

# Having all of the answers

## The challenges of being a Life Orientation Educator

While teaching Life Orientation (LO) is typically a very rewarding and fulfilling experience, it can also be a challenging one. There is pressure from parents, principals and learners to know everything there is to know about careers and to literally have all of the answers - from university requirements and point systems to career assessments (the list goes on)! The result? A frazzled LO teacher!

### Ideas & Solutions

The good news is that there are practical solutions that LO educators have found easy to use:

#### • Be a Coach

There has been a move away from career guidance (where you are expected to know all of the answers, and based on your knowledge and experience, you identify the right way forward for a learner). Modern career practitioners are using a 'coaching' or facilitative approach. This means helping learners find their own answers, by asking the right questions. Instead of telling a learner what to do, you are encouraging them to think deeply about their career and search for their own answers.

**Get started:** While there are many coaching courses available, these can be costly and take up your already limited time. Try putting together a list of probing career-related questions (e.g. what brings out the best in you? What do you absolutely love to do in your spare time? - loads of these questions are available on the Internet). Have your list handy when you are meeting one-on-one with a learner, or use it as an exercise in class.

#### • LO Teacher's Toolbox

During your experience as an LO educator, you will have accumulated information, resources and strategies that have worked well. Put these together in a structured manner that allows you to refer to them easily - in other words, your own 'Careers Toolkit'!

**Get started:** You can get creative and personalise this! What do you prefer working from - a file, disk, information stuck on a wall?

#### • Ensure Accountability

Many LO educators struggle with the feeling that they are somehow responsible for any career decisions (e.g. subject selection), that a learner makes and later regrets. It's really important to instil the concept of accountability from the word go. Your role is to provide career development support wherever possible and appropriate, but each learner is fully accountable for his or her own career development and decisions.

**Get started:** If your school runs a Subject Selection information evening where parents are invited, this is the perfect opportunity to let parents know this (politely but firmly).

TO SUMMARISE

Trying to have every single career answer for every single learner will not just cause sleepless nights, but is an impossible task. It's your job to have an understanding of university point systems and their purpose rather than having to know every course's points calculation system for every university! It's your responsibility to give your scholars up-to-date career tools and information rather than to provide them with all the answers. To be a calm, confident and organised LO professional (rather than a stressed out, frazzled one), set some clear expectation parameters for learners, parents and most importantly, for yourself! ■



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Joanne is the founder of Achieve Careers, an organisation which specialises in providing the necessary support and resources required to ensure that educators are able to provide their learners with practical, up-to-date career development information. To receive regular career information updates, visit Achieve Careers on Facebook or follow Achieve\_Careers on Twitter.

Educators, do you have classroom trouble? Joanne is the gal with a plan. Send your questions to [joanne@achievecareers.co.za](mailto:joanne@achievecareers.co.za) or visit [www.achievecareers.co.za](http://www.achievecareers.co.za)

# Lesson Plan

**SACF have worked around the clock to help simplify the workload for LO Educators. You are allowed to use these lesson plans in the classroom, make photocopies for projects, tasks, whatever! No jokes. Just as long as you remember it is the property of your favourite career mag!**

**Grade 10  
Life Orientation  
Subjects and career choices**

**OVERVIEW**

KNOWLEDGE	SKILLS	VALUES AND ATTITUDES
Personal assessment Intrinsic values Careers and career opportunities	Research Designing Reasoning	Awareness Understanding Acceptance Honesty

**Learner’s activities and information**

When deciding upon a career you must have a clear picture of what you want and what’s required of you to get there. You may be wondering how to plan for a career. Which career is most suitable etc.? Let’s look at the things that influence your subject and career choices.

- **ACTIVITY - INDIVIDUAL**
- **FORMAL ASSESSMENT**

Concepts like job, vocation, occupation, profession and career are used interchangeably. Let’s define these terms. According to Papalia et al. (2002, 269) the term job is defined as “any activity performed for pay”. The term also refers to employment by someone or an organization other than you. An occupation refers to a situation in which someone has a steady, rather permanent field of work or livelihood. Vocation relates to a chosen field and the term profession is an occupation or vocation that generally requires university or postgraduate training. The word career refers to “a developmental path of achievement which, if followed may represent a life’s work”.

- **SELF-ASSESSMENT**



**Educator: Remember there are many influences in the learner’s choices. Below are some guidelines to help you encourage the learner to choose subjects wisely.**

**PSYCHOMETRIC TESTING**

- It helps you to gain an in-depth understanding of who you really are.
- Intelligence tests are assessments of abilities (verbal comprehension, reasoning, perceptual organisation).
- Aptitude tests provide a measure of your capability for a certain task/skill. For example Mathematics or languages.
- Achievement testing – a good example are tests written during examinations.
- Creativity testing tests the ability to find unusual solutions to problems.
- Personality testing provides insight into personal traits. Traits/characteristics are those qualities which make you a unique person. This type of testing is important when you desire to follow a career in counselling.
- Interest inventories are used to prove a measurement of an individual’s performance for certain tasks or activities (eduFuture 2006, 55).

