

Career Class Worksheet

<https://www.youtube.com/embed/lkXf373aeE4?si=YdkV4U3Ybhde4QKI>

https://www.youtube.com/embed/3zUH1r-qdt0?si=zEbnE_ab9NWYM5PO

<https://www.youtube.com/embed/pMNbKi--iW4?si=t39FTzICpjNBbAUQ>

"Know Yourself" Worksheet (Session 1 - CW- Class Work)

My name is _____. I am _____ years old. My birthday is
on _____ (Date/Month). I live in _____. My address is
_____ (House No., Street No., Area, Place, District, State, Pin
Code). I am studying in _____ standard at _____ School. I like to
study _____, _____, and _____. These are
my favorite subjects. I don't like _____, _____, and
_____ (subjects). My favorite teacher is _____. She/He
teaches _____ (subject). I like _____ing, _____ing,
and _____ing. These are my hobbies. I don't like _____,
_____, and _____. I want to become _____
because _____.

BIO-DATA Worksheet (Session 1 - HW - Home Work)

- NAME:

- AGE:
- DATE OF BIRTH:
- BIO-DATA
- ADDRESS: (HOUSE NO., STREET, AREA, CITY, STATE, PIN CODE)
- SCHOOL:
- CLASS/GRADE:
- FAVORITE SUBJECTS:
- HOBBIES:
- FAVORITE TEACHER:
- SUBJECT THEY TEACH:
- CAREER GOAL: I WANT TO BECOME A BECAUSE

SWOT Bingo Card Work Sheet (Session 2 - CW)

How to Play SWOT Bingo:

1. Look at the Bingo card: Each box on the card has a statement that may describe something about you.
2. Mark the boxes: If you agree with the statement in a box, mark it with a tick (✓) or colour it in. You can mark as many boxes as you like.
3. Think about your choices: Once you've marked the boxes that apply to you, think about why they fit you.
4. Which strengths, challenges, or things you want to improve are listed?
5. Share with the group: When you're done, we will discuss some of the boxes you marked, so we can learn about each other's strengths, weaknesses, opportunities, and threats.

l	l	l	l	l
l	f	e	w	d
i	e	n	a	o
k	e	j	n	n
e	l	o	t	'
h	s	y	t	t
e	h	f	o	h
l	y	i	l	a
p	s	x	e	v
i	o	i	a	e
n	n	n	r	a
g	e	g	n	m
p	t	t	t	e
e	i	h	o	n
o	n	i	c	t
p	e	n	o	o
l	s	g	o	r
e		s	k	

I	I	I	I	I
'	h	w	f	w
m	a	a	e	o
g	v	n	e	r
o	e	t	l	r
o	t	t	o	y
d	r	o	k	a
a	o	g	a	b
t	u	e	y	o
o	b	t	t	u
r	l	b	a	t
g	e	e	l	m
a	f	t	k	o
n	o	t	i	n
i	c	e	n	e
z	u	r	g	y
i	s	a	t	l
n	i	t	o	d
g	n	s	o	o
l	g	k	t	n
'	l	i	h	'
m	d	l	e	t
g	o	l	r	h
o	n	s	s	a
o	'	l	l	v
d	t	w	l	e
w	a	a	i	m
i	s	n	k	u
t	k	t	e	c
h	f	t	t	h
t	o	o	o	f
o	r	t	b	r
o	h	r	e	e
l	e	y	c	e
s	l	n	r	t
	p	e	e	i
	o	w	a	m
	f	h	t	e
	t	o	i	
	e	b	v	
	n	b	e	
		i		
		e		
		s		

I	I	I	I	I
a	g	w	l	g
m	e	a	i	e
p	t	n	k	t
a	n	t	e	d
t	e	t	p	i
i	r	o	l	s
e	v	a	a	t
n	o	t	n	r
t	u	t	n	a
	s	e	i	c
	w	n	n	t
	i	d	g	e
	t	c	t	d
	h	l	h	e
	n	a	i	a
	e	s	n	s
	w	s	g	i
	p	e	s	l
	e	s		y
	o			
	p			
	l			
	e			

