



Life-skill development

Student workbook



SUPREM – SUCCESSFUL PREPARATION MODEL FOR SCHOOLS

INTELLECTUAL OUTPUT 1 EDUCATIONAL PROJECT PORTFOLIO

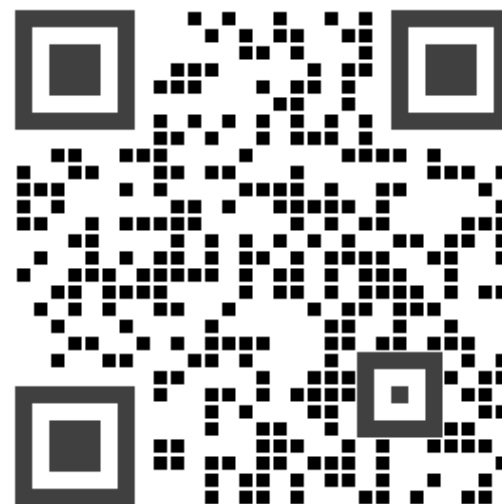
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THE AUTHOR OF THE MODUL 1 (PLANNING OF THE FUTURE)
M-AROUND TANÁCSADÓ ÉS SZOLGÁLTATÓ KFT.
MAROSLELEI ÁLTALÁNOS ISKOLA
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EDUCATIONAL PROJECT PORTFOLIO 1

PLANNING OF THE FUTURE



EXERCISE 1



Choose three of the following values that you think are important to you that you want to follow later in the future, that you will be important to achieve and maintain as you grow up.

HEALTH	RICHES	PATRIOTISM
DELICIOUS FOOD	FREE TIME	POSSIBILITY OF INDEPENDENT DECISIONS
LOVE	CALM	LOYALTY
EXPERIENCES	ADVENTURES	CONTINUOUS LEARNING
RELATIONS	HAPPINESS	RECOGNITION
BIG FAMILY	EASY PROGRESS	A LOT OF MONEY
HONOUR	ROMANCE	FUN
FAME	CONSISTENCY, STABILITY	HEALTHY ENVIRONMENT

EXERCISE 2

In the world of work, we can group the individual occupations and professions into so-called sectors. In this task, you have to choose one of the listed professional sectors that interests you the most, whose professions and imagined occupations are closest to you.



In the next section you will find the names of the sectors of the elective profession. Choose one of them and satirize your cell with color or pencil. You can choose only one! The names of each sector are also listed in English, try to remember as many as possible!

agriculture	catering	state administration	sport
green sector	entertainment	beauty industry	culture
art	automotive industry	health service	food industry/ food technology
tourism	transport	education	heavy industry
law	IT	light industry	communication and technology
retail and wholesale	science	law enforcement and security	

agriculture:	contains agronomy and stock-farming, but only means the procedure of base material's production. Local or regional examples.
catering:	commercial/trade of providing food and drinks for meetings or social events (mainly for consuming in a catering place) and sometimes giving entertaining activities. Local or regional examples.
state administration:	the form or process of government which centrally directs, controls, verifies and registers the working of society. It contains governments, parliaments, local governments and their administrative tasks and bureaucrats. Local or regional examples.
sport:	professional sportsmen and women are in this group, their trainers, coaches, and other specialists, like physiotherapists, personal trainers, sport managers. Local or regional examples.
green sector:	this social or human activity concerns the natural environment, how to improve and protect it. It contains the sustainable growth of production-consumption and the protection of nature (national parks, care of natural values). Local or regional examples.
entertainment:	also known as the contracting authority cannot be held responsible for any use which may be made of the information contained there in the contracting authority cannot be held responsible for any use which may be made of the information contained there in "show-business", the business of providing public entertainment, for example in the theatre, in films or in television. It's a purpose to fill in people's free time and distract their attendance. We can mention huge media-companies, entertaining centres, gambling, and telecommunication as well. International examples: Walt Disney, Time Warner, Pixar, 20th Century Fox, CNN.
beauty industry:	it contains hairdressers, barbers, beauticians, manicure and pedicure, stylists, models. International examples: Chanel, Johnson & Johnson, L'Oreal, Christian Dior.
culture:	the customs and beliefs, art, way of life and social organization of a particular country or group, and maintenance of the materials and intellectual values, like libraries, archives, community centres, performers. Local or regional examples.
art:	different forms of art, fields of civilization, like music, fine arts, film, theatre, literature – poetry. Local or regional examples.

