



CAREER GUIDANCE

&

COUNSELLING MANUAL













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ABBREVIATIONS AND ACRONYMS

APEFE Association pour la Promotion de l'Education et de la Formation à l'Etran-

ger

GIZ German Agency for International Cooperation

MIFOTRA Ministry of Public Service and Labour

MINEDUC Ministry of Education

RDB Rwanda Development Board

RP Rwanda Polytechnic

RTB Rwanda TVET Board

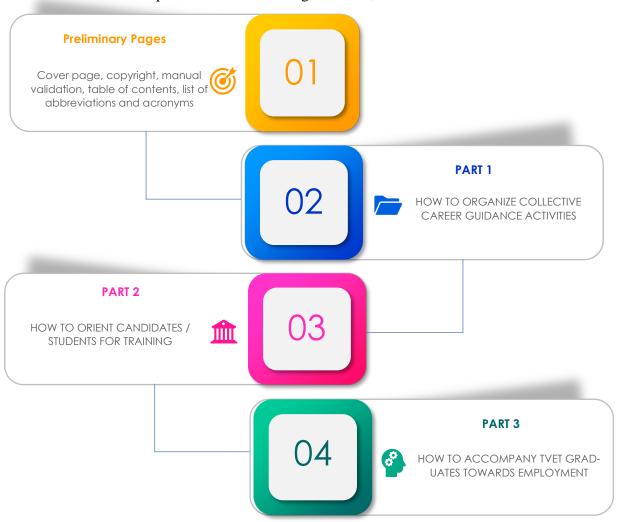
TVET Technical and Vocational Education and Training

USAID United States Agency for International Development

VS Vocational School

STRUCTURE OF THE MANUAL

This manual is developed under the following structure;



INTRODUCTION

The Rwanda TVET Board (RTB) elaborated a **CAREER ORIENTATION**, **GUIDANCE AND COUNSELLING GUIDE FOR TVET BASIC EDUCATION LEVELS**, which represents the <u>overall framework for career guidance in the Rwandan TVET sector</u>.

This guide includes:

- 1 section providing policy and operation framework
- 3 sections detailing activities to be conducted in the career orientation, guidance and counselling process:
 - Career orientation activities
 - Career guidance and counselling activities
 - Monitoring and tracking

Career Orientation, Guidance and Counselling services help TVET students and graduates make educational, training and occupational choices and to plan their careers.

The present CAREER GUIDANCE AND COUNSELING TRAINING MANUAL <u>aims</u> at transferring relevant tools and skills to all kinds of Rwandan staff in charge of career guidance: staff of TVET Schools, Employment Service Centers, Yego Centers and Business Development Advisors, through training sessions on career guidance and career management.

The training manual has two (2) objectives:

- a) Provide to the staff in charge of career guidance a standardized framework that allows them to structure the career guidance process for TVET candidates/students/apprentices;
- b) Provide to the staff in charge of career guidance the tools to facilitate the integration of graduates in the labor market through their placement in companies or the creation of small and medium-sized companies.

In terms of content, this training manual will **focus on individual and collective services** and educational activities aiming at offering accompaniment to TVET candidates/apprentices/jobseekers in the development of their professional identity and in their vocational training, and at assisting the TVET graduates / unemployed people in the construction of their professional career.

The training manual is divided into three parts:

1st Part: HOW TO ORGANIZE COLLECTIVE CAREER GUIDANCE ACTIVI-TIES? 3 hours

2nd Part: HOW TO ORIENT CANDIDATES / STUDENTS FOR TRAINING? <u>12</u> hours

3rd Part: HOW TO ACCOMPANY TVET GRADUATES TOWARDS EMPLOY-MENT? 12 hours

Total duration of the training: 27 hours

<u>Training material needed for this course: a flip chart, a digital camera, an overhead</u>

<u>projector and a computer for each participant</u>

IMPORTANT NOTE:

Before starting the training, please examine the "CAREER ORIENTATION, GUID-ANCE AND COUNSELLING GUIDE FOR TVET BASIC EDUCATION LEVELS".



1- FIRST PART: HOW TO ORGANIZE COLLECTIVE CAREER GUID-ANCE ACTIVITIES?

First part's outline: This part of the training manual explains how TVET School management teams can organize collective career guidance activities.