I	I	I	I	I
w	d	w	s	d
o	o	a	o	o
r	n	n	l	n
k	'	t	v	'
h	t	t	e	t
a	f	o	p	k
r	e	m	r	n
d	e	a	o	o
	l	k	b	w
	c	e	l	w
	o	n	e	h
	n	e	m	a
	f	w	s	t
	i	f	w	j
	d	r	e	o
	e	i	l	b
	n	e	l	t
	t	n		o
		d		p
		s		i
				c
				k

SWOT Word List Worksheet (Session 3 - CW)

Instructions

1. Present the SWOT Word List to students.
2. Ask students to read through the list of words and circle the ones they feel describe them.
3. Categorize the circled words. Next to each word, write:
 - S (for Strength),
 - W (for Weakness),
 - O (for Opportunity), or
 - T (for Threat).

Below are several words that could describe different parts of your life. Read each one carefully and circle the ones that apply to you.

- Helpful
- Shy
- Creative
- Nervous
- Leader
- Disorganized
- Focused
- Time Management
- Problem Solver
- Fearful
- Active
- Stubborn
- Ambitious
- Lazy
- Supportive
- Curious
- Easily Distracted
- Practical
- Hardworking
- Unsure
- Self-confident
- Nervous Around Strangers
- Organize Events
- Wants to Learn New Skills
- Easily Frustrated
- Friendly
- Quiet
- Good Listener
- Motivated
- Patient
- Responsible
- Honest
- Independent
- Strong-willed

- Sociable
- Confident
- Polite
- Persistent

My SWOT Analysis Work Sheet (Session 4 - CW)

Write the circled words under the appropriate section in the SWOT table.

My SWOT Table:

STRENGTHS	WEAKNESSES
OPPORTUNITIES	THREATS

My Future Self Reflection Work Sheet (Session 4 - HW)

Objective:

- To help students understand what they like to study and what job they want in the future.
- To think about their strengths, challenges, and future goals.
- To help them add important details for their biodata (like career interests, goals, and skills).

Instructions: Draw Your Future Self:

1. On a piece of paper draw a simple picture or write about yourself 5-10 years from now.

2. Imagine what job or career you want to do. What are you doing in that job? What skills do you use? How do you feel about your future?
3. Write About Your Future: Under your drawing (or beside it), answer these questions:
 - What job or career do you want to have?
 - What subjects or activities do you like most? (For example: science, art, sports, business)
 - What are your strengths? (Things you are good at)
 - What do you want to get better at or improve?
 - What goals do you have for the future?
4. Share and Discuss:
 - You can share your answers with others
 - Discuss how your likes and future goals can help you choose the right subjects or career.

Jobs Around Me Work Sheet (Session 5 - CW)

S.No	Job	What Do They Do?	Skills/Training Needed	Why Is This Job Important?
1	Caregiver	Helps take care of people in the care home.	Compassion, patience, basic healthcare skills	Ensures the residents are well cared for.
2	Cook			
3	Cleaner			
4				
5				
6				
7				
8				
9				
10				

Match Careers to Subjects Work Sheet - A

(Session 6 - CW & HW)

1. Look at the list of Vocational Careers carefully.
2. Think about what skills are needed for each job.
3. Group the careers under the subjects where those skills are most relevant.
4. Write the name of each career under the appropriate subject.

List of Vocational Careers

Hairdresser, Photographer, Fashion Designer, Tailor, Chef, Fitness Trainer, Sports Coach, Groundskeeper, Gym Instructor, Carpenter, Electrician, Welder, Mechanic, Construction Worker, Clerk, Customer Service Representative, Receptionist, Data Entry Clerk, Nurse, Pharmacy Assistant, Lab Technician, Social Worker, Shop Keeper, Sales Person, House Keeping.

SI No	Subjects	Job
1	Math	
2	Science	
3	English	
4	Social Sciences	
5	Art	
6	Physical Education	
7		

Match Careers to Subjects Work Sheet - A

(Session 6 - CW & HW)

1. Look at the list of Professional Careers carefully.
2. Think about what skills are needed for each job.

3. Group the careers under the subjects where those skills are most relevant.
4. Write the name of each career under the appropriate subject.

