

# CHOSEN CHOICE



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# CAREER GUIDANCE TOOL: CHOSEN CHOICE

**FOR INSPIRATION:** Every day, we make choices that shape our future, and even the smallest decisions can have a profound impact on our path. Choices are an integral part of life, influencing both what we actively pursue and what we choose to avoid. Staying true to your values is often the best course, even when it's difficult. While we can't predict everything, the decisions we make determine how we face challenges. Important choices often require time and reflection, and regret is a natural part of the learning process. Though making decisions can be challenging, it empowers us to shape our lives according to our desires, guided by our values and beliefs.

**THE GOAL OF CAREER GUIDANCE TOOL:** It helps students understand how their values and beliefs influence their decision-making and career choices. It is intended for professionals working in career education, including educators, youth sector employees, career counselors, coaches, mentors, and others.

**TARGET AUDIENCE:** The career guidance tool is suitable for VET students, VET adults, as well as students with learning and hearing difficulties. Additionally, it can be used as an icebreaker in a career counselor's work with groups. It is appropriate for participants starting from school age.



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**DESCRIPTION:** The career guidance tool consists of 27 pages, each featuring two different words. Students must choose the word that resonates with them more, aligns with their interests, and reflects their values. The tool can be used individually in discussions between the student and the career counselor or in groups. To use it in a group, start by dividing students into two groups and drawing a visible or imaginary line between them. The leader then calls out pairs of opposing words, one at a time. For each word pair, participants choose the word that resonates with them, aligns with their interests, and reflects their values, then switch groups accordingly based on their choice.

**OUTCOME:** There are no winners or losers at the end of this activity. What truly matters is the process - the discussions that arise from exploring the choices - and the feedback provided by the leader (career counselor) facilitating the career choice.

The content of this Career Guidance Tool does not reflect the official opinion of the European Union. Responsibility for the information in the Career Guidance Tool lies entirely with the authors.

## **INSTRUCTIONS:**

- Encourage participants to reflect on their choices or connect those choices to career guidance.
- If a participant does not feel strongly about either word and is hesitant to choose, the leader should avoid imposing a decision. Instead, leader can invite the student to consider what they might choose if it were unrelated to career guidance.
- The activity concludes with positive reinforcement, such as praise, applause, or another outcome at the leader's discretion.
- The activity can be adapted according to the leader's expertise and creativity, allowing for flexible use of the rules.

The Career Guidance Tool was developed by Solveiga Keistere, a Career Counselor at Riga State Technical School, in collaboration with project partners.

The Career Guidance Tool produced by Riga State Technical School printing and media department.

**SHREK**

**SPIDERMAN**

**OPTIMIST**

**PESIMIST**

**SOCIAL  
MEDIA**

**VIDEO  
GAMES**

**CHALLENGE**

**ROUTINE**

**EMOTIONS**

**CALM**



**SUCCESS**

**FORTUNE**

**HOPE**

**CHOICE**

**FRUGALITY**

**WASTEFULNESS**

**CAREER**

**FAMILY**

**MONEY**

**PRESENT**

**PODCAST**

**BOOK**

**HOBBY**

**SLEEP**

**POWER**

**FAME**



**EDUCATION**

**CONNECTIONS**

**PROCESS**

**RESULT**

**SHIP**

**PLANE**

**HEALTH**

**FAST-FOOD**

**HOME**

**TRAVEL**

**FRIENDS**

**FAMILY**

**SUPERPOWERS**

**IMMORTALITY**

**CONTROL**

**FREEDOM**



**SECURITY**

**INDEPENDENCE**

**CHAT**

**CALL**

**TALENT**

**WORK**

**SPORTS**

**MEDITATION**

**TRADITIONS**

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**ECOLOGY**

**WASTEFUL**

**SOCIABLE**

**QUIET**

**OPINION**

**DOUBT**



**FEAR**

**SHAME**

**FEW  
FRIENDS**

**HUGE  
PARTY**