Estimated duration of the training session: 3 hours for the proposed exercises below Training material: computer for each participant



Use the different templates below and adapt them to your needs

- Activity sheet 1-TSSs and VSs local actions in TVET public awareness campaign Template of concept note for an awareness campaign:



- Activity sheet 2-How to organize open day event for TSSs and VSs? *Template of concept note for an open day:*



- Activity sheet 3-How to organize additional orientation activities?

Depend	ing on the capacity of the TSSs/VSs, other initiatives can be conducted to orient youth
towards	TVET:
	TVET Skills Competition
	TVET Expo
	TVET Roadshow
	Social Media Discussions
	ΓV/Radio talk show
	Live classroom broadcast
	Website
When p	ossible, TSSs/VSs are requested to conduct additional career orientation activities in coor-
dination	with and with the support of the District office.

Exercise: Select one possible additional orientation activity and write a concept note following the proposed format: 1- Dates, 2- Context, 3- Objective, 4- Methodology, 5- Expected results, 6- Participants, 7- Timetable, 8- Budget

Some materials might be useful for the initiatives described above (bill boards, flyers, documentary videos, etc.). Other formats can be applied when elaborating their content.

- Activity sheet 4-How to organize an induction week?

Exercise: write a concept note following the proposed format: 1- Dates, 2- Context, 3- Objective, 4- Methodology, 5- Expected results, 6- Participants, 7- Timetable, 8- Budget

- Activity sheet 5- How to organize a career day in a TSSs?

Template of concept note for a career day:



- Activity sheet 6- How to organize visit of companies for TSSs students?

Template of concept note for study visits:



- Activity sheet 7- How to establish and manage entrepreneurship club in a TSS?



Activity sheet 8- How to conduct a seminar on Job readiness?

To organize a Job readiness seminar, please refer to the following work readiness modules.











WR module 3

WR module 4

WR module 5



2- SECOND PART: HOW TO ORIENT CANDIDATES / STUDENTS FOR TRAINING?

Second part's outline: This part of the training manual explains how to orient candidates / students for a vocational or technical training program.

Estimated duration of the training session: 12 hours, including for the proposed workbook and related exercises

2.1.Understand the phases of an individual's vocational development

The development of an individual's vocational identity begins in childhood, with the first contact with the immediate learning environment, familiarization and socialization (family, school, church, collective games, etc.). This process is genuinely initiated through the school career and this, in a perspective of progressiveness and continuity.

Generally, following Bandura's theory relating to the educational development of an individual, there are three (3) phases of questioning that the candidate for training must go through before choosing a professional career.

The following table presents the diagram of this process:

	Phases / Progression		Questions?
1	Identity development	→	Who am I? What are my values, my strengths, my interests?
2	Exploration and information	→	What are my training and career options?
3	Decision	→	What is my choice?

This approach leads the candidate for training to question himself on his progress, which will allow him to examine the different possibilities available to him via multiple psycho-technical tests and thus to possibly set training and career goals in related to his/her motivations, aptitudes and interests.

According to Bandura's theory¹, "guiding" activities are proposed which consider the phases of vocational development and the candidate's situation for training. Here are the phases and themes related to the activities to be carried out by the Career Guidance Counselor at the TVET School level:

	Phases		Topics
1	Exploration	→	Awareness of self-knowledge; exploration of trades and professions
2	Crystallization	→	Relation of personal interests and professional choice
3	Specification	→	Consideration of one or two professions more seriously
4	Realization	→	Development of an action plan to confirm the choice

2.2. Sequential plan of career guidance activities proposed in this methodological guide

The choice of sector refers to self-knowledge and the exploration of professions. The tools will allow the candidates for training to get to know themselves better, identify training courses related to their personal profile and have a more coherent self-image.

AO/0 Reception and identification

AO1 Self-knowledge

- AO1.1- Dream of the future
- AO1.2- Interests: Questionnaire A
- AO1.3- Personal qualities: Questionnaire B
- AO1.4- Compilation of results (RIASEC²)
- AO1.5- Definitions of personality types according to the Holland typology (RIASEC)
- AO1.6- Personal balance sheet

AO2 Exploration of vocational training

- AO2.1- Work interests
- AO2.2- TVET training programs in relation to Holland's Typology³
- AO2.3- Professional assessment

AO3 Positioning and fixing the professional project

AO3.1- Balance sheet consolidation

¹Albert Bandura, Canadian <u>psychologist</u>, <u>well known for his</u> theory of social learning and his concept of « self-efficacy ». His work is aimed at actors in the education of adolescents, their sense of effectiveness and their professional orientation.

