

Session 5: Goal Setting & Backup Plans

This session guides learners to set a main career goal and create strong backup options. It explains how to build a clear Plan A, while also preparing Plan B and Plan C for safety. The aim is to help learners stay confident and flexible even if their first choice changes.

- [Part 1: Acing the Job Interview](#)
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Part 1: Acing the Job Interview

Instructions: Whether you are applying for a part-time job, a vocational training seat, or your dream career, you will need to interview! Speaking with confidence takes practice. Use the Sentence Starters to practice writing your own answers.

Interview Question	Sentence Starters (Fill in the blanks)
"What are your strengths?" <i>(What are you naturally good at?)</i>	"My biggest strength is that I am _____." Examples: responsible, a quick learner, hardworking, good with people.
"What is your weakness?" <i>(What do you struggle with, and how are you fixing it?)</i>	"I sometimes struggle with _____, but I am learning to improve by _____." Example: I sometimes feel shy, but I am learning to speak more by practicing with my friends.
"Why should we choose you?" <i>(Show them you are eager to work!)</i>	"You should choose me because I am _____ and I will work hard to _____." Example: I am responsible and I will work hard and learn quickly.

Part 2: My Action Plan

Instructions: Now that you have explored your interests, education pathways, and support systems, it's time to write down your concrete next steps.

Step 1 (Next 1 month):

Step 2 (Next 6 months):

Step 3 (Next 1 year):

Part 3: My Career Reflection

Instructions: Let's reflect on how your thinking has developed through this program. Please answer honestly.

1. Do you know the difference between a job and a career?

☐ Yes ☐ No

2. Are you aware of how many years you might need to study for your chosen career?

☐ Yes ☐ No

3. What do you want to pursue in the future?

☐ Professional Course (e.g., Degree) ☐ Vocational Course (e.g., ITI, Diploma) ☐ Certificate Course

☐ I don't know yet

4. Have you heard of skill-based or vocational training before?

☐ Yes ☐ No

5. How confident are you about choosing your career path?

☐ Very confident ☐ Somewhat confident ☐ Not sure ☐ Not confident

6. What is your Plan A career choice now?

7. What is one new thing you learned about yourself during this program?
