



Claylab Mentorship Program

Building Career Readiness

Week-8: Exploring Careers

<p>The goal of this session is</p>	<p>To help the mentee broaden awareness of different career options. Guide them to identify at least 10 possible careers they are curious about and begin basic research on them.</p>
<p>Time required</p>	<p>60 mins (approximately)</p>
<p>Opening and discussion about the skill in general</p>	
<p>Opening (10-15mins)</p> <p>Career Awareness</p>	<p>Ask your mentee:</p> <ul style="list-style-type: none"> Let's play a number game. Want to guess how many hours you'll spend working in your life? Let's calculate it together! Use a calculator (or paper & pen) and guide them step by step. <p>Okay tell me:</p> <ol style="list-style-type: none"> How many hours do people work in a day? (Usually 8 hours) In a week? → $8 \times 5 = 40$ hours In a year? → $40 \times 52 = 2,080$ hours Minus vacation time (2 weeks) → $2,080 - 80 = 2,000$ hours Minus holidays (~30 days = 240 hrs) → $2,000 - 240 = 1,760$ hours/year Let's say you work from age 23 to 65 → 42 years of work Total work hours = $1,760 \times 42 = ?$ <p>Let mentee calculate the final number (answer: ~73,920 hours)</p> <p>Whoa! That's nearly 74,000 hours of your life spent working!</p> <p>Wouldn't you want that time to be spent doing something meaningful and enjoyable? That's why choosing a career you like is so important!</p> <p>Starting now, we'll explore many options - not just "doctor or engineer" - but many exciting careers you may not have heard of.</p> <p>Over the next 3 weeks, you will:</p> <ul style="list-style-type: none"> Discover 10 different careers Dive deeper into 3 that interest you Match them with your strengths and goals Start building a plan to get there
<p>Activity-1 (10-15 mins)</p>	<p>Now, as you move closer to completing Grade 10 , a big question comes up: What do you want to do after school or college?</p>





<p>Career Awareness</p>	<p>Start the discussion: Ask:</p> <ol style="list-style-type: none"> 1. Do you know what streams are offered after Grade 10? (like Science, Commerce, Arts)? 2. Have you explored what careers belong to each? 3. Which one do you feel suits your interests/strengths? 4. Have you heard of careers that are not very common but sound exciting? <p>Based on the mentee's familiarity, briefly explain the three main academic streams and the kinds of careers each can lead to: you can take help from this document.</p> <ul style="list-style-type: none"> • Share basic information about the streams available after Grade 10 and their associated career paths. • Share real-life examples wherever required • Discuss any doubts or misconceptions your mentee might have. <p>Explain that it's important to know that your stream choice doesn't fix your future forever. Many people shift careers later through skills and experience.</p> <p>For example:</p> <ul style="list-style-type: none"> → A science student pursuing law or writing. → A commerce student moving into design or entrepreneurship. → Science doesn't only mean doctor/engineer. → Commerce students can go into tech if they learn coding. → Arts students can pursue high-paying careers like design or civil services. <p>Remember: Your stream choice is a starting point, but career paths are flexible and can evolve over time!</p>
<p>Activity-2 (5 mins)</p> <p>Career Readiness</p>	<p>Before we begin exploring and listing career options, let's take 5 minutes to reflect from your SWOT analysis and goal setting sessions and what you remember about yourself to your future.</p> <p>Ask mentee (you can ask verbally or they can jot them down):</p> <ul style="list-style-type: none"> • Which subject or activity do you enjoy the most? <i>(Relate it to their Strengths & Interests from SWOT)</i> • What is one challenge or fear you have about your career? <i>(Relate it to Weaknesses/Threats - how can you overcome it?)</i> • What career would you love to explore if there were no limits? <p>Now, let's use these insights to explore 10 career options. Start with the ones that connect to your strengths and interests—or those that simply excite you!</p>





<p>Revision (5 mins)</p> <p>Practice revising</p>	<p>Let's quickly go over what we discussed so far:</p> <ul style="list-style-type: none"> • The hours you'll spend working in life • Different academic streams and examples of careers • Your strengths, interests, and fears from SWOT • Now you're ready to explore your first set of 5 career options. <p>This isn't about choosing your career today. It's about getting curious and building awareness.</p>														
<p>Preparing for the activity of exploring and listing career options</p>															
<p>Discussion and planning (30 mins)</p> <p>Making an Action Plan</p>	<p>Start with an open conversation to help the mentee reflect. Ask the Mentee:</p> <ul style="list-style-type: none"> • What kind of careers are you curious about or excited by? • Do you know anyone who does that job? • How can knowing more about a career help you prepare better in school? <p>Today, you will begin by researching 5 career options that you are curious about using the table below. Over the next two weeks, you'll explore a total of 10 careers. This will help you understand what different jobs involve and whether they might be a good fit for you.</p> <p>You can find information by:</p> <ul style="list-style-type: none"> • Asking and discussing with me (your mentor) • Looking online (e.g., career websites, YouTube) • Talking to people you know (family, teachers, neighbors) <table border="1" data-bbox="416 1243 1382 1720"> <tr> <td>Career</td> <td></td> </tr> <tr> <td>Name</td> <td></td> </tr> <tr> <td>What Does This Person Do? (Job Description)</td> <td></td> </tr> <tr> <td>Required Qualifications (Subjects, Degree)</td> <td></td> </tr> <tr> <td>Skills Needed</td> <td></td> </tr> <tr> <td>Expected Salary</td> <td></td> </tr> <tr> <td>Challenges (Tough parts of the job)</td> <td></td> </tr> </table> <p>Roleplay Practice (Model First): Use this sample to model how mentees should think through each row.</p>	Career		Name		What Does This Person Do? (Job Description)		Required Qualifications (Subjects, Degree)		Skills Needed		Expected Salary		Challenges (Tough parts of the job)	
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	<p>Great start today! Now let's keep the momentum going. Let's try doing the same for 4 more careers using the same template we practiced.</p> <p>Instructions for Mentee:</p> <ul style="list-style-type: none"> • Make a copy of the career exploration template, and fill it for 5 career options this week. (provide help if required) • Next week, you'll complete the remaining 5 – making it 10 in total. • Once done, upload your completed table using the Google Form link shared below. <p><i>Tip: Explore both familiar and new career paths. Don't just go with what's popular – focus on what genuinely excites you.</i></p> <p>Closing Note: Remember, the goal isn't to finalize your future now, but to build awareness of what's possible – and what suits you best. Keep asking questions, stay curious, and use this week also to learn from others.</p> <p>Next week, we'll explore 5 more careers and then dive deeper into 3 that truly interest you.</p>
<p>Remember This!</p>	<p><i>"The more you explore, the more clarity you'll gain!"</i></p>
<p>Assignment</p>	<p>Please ask the mentee to submit their assignment using the link below. https://forms.gle/rJm7LRTxPLAxHzQx7</p>
<p>Feedback form</p>	<p>Let's fill out the feedback form before we end our call :) Only mentors should fill this form: https://sites.google.com/claylab.education/mentor/tracking</p>

Wish you a lovely mentoring experience :)