² Acronym formed from the first letters of the following words: Realistic (R), Investigator (I), Artistic (A), Social (S), Enterprising (E) and Conventional (C). These are professional profiles following the Holland typology.

³ John Lewis Holland (October 21, 1919 – November 27, 2008) was an American psychologist and Professor Emeritus of Sociology at Johns Hopkins University.

AO3.2- Personalized follow-up

2.3.Personalized interview and protocol

 $\boldsymbol{Meeting}\;\boldsymbol{I}\;(\text{each session is sequenced in several interviews})$

	Objective	Context and instruc-	Transition to the next
Activity	Cojective	tions	step
Intake interview and identification Code: AO/0 Duration: 15 minutes	Identify the training candidate and collect data needed to start the orientation process.	The interview is individual and conducted during the pre-registration by a Career Guidance Counselor. A copy of the questionnaire is given to the candidate for training; the Counselor notes the answers. Questions are closed. N.B. The choice of sector / trade made during pre-registration is provisional (the results of the orientation process will determine the final choice).	This first interview is a prerequisite for the "AO1.1-Self-knowledge / Dream of the future" test. The 2nd interview must occur no more than two days after (the time needed to process the information collected and assemble the orientation file).
Activity	Objective	Context and instruc-	Transition to the next
Written test on self-knowledge and determining the dream of the future Code: AO1.1 Duration: 10 minutes	Allow the candidate for training to express his / her projection in the future and to highlight the means he/she intends to use to achieve his/her objectives.	This activity is carried out two days after the reception and identification interview. The candidate for training communicates the answers in writing. The questions are open.	The Counselor must verify the correlation between the information provided by the candidate for training during the test and the answer(s) provided for the previous interview. The following interview should start right away.
Activity	Objective	Context and instructions	Transition to the next step
3	Help the person in a learning situation to get to know him/herself better.	The Counselor communicates the instructions to the candidate for training. Indeed,	Once the counting of points is complete, the Counselor communicates the instructions for the next test

Written test on Self-knowledge and determining Interests (Questionnaire A) Code: AO1.2 Duration: 15 minutes		the latter spontane- ously ticks the state- ments that best charac- terize him/her, adds the number of boxes ticked and indicates the total for each sec- tion.	to the training candidate. The sequence is done without delay.
Activity 4 Written test on Self-knowledge and identifying Personal Qualities (Questionnaire B) Code:AO1.3 Duration: 10 minutes	Allow the candidate for training to identify all the qualities that will determine skills and competencies.	Context and instructions The training candidate spontaneously ticks the qualities that best describe him/her, adds the number of ticked boxes and indicates the total for each section.	Transition to the next step At the end of this test, the Counselor must ensure that all the questionnaires have been adequately completed, as the next step is to compile the results.
Activity	Objective	Context and instructions	Transition to the next step
Compilation exercise of the results obtained on self-knowledge (RI-ASEC) Code:AO1.4 Duration: 5 minutes	Compile the results obtained according to Holland's typology (RIASEC)	The candidate for training reports the results obtained for questionnaires A and B in a table, and then adds the results of sections A and B vertically and writes the result in the appropriate space (A + B).	Once the training candidate has completed the RIASEC chart, the Counselor should announce the next activity.
Activity	Objective	Context and instructions	Transition to the next step
Reflection on self-knowledge through the definitions of per-	Lead the training candidate to introspect on the different types of "professional personalities".	The training candidate will read the short texts and underline the keywords that best describe him/her according to his/her RIASEC code.	We automatically move on to the next activity, which is the personal assessment.

sonality types according to the Holland typology (RIASEC). Code:AO1.5 Duration: 10 minutes Activity	Objective	Context and instructions	Transition to the next step
Exercise on self-knowledge and consisting in making a personal assessment Code:AO1.6 Duration: 5 minutes	Allow the candidate for training to take stock of his/her personality, abilities and aspirations	Now, the candidate for training must synthetize what he/she has retained, his/her "personal assessment ". Thus, he/she will eventually be able to make better professional choices.	The candidate for training has just taken stock of his/her personal interests and qualities. This allowed him/her to project him/herself into a mirror to discern the professional profile to which he/she corresponds. This 7th session has just put an end to the 1st meeting. The next stage corresponds to professional exploration tests. It starts at the 2nd meeting.