automotive industry:	the complex system of car manufacturing, from the subcontractors to the assemblers: fixture manufacturers, rubber factories, electric appliances, mechanics, engineers, etc. International examples: General Motors, Mercedes, Toyota, Michelin.
health service:	a public service providing medical care for humans and animals. Its aim is to prevent, cure and treat illnesses. Doctors, vets, pharmacists are in this group.
food industry/ food technology:	to produce food products for human consumption. The base material is manufactured by agriculture. International examples: Nestlé, Coca-Cola, Danone, Unilever.
tourism:	services for travelling and free-time activities, like hotel trade and guidance. Local or regional examples.
transport:	a system for carrying people or goods from one place to another using vehicles, roads, rail or aviation. Local or regional examples.
education:	elementary- and intermediate/ secondary education, higher education, adult education, vocational/ professional training. Local or regional examples.
heavy industry:	producing durable consumer goods with high energy demand, often uses large machines to produce metal, vehicles, etc. Chemical industry, mechanical engineering, energy production, construction industry are in this sector. Local or regional examples.
law:	lawyers, judges, prosecutors, counsellors. Local or regional examples.
IT:	working, developing, product manufacturing with computers. Web-developers, programmers, software and hardware engineers, designers, system administrators are in this sector. International examples: Apple, Microsoft.
light industry:	manufacturing consumer's goods, small or "light" objects such as things used in the house. For example the textile industry, shoemakers, paper-industry and craftsmen. International examples: Nike, Adidas, Levi's
communication and technology:	connected with IT, focused on computers and audiovisual systems. Robotics, online media, social media and digital technology are in this sector. International example: Facebook

retail and wholesale:	selling goods to the public, usually through shops. They can sell goods again to make a profit. International examples: LIDL, Tesco, Spar.
science:	knowledge about the structure and behaviour of the natural and physical world, based on facts that you can prove, for example by experiments. Local or regional examples.
law enforcement and security:	defence forces, police, disaster management, neighbourhood watch, civic service, security and guarding. Local or regional examples.

NAME OF PROFESSION / SECTOR I CHOSEN:

IN ENGLISH:



Based on the chosen sectors, we are making groups. You are going to work in groups of three, but you have to fill in your workbook on your own. Maybe you and your group-members didn't choose the same area but your choices are from similar sectors.

MY GROUP MEMBERS, AND THEIR CHOICE:

Name:	sector:	sector in english:
.....
.....

EXERCISE 3



In this part, you are going to work together in groups. First of all, discuss your task; your teacher helps you. You can share your tasks, so you can cooperate and work faster and more effectively.

Working together as a team is very important in this part. Maybe someone can play the role of the leader, as he/she can do his/her best in it. Others can be good at searching for information, and you need someone who can collect and record information and write down the team's results. It doesn't matter if working together seems hard for the first time. Don't forget that you can treat with your own interests, and you can help each other! If you get stuck, ask your teacher for help!

In the previous part, you chose that economic sector that fits you.

There are several companies and firms, both international and local ones in the same sector. Sometimes they work in different sectors, and there are sectors that you can find in every company and organization.

For example the financial sector, that exists in every organization, accountants, FINANCIAL OFFICERS work together everywhere.

Think about your school! What kind of professionals work there?

You have to consider that there are not only teachers and students, aren't there?

Write down your findings!



Now think about the sector that you chose. Search for professions that belong to your preferences.! Write the names of the profession here

Do you find any unknown words, professions that you have never heard about?

Discuss with your classmates!



Choose the job that you think to be the best for you!

You have to consider it responsibly. Can you imagine yourself in this job in most of your active life (between the age of 18-65)

Write your chosen profession here!

Write the name of your profession onto a sheet of paper and put it to the whiteboard. Are there similarities?

Your group has 3 (or less) chosen professions. What are the advantages/disadvantages of your choices?

How can you reach your goal, which school do you have to attend? Is there an entrance exam? How long is the training period? Do you need any special professional practice/ technical training?

Discuss your opinion and experiences, if you have!



Collect some information with the help of the Internet, your mates, your acquaintance about the following aspects and write them down in your workbook!

