

Course Overview

Number of Units: 5 Units

Estimated time: 3 - 5 weeks or 9 - 15 hours

OALCF Levels: A1.2, A3, B1.2, B2.2, D.2, E.2-3

Suggested Milestones: 14, 16, 55, 58 or 59

Course Description

This course is the digital version of a course created by Literacy Link South Central (LLSC) in 2013 and funded by the Ontario government using Employment Ontario funding. It is one of a series of 4 courses we've grouped together under the heading of Self Exploration. In this course, you will be thinking and talking about dream careers. At the end of this course you should be able to: understand the difference between a job and a career, identify your current skills and knowledge, understand barriers to employment and know more about your dream career.

Summary of activities: Reading, Activities, Quizzes, Videos and Online Research.

Unit 1: My Dream Career

Think about the difference between a Job and a Career. Brainstorm your current skills. Use an online career quiz to determine what career might be a good fit for you.

Unit 2: Barriers to Employment

Barriers may be grouped under four areas: basic needs, health, relationships and participation factors. Understanding your barriers to employment can help you narrow down suitable careers and identify barriers that need to be addressed.

Unit 3: Informal Interviews

An informational interview is an interview where you collect information about a career or a company. It is different from a job interview. In an informational interview, you ask the questions. Informational interviews can help you decide if a particular career is a good choice for you. They allow you to get "first-hand" information from someone who is already doing that job.

Unit 4: Career Research

Use valuable resources to research your dream career. The Working in Canada website can help you find information about careers by the categories of occupation, wages and outlook, education program, or skills and knowledge. Use the Essential Skills Profiles to find your career and to learn about the types of tasks that you will need to be able to do.

Unit 5: Reflection and Evaluation

Reflect on the following questions: What is my dream career? What are some of my current barriers to employment and what can I do to overcome those barriers? What are some of the skills that I need to work on to be able to achieve my dream career?