Meeting II (each session is sequenced in several interviews)

Activity	Objective	Context and instructions	Transition to the next step
Orientation exercise on exploring vocational training and determining the candidate's interests for training in terms of work. Code: AO2.1 Duration: 10 minutes	Help the candidate for training to identify his/her tastes and interests in terms of work so that he/she can identify the types of activities that he/she likes, and then, better choose the profession that interests him/her.	This is the first test of the 2nd appointment of the candidate for training with the Counselor. Following his explanations, the candidate for training completes the questionnaire him/herself. The Counselor may also verbally translate the questions into Kinyarwanda.	After counting the points and listing the three (3) streams, the Counselor and the candidate for training go directly to the next activity which is purely exploratory.

Activity 2 Orientation exercise on exploring vocational training and identifying the training programs available at the TVET Schools in relation to Holland's Typology (RIASEC). Code: AO2.2	Allow the candidate for training to explore the training offered at TVET Schools according to the different professional profiles.	Context and instructions The Counselor actively helps the candidate for training to carry out this exercise. From his/her profile established via the RI-ASEC test, the candidate for training highlights the training courses he would like to know more about.	Transition to the next step Armed with all this information, the candidate for training is ready to move directly to the professional assessment phase.
Duration: 10 minutes Activity	Objective	Context and instruc-	Transition to the next step
Orientation exercise on the exploration of vocational training and consisting of making a professional assessment	Allow the candidate for training to analyze his/her skills, aptitudes and motivations in order to define his/her training project. It is a decision-making tool.	The candidate for training indicates or recalls the training course(s) that interest him/her according to the first letter of his RIASEC profile	The Counselor must check all of the candidate's answers and go directly to the next step.
Code: AO2.3 Duration: 10 minutes			

Meeting III (each session is sequenced in several interviews)

Activity	Objective	Context and instruc-	Transition to the next
Activity		tions	step
Exercise relating to positioning and fixing the professional project and allowing consolidation of the balance sheet. Code: AO3.1 Duration: 10 minutes	Allow the candidate to integrate and reinvest the learning achieved as part of his/her exploration process.	At this level of the orientation exercise, the Counselor must "fix" the applicant's choice. This penultimate stage corresponds to a codification of the administrative pre-registration.	After this step, the Counselor goes directly to the last phase, which defines the prospects for supporting the candidate to guarantee his/her success in relation to his/her choice of training.
Duration: 10 minutes			

Activity	Objective	Context and instructions	Transition to the next step
Exercise relating to positioning and setting the professional project and allowing follow-up regarding support for the candidate. Code: AO3.2	Determine what the candidate needs regarding support to succeed in his/her training.	This interview is done verbally. The Counselor asks the questions by facilitating the expression of the candidate.	This is where the candidate's professional orientation path ends. However, the Counselor may repeat a step in the process, if any change or rectification is necessary.
Duration: 10 minutes			

2.4.WORKBOOK OF PART II





AO/0- Interview and identification

The purpose of the interview is to start the interaction with a candidate and to initiate the career guidance process with him/her.

Important: before starting the interview, the candidate should sign a consent form.

Last Name:	
First Name:	

Last class atter Address: Telephone: Email: Reference pers	nded son a	and tel.:		Title:		
1. Summ	ary	of the applica	nt-learner's e	ducational backgro	ound	
Academic				School		Level/
years	Nan	пе		City	Dist	trict Class
Have you ever Yes □ No □ I	r wor f yes	, complete the	mpany or inst table below:	itution (paid work)?		
Company nai	me	Company ac-		Tasks performed		g regime (tick
		tivities	employment			ble answers)
						ol holidays
					2□ Full	
						time/AM
					4□ Part- 5□ Weel	
						ol holidays
					2□ Full	•
						time/AM
					4□ Part-	
			1			
					5□ Weel	
	+					
						kend ol holidays
					1□ Scho 2□ Full	kend ol holidays
					1 ☐ Scho 2 ☐ Full : 3 ☐ Part- 4 ☐ Part-	kend ol holidays time time/AM time/PM
					1 ☐ Scho 2 ☐ Full i 3 ☐ Part- 4 ☐ Part- 5 ☐ Weel	kend ol holidays time time/AM time/PM kend
					1 ☐ Scho 2 ☐ Full i 3 ☐ Part- 4 ☐ Part- 5 ☐ Weel 1 ☐ Scho	kend ol holidays time time/AM time/PM kend ol holidays
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Father's profession/occupation:				
Mother's profession/occupation:				
Number of brothers: /sisters:				
Marital status: Single Married Divorced Free union Separated				
Number of children:				
2. Preliminary choice of sector/trade:				
\square Wish 1:				
\square Wish 2:				
\square Wish 3:				
How did you discover this/these professional sector(s)? (Many possible r	respo	nses)		
☐ By my teacher;				
☐ Open day / exhibitions / fairs;				
□ Family;				
☐ Media;				
☐ Friends;				
☐ Other - specify:				•
To be completed by the Career Guidance Advisor/Officer only:				
During the interview:	V	G	S	NS
	G			
- Presentation				
- Listen				
- Understanding of questions				
- Expression				
- Reasoning, argumentation				