It is worth dividing the tasks and discuss the roles. Use Internet sources or call your family members if it is possible..

average wage	
free time	
dependency, the rigidity of the working frame	
stress level, stressor effect	
working period, working time	
responsibility	
career possibilities	

fulfilment	
working conditions	
anything else interesting	
level of education that is required	
length of education (from the age of the students)	
Which school do you have to choose to study for this job? (write valid, real examples)	

ANNEX

LINKS: JOB-DESCRIPTIONS, SITES FOR FUTURE PLANNING, CAREER PLANNING

<https://job-center.hu/szakmak>

<https://palyaorientacio.munka.hu/szulok/foglalkozas/listazo>

http://www.budapestedu.hu/data/cms54615/Szazszorszep_szakma_javitott2.pdf

<http://www.szakkesites.hu/>

<http://www.npk.hu/#!/tanulaseuropaban/orszagismertetok>

<http://www.npk.hu/#!/>

<http://www.npk.hu/#!/tanacsadas/tarsasjatek>

<http://www.euroguidance.lt/en/career-guidance>

EXERCISE 4

MAKING A PRESENTATION

In the previous, third activity your task was to collect sectors in your workbooks under different conditions you set up, and then you narrowed the sectors to one profession.

In this section, your task is to present a profession which you choose.

You need to give a presentation with the help of ICT tools – desktop, laptop, tablet, smartphone. Any platform can be used to do the presentation. For example, Office PowerPoint, Prezi, Keynote, but any program or application can be used. The point is that the completed presentation can be shared and projected.



It is important that each group has 5-10 minutes to present their presentation, the time frame should include projection and the comments!

THE PRESENTATION CONSISTS OF THE FOLLOWING PARTS:

"We are the ... sector/group"

In this section, you introduce your chosen sector.

Why did you choose this sector?

Why is it important?

Does it have any uniqueness or speciality that makes it engaging?

Maybe role models, or celebrities.

"We collected the following professions"

A brief description of professions which was collected with the help of link collection: a short, few line description with pictures of the professions.

"We chose this profession?"

Select one from the previous group of professions and present it in a little more detail.

How long do you have to study?

How can I get my degree?

What conditions must be met for the profession?

Does the profession have any speciality?

"We chose this profession because..."

The presentation of the advantages and disadvantages described in activity 3 in your workbook.

What are the advantages of the profession? (high salary, a lot of free time, flexible working time, career, etc.)

Are there any possible disadvantages of the profession? (have little free time, health damage, restrain, etc)

This is optional, of course, we have just outlined the main points that should be included, but if you find content that you would definitely share with others, you can add to it!

Pay attention to the presentation:

- **use short text (you supplement it verbally)**
- **the text parts contrast with the background – dark background – light letter, light background – black letter**
- **your presentation can be read remotely**
- **links and hyperlinks should not be included in the presentation**
- **use the same theme (background, colour, fonts)**
- **use the same transitions and/ or animations**

EXERCISE 5

THE PRESENTATION

THE TASK OF THE GROUP OF SPEAKERS:

It is time to present your presentation made in the previous part. Maybe your most important task is now to use your presentation time and convince your classmates why you had chosen the presented profession. Your available time is short, do not run out of time. Good luck!

Comments, discussion sentences can come from the audience - under the guidance of a teacher. You also need to be able to answer these questions!



We recommend that not only one group member give a presentation, but everyone to attend the presentation, sort of distributing the presentation!

THE TASK OF THE AUDIENCE:

Fill in the form below during the presentation:

Selected sector:

Collected professions:

The main profession:

Advantages:

Disadvantages:

OPTIONAL DEBATE

You could start a discussion with the speakers according to the following criteria:

- the degree of the importance of the sector
- according to the economy
- according to the environment protection- polluting or a very green sector
- according to its impact on everyday life
- career, salary, is worth?
- free time yes/no
- "family-friendly"?
- risk of burnout?

FEEDBACK

After your presentation, think back to the values selected in Exercise 1. To what extent do the professions you have highlighted at the end of the journey correspond to the values you consider important? Discuss the experience with your teacher.

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The author of the modul 1
(Planning of the Future)

M-Around Tanácsadó és Szolgáltató Kft.

Maroslelei Általános Iskola

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