**Career guidance counselling** – Career counselling is usually offered by a professional person who has specialised in the field of career counselling. Such a person is qualified to administer the above tests when doing career counselling.

**Gaining experience in the work field**

1. **Learn soft skills:** These are self-teachable, for example be punctual for meetings, work, etc. Etiquette: remember there is telephone, social and work etiquette.
2. **Develop transferable skills :** Things like team work, time management and communication skills. Vacation work provides a wonderful opportunity to apply your soft and transferable skills.
3. **Try to gain work experience in the field that interests you:** If you hope to enter the IT industry, ask a computer shop if they’ll employ you over weekends and/or during vacation times. You’ll gain valuable insight to the running of such a business and learn to deal with the public. The employer might offer you a more permanent position in due time.
4. **Internship:** This is a good way of determining whether you’d really like to pursue this profession. For example if your desire is to become a veterinarian, apply at your local SPCA or vet so that you can learn the ropes from a qualified person.

**Universities – Entrance requirements and subjects**

Before making a definite decision on your career path, do research on the required subjects to gain entrance into that field as well as the required marks to obtain acceptance into that field. Did you know that you need Mathematics to study BA Marketing Communication?



# Activity page

## ACTIVITY – INDIVIDUAL

TALENTS	Think on my feet	ATTITUDES	Positive	MOTIVATIONS	Intrinsic
	_____		_____		_____
	_____		_____		_____
	_____		_____		_____
	_____		_____		_____
VALUES	Integrity	SKILLS	Decision-making	INTERESTS	Game
	_____		_____		_____
	_____		_____		_____
	_____		_____		_____
	_____		_____		_____

The above activity has to do with your self-knowledge. This knowledge helps you gain insight into who you really are. It also helps you to choose what is right for you. Whichever career path you choose, the right subject choices at school and the right academic qualifications can help you achieve your goals. Remember: It's not only qualifications that employers are asking for, but personal skills as well. Your personality also plays an important role in the type of career with which you will be comfortable.

## FORMAL ASSESSMENT

Form groups of 2 – 3. Create a collage of one of the types of people below. Depict their hobbies and show a stereotypical view of such a person.

Layout & Design	/20
Content	/20
Creativity	/20
Ability to captivate onlooker	/20
<b>TOTAL</b>	<b>/80</b>

**RESOURCES:**  
blank paper (A4 or A3),  
glue, magazines,  
newspapers, pens,  
pencils, crayons,  
Koki's, scissors,  
art supplies.

<b>REALIST:</b> Enjoys hobbies such as playing sports, building models, repairing cars, equipment, etc.	<b>INVESTIGATIVE:</b> Person likes to think abstractly, solve Math problems, do complex calculations, interpret formulas, etc.	<b>ARTISTIC:</b> Like to sketch, draw, paint, and play a musical instruments, fashion or interior design, sing, act, dance
<b>TYPES OF CAREERS:</b> Farmer, mechanic, electrical engineer, painter, panel beater, fire fighter, aerospace physiologist	<b>TYPES OF CAREERS:</b> Actuary, agronomist, biochemist, chiropractor, civil engineer, computer programmer, ecologist, geologist, horticulturalist, veterinarian, psychologist	<b>TYPES OF CAREERS:</b> Actor, writer, advertising, art, director, editor, architect, music teacher, dancer, landscape architect, English teacher, graphic designer
<b>SOCIAL:</b> Enjoys working in groups, helping people with problems, doing volunteer work, serving others	<b>ENTERPRISING:</b> Enjoys hobbies such as discussing politics, reading business journals, selling products, operating home businesses	<b>CONVENTIONAL:</b> Well organised, accurate, numerically inclined, methodical, conscientious, efficient, conforming and orderly
<b>TYPES OF CAREERS:</b> Nurse, midwife, personnel recruiter, paralegal, priest, counsellor, historian	<b>TYPES OF CAREERS:</b> Marketing, attorney, stock, advertising, journalism	<b>TYPES OF CAREERS:</b> Internal auditor, bank teller, file clerk, typist, abstractor, accountant

## SELF-ASSESSMENT

Now that you've decided which field or industry interests you, complete the following self-assessment questionnaire.

- Field or industry
- Reasons for your choice
- Role parents have played in your choice? Explain.
- How do you propose to attain the necessary qualifications/skills to enter such a field or industry?
- Which values (political, spiritual, moral, economic) play and deserve a role in your choice?
- Have you explored your career choice? Explain.
- Have you asked yourself: "What do I really want to do?" Explain.