Legend VG : Very good Good G

Satisfactory Not satisfactory S NS

1st STAGE: Orientation activities on "Self-Knowledge" (AO1)

AO1.1- Self-knowledge / Dream of the future

What job or profession would you like to pursue? In 2, 3 or 5 years:

A) WRITE IN THE SPACE BELOW YOUR DREAM FOR YOUR PROFESSIONAL FUTURE (TRADE OR PROFESSION).

B) IN YOUR OPINION, WHAT CAN YOU DO TO ACHIEVE THIS IN TERMS OF STUDIES AND MOTIVATION?

AO1.2 - Self-knowledge/assessment: Questionnaire A

This short questionnaire is a tool for reflection that aims to help the candidate to know him/herself better.

"Spontaneously tick the statements that best describe you, add the number of ticked boxes and indicate the total for each of the sections (A, B, C, D, E, F)" ⁴

A)	B)
☐ I like to work with my hands to make prod-	☐ I like to do research on the Internet and in
ucts.	books.
☐I enjoy doing sports and physical activities.	☐I like mathematics, sciences and computer
\Box I love the outdoors and nature.	sciences.
☐I am realistic and practical.	☐I like books and reports that teach me
☐I am adventurous and courageous.	things.
☐I work with precision.	\Box I like to think.
□I have good manual skills.	□I am studious.
☐ I like to use tools/machines.	☐I am skeptical and inclined to doubt.
	☐I am logical and seek to understand how
	things work.
	☐I'm curious.
TOTAL:	TOTAL:
C)	D)
\Box I like cinema, shows and theatre.	☐I enjoy helping and caring for others.
\Box I like arts, drawing and what is beautiful.	☐I like to be surrounded by friends.
☐I am creative and imaginative.	\Box I find it easy to make new friends.
\Box I have a good sense of aesthetics.	☐I know how to listen to my friends and un-
\Box I know how to combine colors and shapes.	derstand them.
☐I like to entertain people.	☐I am generous, helpful and devoted.
	□I wish everyone well-being.

⁴ Necessary to translate questionnaires into Kinyarwanda

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☐ I have the ability to read three-dimensional	☐I have great communication skills.
plans and maps.	☐I like to go to parties.
☐I like to decorate.	
	TOTAL:
TOTAL:	
E)	F)
\Box I like to organize activities.	☐ I like to classify and store my things.
\Box I like to persuade and convince others.	☐I like to have clear instructions.
\Box I like to be the leader of a group.	☐I like order and cleanliness.
☐I like competition.	☐I am meticulous and methodical.
☐I am dynamic and energetic.	☐I am discreet and disciplined.
☐ I know how to carry out projects and I am	□I work with precision.
persevering.	☐ I have good computer typing skills and I am
☐I am sure of myself.	quick on the calculator.
☐I am optimistic.	☐ I like to follow the rules of a game and un-
	derstand the instructions.
TOTAL:	TOTAL:

AO1.3 - Self-knowledge / Personal qualities: Questionnaire B

"Spontaneously tick the qualities that best describe you, add the number of ticked boxes and indicate the total for each section"

I AM A PERSON ...

