

# Jobbkort

Jobbkort can be used by a counsellor at individual sessions, group sessions and bigger gatherings. The cards intentions are to be used in a counselling sessions to inspire and give examples of the big range of professions that exist today.

The cards can be used to raise questions about what certain professions there is. This can help to create discussion about different professions and labor markets. Mentors can use the cards in counselling sessions to inspire students about their future jobs. Jobbkort can also be used by other people in different contexts where the person may need tools to open up conversations and create discussion about the future and working life.



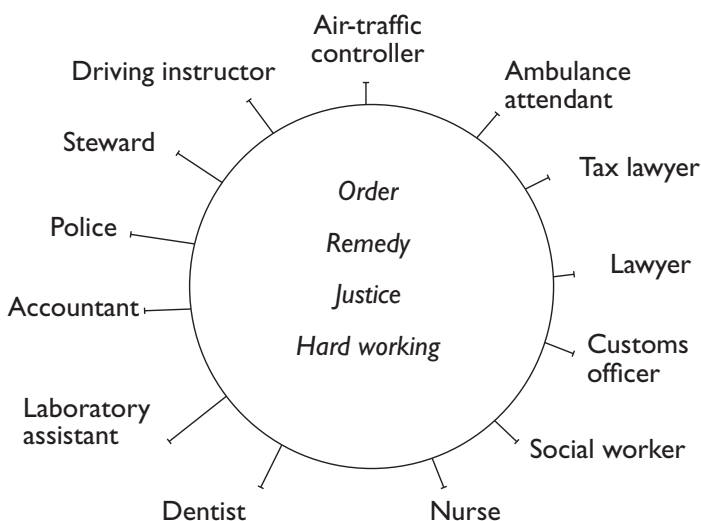
Here are some examples of how the cards can be used:

## What job?

- Spread the cards out on the table. Have a look at all the cards and quickly select the five that seems most attractive to you.
- Choose the three most common women respectively male jobs.
- Who works a lot in front of a computer?
- Who works mostly outdoors or indoors?
- Who have special workwear or protective clothing?
- Who works with others in a group?
- Who works by themselves?
- Which jobs need short a education?
- Which jobs need long a education?
- Which jobs have low salary?
- Which jobs have high salary?
- Who works in evenings/nights/weekends?
- Which jobs includes heavy lifting?
- What jobs are stressful?
- What jobs allows you to work abroad?
- What jobs are skills in English or another languages that are not your native language required?
- What jobs are skills in mathematics required?
- What jobs are skills in sports required?
- What jobs are skills in social sciences required?
- What jobs are skills in general science required?
- Which jobs have the best prospects in the future?

## Occupation expansion

Use the cards in "Occupation Expansion". Especially good for those who do not have such a good language knowledge. Pictures speak to everyone!



Example of job "Occupation Expansion".

## What applies for you?

- Select the cards that match your values (that you think is important to you)
- Select the cards that match your skills (that you are good at or can learn)
- Select the cards that match your characteristics (that match your personality)
- Select the cards that match your interests (that attracts you, that's fun)

## "Guess the job"

Make a group of four people. Let them take ten cards each and let every person choose one card to describe the job description for the group. The group will now guess what the job is.

## "Jobname"

One person in the group or the group together will draw one card. The person that have drawn the card or the group together then tries to put a name to the job on the card.

## "Matching"

One person in the group picks a jobcard to give to another person in the group that he or she thinks would fit that person, or a job card that would not fit that person.

## "Dig deeper"

Choose three jobs that you think should suite you best. Retrieve more information about education, working conditions etc.

## "Job of the week"

Pick a couple of jobcards every week and call them "job of the week". Let everyone write about what they think of those jobs.

## "Working together"

Pick some cards that could work together on a project. For example, which could work together to arrange a musicfestival or build a raft?

## "Rangordna"

Rank different jobs according to length of education, salary, amount of women in the job etc.