

Handout 2



Exercise - what do you want to get out of work experience?

Record where you place each objective on a scale of 'Essential' to 'Irrelevant'.

How important are these objectives to me?	Essential	Important	Useful	Irrelevant
Career knowledge: what career knowledge do I want to gather?				
Develop commercial awareness				
Develop sector knowledge				
Develop employer knowledge				
Develop job knowledge				
Develop cultural awareness				
Do the long-term opportunities appeal?				
Develop knowledge of how to access jobs				
Rewards: what rewards do I want for my efforts?				
Make some money				
Have some fun				
Help others				
Be challenged				
Extend my network				
Gain a future job offer				
Be stimulated				
Access to training				
Self knowledge: how do I want to better understand myself?				
Clarify skills I want to use in the future				
Understand what motivates me				
Realise which subject areas interest me				
Clarify my strengths and weaknesses				
Which environment would I enjoy?				
Skills development: what skills do I want to develop?				
Numeracy skills				
Planning and decision making skills				
Problem solving and analytical skills				
Creativity				
Verbal comprehension				
Oral communication				
Written communication				
Team work				
Influencing and leadership				
Questioning				
Listening				
Social confidence				