A)	B)	C)
□Patient	☐ Sens of analysis	□Spontaneous
□Meticulous	□Curious	□Expressive
☐Physically enduring	□Calm, reserved	□Imaginative
□Natural	□Persevering	□Emotional
□Frank	□Logic	□Independent
□Practical	☐Objective, rational	□Original
□Concrete	□Rigorous	□Intuitive
□Direct	□Intellectual	□Passionate
TOTAL:	TOTAL:	TOTAL:
D)	E)	F)
☐ Attentive to others	□Persuasive	□Loyal, trustworthy
□Collaborator	☐Energetic, active	☐ Organized, systematic
□Dedicated	□Leader	☐Efficient, orderly
□Sensitive	□Optimistic	☐ Respectful of authority
□Friendly	□Bold/courageous	□Perfectionist
□Insightful	☐ Self-confident	□Conscientious
□ Communicative	□Ambitious	□Punctual
Transacia a	1	l
□Encouraging	□Determined	□Discreet

AO1.4 - Self-knowledge / Compilation of results (RIASEC)

- Report the results you obtained in questionnaires A and B;
- Next, add vertically the results of sections A and B and write the result in the appropriate space (A+B).

	R	I	A	S	E	C
	A	В	C	D	E	F
Questionnaire						
A						
	Total:	Total:	Total:	Total:	Total:	Total:
	A	В	C	D	E	F
Questionnaire						
В						
	Total:	Total:	Total:	Total:	Total:	Total:
A + B						
Write in descending order the 3 RIASEC letters of your highest results:						

Write in descending order the 3 RIASEC letters of your highest results: 1_{2} 3_{2}

WHAT DO THESE THREE (3) LETTERS REPRESENT...?

According to American psychologist John Holland, the majority of people can be grouped according to their degree of resemblance to the following six (6) personality types: realistic (R), investigative (I), artistic (A), social (S), enterprising (E) and conventional (C).

"Now read the description of your three (3) most dominant types and underline the words that best describe you".

AO1.5 - Self-knowledge / Definitions of personality types according to the Holland typology (RIASEC)

Read the texts and underline the keywords that best describe you according to the code you obtained.

I am realistic...

I am practical, natural and frank. I like handson work. I love the outdoors and nature. I like to expend energy. People say I have good physical endurance and I am good manually. I am shy and reserved. I prefer contact with nature and animals. I sometimes have difficulty expressing myself.

I am an Investigator...

I am the kind of person who wants to be informed of what is happening, I am curious and critical. I love studying, besides, I always want to know more. Me and mathematics, we are good friends. People say I am very good at analyzing and solving problems. I like being in contact with others but also being alone.

I am artistic...

I am sometimes recognized by my clothing or the color of my hair. It happens that I am a "dreamer". I need freedom. I like to create and I have a lot of imagination. I like to express myself either through speech, through the arts or writing. My friends sometimes say I'm not well organized because my things aren't tidy, but I almost always find myself!

I'm Social...

I am attentive to others. I listen a lot and my friends often visit me to tell me about things that happen to them. I am good at talking and I know a lot of people. Teamwork does not scare me. I can also work alone.

I am enterprising

I like to take risks and initiatives. Life is beautiful, and you have to enjoy it. I like to organize parties, committees and I like to lead. I still have a lot of energy. My friends tell me that I am very convincing.

I am Conventional...

I am organized and have a good memory for details. I leave little room for improvisation. I am a reliable person so, people can trust me. I prefer to focus on one thing at a time rather than doing several things at the same time. My principle is to finish what I start. They say that I am a good collaborator!

AO1.6 - Self-knowledge / Personal assessment

The personal balance sheet answers these questions.

- Who am I?
- What do I know?
- What can I do?

Through the previous activities, you have learned to know yourself better in relation to your future dreams, interests, and personal qualities. Now, we suggest you synthetize what you remember about what characterizes you, in other words, your "personal assessment." Thus, you can make better professional choices considering what you are.

a) My professional future: Following this self-knowledge process, is the job you wanted to practice still the same? Yes No If it has changed, specify the trade or profession that attracts you: b) My interests: From "Questionnaire A" on interests, choose three statements that best characterize you among all those you checked off. Refer to AO1.2-My Interests / Questionnaire

c) My personal qualities:

qualities.	on personal quanties, write	down your personar	ity s five most dominant
Refer to AO1.3. Persona	al qualities / Questionnaire B		
d) My RIASEC co	de:		
Indicate your RIASEC c	code:		

Based on what you have learned, write in the space provided the personality profile of each character below. Take inspiration from this word bank.

Realistic, Investigative, Artistic, Social, Enterprising, Conventional

2nd STAGE: Orientation activities on the "Exploration of vocational training" (AO2)

AO2.1- Exploring Vocational Training/My Work Interests

To guide you towards a training course, it is important to identify your tastes and interests regarding work. Here is a short questionnaire to help you identify the types of activities that you like. You will then be able to choose the profession that interests you.

