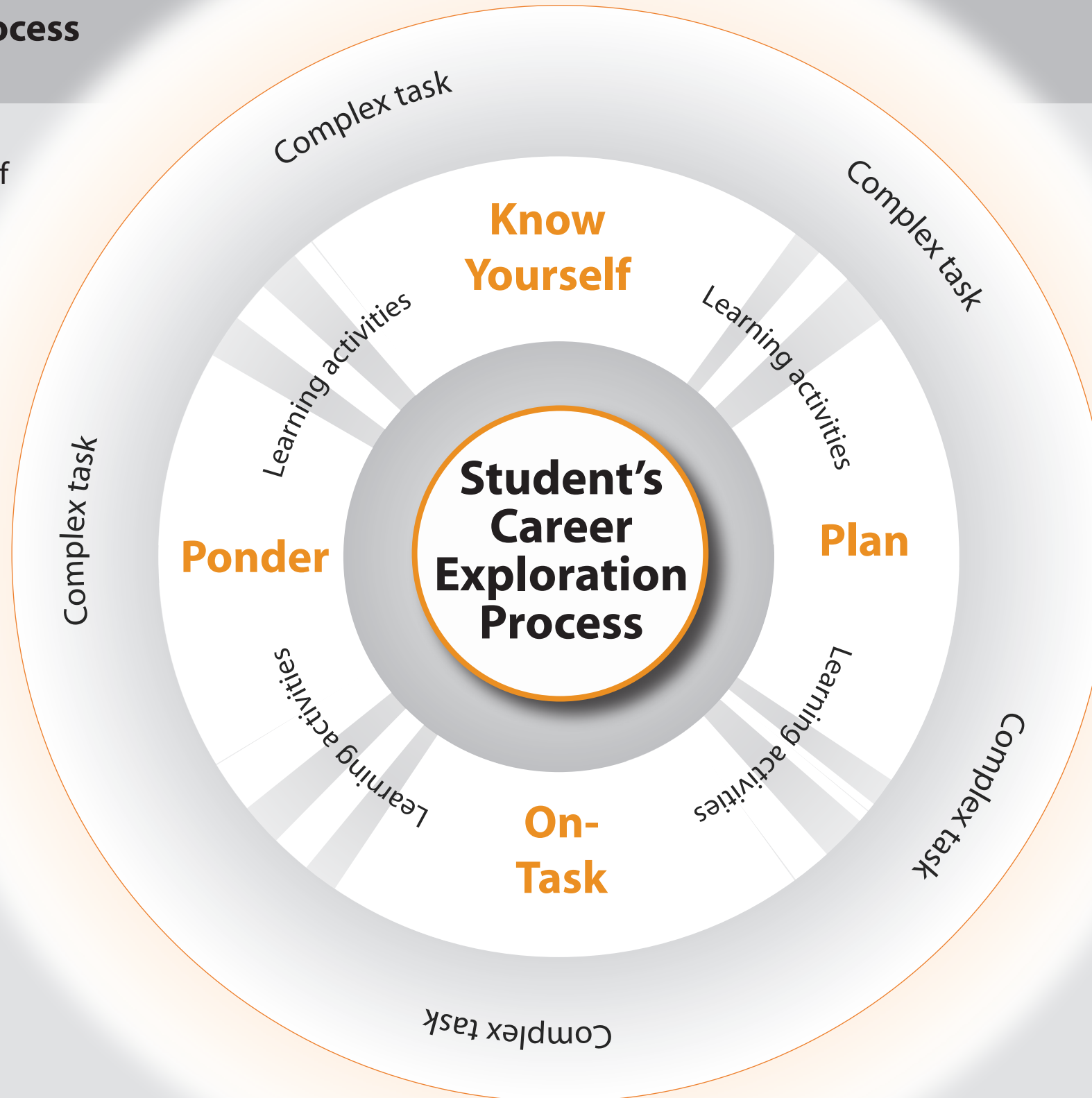
- Determines some of his/her fields of interest
- Defines the purpose of the exploration
- Selects the means of exploration
- Sets out the steps of the process

### Varies the means of exploration

- Tries out work functions
- Visits workplaces and educational institutions
- Uses documentary resources in academic and career information
- Meets with key people

### Looks critically at his/her exploration process

- Compares his/her process with those of classmates
- Assesses the usefulness of his/her process
- Envisions other explorations
- Judges the quality of his/her process
- Evaluates the relevance of the resources used



## \*Competency 2

*The student...* **Contemplates his/her learning and work possibilities**

### Consolidates his/her personal profile

- Makes connections between his/her personal qualities and discoveries
- Considers the personal commitments required to reach his/her goals
- Recognizes the impact of self-esteem on his/her aspirations
- *Sets objectives for his/her personal development*
- *Determine his/her ways of making decisions*

### Shares his/her reflections

- Compares his/her perceptions with those of classmates
- Broadens his/her reflections by drawing on those of others
- Talks with parents or other trusted people

### Considers possible career paths

- Envisions the stages of his/her possible career path
- Recognizes opportunities and their related constraints
- Considers his/her possible career path in a time frame
- *Critically compares possible career paths*