List of Professional Careers

Accountant, Architect, Journalist, Doctor, Engineer, Teacher, Lawyer, Graphic Designer, Marketing Specialist, Research Scientist, Psychologist, Software Developer, Financial Analyst, Urban Planner, Environmental Scientist, Pharmacist, Civil Engineer, Art Director, Physical Therapist, Business Consultant, Social Worker, Historian, Economist, Anthropologist, Sociologist.

SI No	Subjects	Job
1	Math	
2	Science	
3	English	
4	Social Sciences	
5	Art	
6	Physical Education	
7		

Career Pathways Work Sheet (Session 7 - CW & HW)

Career	Education Pathway Career	Number of Years	Certifications
Doctor	SSLC → PUC (Science) → MBBS → Specialization Doctor and Bachelor of Medicine and Bachelor of Surgery	12-15 years	NEET Exam, Medical License, Specialization Certific
Electrician	SSLC → ITI Diploma in Electrical Electrician	2 years	Electrical Safety Certification, Apprenticeship Certificate

Career	Education Pathway Career	Number of Years	Certifications
Graphic Designer	SSLC → Diploma/Certificate in Graphic Design Designer	1-2 years	Adobe Creative Suite Certification, Web Design Certification
Teacher	SSLC → PUC → Bachelor's in Education (B.Ed) → Master's (optional) BA B.Ed., B.Sc. B.Ed. MA M.Ed., M.Sc.M.Ed.	4-6 years	B.Ed Degree, Teaching Certification
Software Developer	SSLC → PUC (Science) → Bachelor's in Computer Science BCA	4 years	Certifications in Programming Languages (e.g., Python, Java)
Entrepreneur	SSLC → PUC/any Bachelor's (optional) BBA	Varies (2-3 years for Bachelor's)	Business Management Certification, Entrepreneurial Courses

Write your aspirational career or any career other than the one above and fill in the columns as per your understanding.

Career	Education Pathway	Number of Years	Certifications

1. How long does a certificate course usually take?

- a) 1-3 years
- b) 3-4 years
- c) Few Weeks to 6 months to 1 year
- d) 2 years

2. Which of the following is a short-term course?

- a) MBA
- b) Certificate in Graphic Design

- c) PhD
 - d) Bachelor of Science
3. **GNOU offers _____ education for students across the country.**
 4. **A _____ degree is typically 3-4 years long and includes programs like BA, BSc, and BCom.**
 5. **The _____ provides flexible schooling options for students.**

Stream Selection Worksheet

Part 1: Reflection on Interests and Strengths

1. Subjects You Love List the subjects you enjoy the most:

2. Subjects You Are Good At List the subjects you perform well in:

3. Dream Career Write down your career aspirations:

4. College or University Goals Identify the colleges or universities you aim to join:

Part 2: Stream and Subject Preferences

Stream	Common Subjects	Elective Subjects
Science	1. English-Core	Physics, Chemistry, Biology, Mathematics, Biotechnology, Geology, Computer Science, Economics, Statistics, Anthropology
	2. Environmental Education	
Commerce	1. English-Core	Business Studies, Accountancy, Economics, Business, Mathematics, Entrepreneurship, Multimedia and Web Technology
	2. Environmental Education	
Humanities	1. English-Core	Political Science, History, Psychology, Sociology, Fine Arts, Advanced Languages, Music, Geography, Statistics
	2. Environmental Education	

Optional NSQF Subjects (Available for All Streams):

- IT-ITeS
- Beauty and Wellness
- Physical Education
- Travel, Tourism, and Hospitality
- Others: _____

Music Group (Optional):

- Group A: Hindustani Vocal, Kathak Dance, Tabla, Violin, Sitar
- Group B: Sattriya Vocal Music, Sattriya Dance, Khol, Music
- Group C: Assamese Folk Music, Assamese Folk Dance

Part 3: Decision Summary

- Chosen

Stream: _____

-
-
- Chosen Elective

Subjects: _____

-
- Reason for

Selection: _____

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