How to answer this questionnaire:

If you like an activity a lot	→	2 points
If you like an activity a little	→	1 point
If you dislike an activity	→	0 point

a) Manual work

	2, 1 or 0
Do manual labor (making lamps, chairs, cooking, etc.)?	
Repair broken objects (clocks, furniture, clothes, engines, etc.)?	
Create a work of plastic arts?	
Do operations that require great manual precision (detailed adjustments on televisions, embroidery, electronics, etc.)?	
•	Total

b) Work with machines

	2, 1 or 0
Work in auto mechanics?	

pair household appliances (refrigerator, washing machine, etc.)? the heavy machinery or trucks in sand pits, construction sites, etc.? tall, use, check and repair machinery; monitor operations (brewery, clean-product manufacturing industry, etc.)? Total PREPETITIVE AND ORGANIZED WORK 2, 1 operate the same operation daily (like on an assembly line)? a secretary, receptionist or office clerk? liver documents always using the same process? assify products according to their brand, color or size? Total BUSINESS RELATIONS 2, 1 operated by the same process in a store?
tall, use, check and repair machinery; monitor operations (brewery, clean-product manufacturing industry, etc.)? Total P. REPETITIVE AND ORGANIZED WORK 2, 1 operated the same operation daily (like on an assembly line)? a secretary, receptionist or office clerk? Liver documents always using the same process? assify products according to their brand, color or size? Total B. BUSINESS RELATIONS 2, 1 operations (brewery, clean-products) Total
product manufacturing industry, etc.)? Total Propertitive AND ORGANIZED WORK 2, 1 or opeat the same operation daily (like on an assembly line)? In a secretary, receptionist or office clerk? In a secretary always using the same process? In a secretary according to their brand, color or size? Total By BUSINESS RELATIONS 2, 1 or open and the same process? Total
Total P. REPETITIVE AND ORGANIZED WORK 2, 1 or composed the same operation daily (like on an assembly line)? In a secretary, receptionist or office clerk? In a se
e) REPETITIVE AND ORGANIZED WORK 2, 1 or opeat the same operation daily (like on an assembly line)? a secretary, receptionist or office clerk? liver documents always using the same process? assify products according to their brand, color or size? Total B) BUSINESS RELATIONS 2, 1 or open to the same process? Total
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peat the same operation daily (like on an assembly line)? a secretary, receptionist or office clerk? liver documents always using the same process? assify products according to their brand, color or size? Total B) BUSINESS RELATIONS 2, 1 o
a secretary, receptionist or office clerk? liver documents always using the same process? assify products according to their brand, color or size? Total BUSINESS RELATIONS 2, 1 o
liver documents always using the same process? assify products according to their brand, color or size? Total B) BUSINESS RELATIONS 2, 1 o
Issify products according to their brand, color or size? Total BUSINESS RELATIONS 2, 1 o
Total BUSINESS RELATIONS 2, 1 o
B) BUSINESS RELATIONS 2, 1 o
2,10
/
he a salesperson in a store?
nduct telephone surveys for market research?
nvince local companies to donate goods for a fundraising campaign?
ntact people by phone or in person to ask them to try a new product?
Total
e) HELPING RELATIONSHIPS
2, 1 o
ring for the elderly persons or people suffering from a sickness?
sure the protection of people and the environment?
eping children at home?
eaning private homes?
Total
61

AO2.2 - Exploration of vocational and/or technical training proposed by the TVET Schools in Rwanda

Explore the various training programs proposed by TVET Schools

From your RIASEC profile, highlight the professional training you would like to know more about.

My RIASEC	profile:		

AO2.3 - Exploration of vocational training

What is your professional background?

You have just taken another step in exploring vocational training courses. You have also identified the vocational training courses that interest you according to your RIASEC profile and you have specified your tastes and interests in terms of work.

At this stage, you should indicate or recall the vocational training course(s) that interest you according to the first letter of your RIASEC profile (refer to activity AO2.2 - Exploration of vocational training in relation to the Holland Typology.

My	RIA	SEC	profile:		

In the table below, indicate the three vocational training courses that interest you the most. To mention the Centers of Interest, take the answers you ticked in the activity "AO1.2 - Self-knowledge / Interests: Questionnaire A".

