**3.6. PRACTICAL ASSIGNMENT**

**Personal career plan**

**Objective.** To help participants develop their personal career plan for a five-year period. The aim of the exercise is to encourage self-assessment, exploration of career options, setting specific career goals and planning how to achieve them. Participants will have to analyse their current situation, values, interests, competences, personality traits and other relevant factors. In addition, the exercise will help them to identify career perspectives and trends in the labour market, to formulate a career vision and goal according to the K-M-A-V-E method, to carry out a SWOT analysis of the chosen career path and to draw up a concrete action plan for achieving the goal. This will contribute to enhancing the motivation of the participants, the development of a targeted action plan and effective career management.

**What needs to be done?**

Develop your personal career plan for 5 years. Your career plan may include:

1. Presentation of the current situation, the current analysis and justification of choice
2. Self-assessment. This assessment should include values, interests, competences, personality traits, decision-making style, physical abilities, other qualities you consider important
3. Career exploration. This study should cover career prospects and trends in the current labour market
4. Formulating and describing a career vision and goal using the K-M-A-V-E method
5. SWOT analysis of the chosen career path (goal)
6. A concrete plan for achieving the career objective, including activities to achieve the career objective and by when

You can use the planform and links .below to prepare your personal career

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| 1. Presentation of the current situation, analysis and justification of the current choiceDescribe your current career situation: what you are studying and why you chose it; where you work (if you do), whether you find it satisfying and why you chose to work in that field; what you do in your spare time, what you're interested in, why you find it interesting, etc. |
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| 2. Self-assessment |
| Scope |  |
| *My values*(please specify 3-5 values) |  |
|  |  |
| *My interests*(please list 2-3 of your interests that could be fulfilled in your work activities)You can use the following test to identify interests<https://holland.lmnsc.lt/> |  |
|  |  |
| *My competences*(please indicate your main general and professional competences) |  |
|  |  |
| *My personality traits*(please list 3-5 of your personality traits)You can take a personality type test [at http://charakteris.info/asmenybes-testas](http://charakteris.info/asmenybes-testas) |  |
|  |  |
| *My decision-making style*(describe your decision-making style) |  |
|  |  |
| *My physical capabilities*(please rate your physical endurance) |  |
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| *Other features* (please indicate the characteristics or factors that you think are important and characteristic of you and that may be relevant for career planning) |  |
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| 3. Career exploration |
| Scope | **Justification** |
| My perceived opportunities in the labour market(please indicate what you see as the prospects for the current labour market, which could be both the Lithuanian and the global labour market) |  |
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| Trends in my perceived labour market opportunities(please indicate what trends you see in the labour market; which careers are gaining in popularity, which are declining in popularity, which new careers are emerging or being integrated) |  |

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| 4. Career vision and goal based on the K-M-A-V-E approach |
| My career vision(in free form, please provide a short and clear your vision for your life and career statement of to ) |  |
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| My career goal (Give a specific career goal for a period of 5 years and describe the goal using the K-M-A-V-E method:K - specific, measurableM - Motivating and achievableA - always in sightV - easy to imagineE - ethical and meaningful |  |

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| 5. SWOT analysis of the chosen career path (goal) |
| Strengths (state as objectively as possible the strengths ofcareer path) your chosen  | **Weaknesses** (state as objectively as possible the weaknesses of your chosen career path) |
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| Opportunities (state as objectively as possible the additional career opportunities that will arise as a result of the career plan) | **Threats** (state as objectively as possible the additional career risks that will arise during the implementation of the career plan) |
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| 6. Plan for achieving your career goal |
| Specific activities to achieve your career goal(please identify what you specifically need to do or learn to achieve your career goal) | **The result of a specific activity**(please specify what you consider to be the outcome of the activity) | **Deadline for implementation of the action**(please specify by when the activity should be completed) |
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