	Trades	Centers of interest that correspond
1		
2		
3		

3^{rd} STAGE: Orientation activities on the "Positioning and fixing of the professional project" (AO3)

AO3.1 - Positioning and fixing the professional project / Consolidation of the balance sheet.

This phase of the professional orientation process allows the candidate for training to integrate and reinvest the learning achieved as part of his exploration process. He/she will thus be able to confirm his/her personal and professional project.

	Not satisfied	Satisfied	Very satisfied
My general appreciation of these orientation activities			
The experiments were interesting and varied			
The experiments allowed me to get to know the training			
offer better.			

Which program will you choose? The next step will be the registration process in a TVET School.

AO3.2 - Positioning and fixing of the professional project / Follow-up of personalized support
My strengths / assets:
My weaknesses:
To succeed in your training cycle, indicate what are the additional support you need:



Tests and exercises that Career Guidance Counselors can organize with their students/graduates/jobseekers:

1- Exercises of career orientation:

- To gather information from the Rwandan labor market with students/candidates
- To organize discussions with groups of students/candidates to explore the labor market and different professions (with occupational profiles)
- To examine the training offers of RTB and RP
- To organize visits of companies in different trades
- To organize observation sessions of different professions

2- Explore / do these orientation tests:

- https://www.onlinepersonalitytests.org/riasec/
- http://personality-testing.info/tests/RIASEC.php
- https://www.123test.com/career-test/
- https://www.truity.com/test/career-personality-profiler-test
- https://www.careerhunter.io/tests
- https://www.assessment.com/
- https://novoresume.com/career-blog/career-aptitude-test
- https://www.thecareertest.org/?gclid=CjwKCAjw1ICZBhAzEiwAFfvFhJJlr-ZiY4aEuVzDRZKXMbUC3T_W44EemCgBGWgPWmw7D-N5Exeu-hhoC8eQQAvD BwE

3- Alternative career development plan template:



4- Individual Capacity Development Plan template:



Careers and Interest Areas Sample Professions

Realistic	Investigative	Artistic	Social	Enterprising	Conven-
(Doers)	(Thinkers)	(Creators)	(Helpers)	(Persuaders)	tional
					(Organizers)
					-
Aerospace	Arch. De-	Actor	Academic	Barber, Hair-	Accounting
_	sign*	(Drama)*	Advising	stylist	_
		Art Teacher	Activist	CEO	Actuary
Aircraft Me-	Biotech*				-
chanic					
Auto Body	Computer	Art Therapist	Athletic	Desktop Pub-	Auditor
Repair	Programmer		Trainer	lishing	
Biochemistry	Dentist	Computer	Child care	Digital Re-	Bank Teller
		Animation*		cording	
Carpenter	Economics	Counseling	Counselor	Economics	Bookkeeper
Computer	Engineer*	Creative	Dental	Entrepreneur	Business
Operator		Writer*	Hygienist		Economics
Culinary Arts	Environmen-	Dance	Education	Event Planner	Busi-
	tal Science	Teacher	Counseling		ness/MBA
Dentist	Lawyer	Drama Ther-	Lawyer	Human Re-	Cashier
		apy		sources	
Electrician	Mathematics	ESL Teacher	Nurse	Insurance	Clerk
	/Statistics				
Engineer –	Medical Re-	Fashion De-	Paralegal	Journalism	Computer Of-
Design & De-	search	sign*			fice Careers
velopment*					
Environmen-	Medicine	Graphic De-	Parole Of-	Marketing	Court Re-
tal Science*		signer*	ficer		porter
Firefighter	Ph.D.	Journalist	Physical	Office Man-	Customer
			Therapist	ager	Service
Geology	Pharmacist	Language	Public Health	Politics	Economics
		Teacher			
Mathematics	Physician	Music teacher	Social	Public Ad-	Finance
/Science			Worker	ministration	
Me-	Professor	Psychologist	Special Edu-	Purchasing	Human Re-
chanic/Auto-			cation		sources
mobiles					_
Mili-	Psychiatrist	Reli-	Speech-lan-	Real Estate	Insurance
tary/ROTC		gion/Clergy	guage		
D 11 0 22	.		Pathologist	G 1	
Police Officer	Psychologist	Translator/	Trainer	Sales	Lawyer
9 35 11		Interpreter	m 1	G	3.5.1
Sports Medi-	Computer	Journalist	Teacher	Secretary	Mathematics
cine	Programmer*				



3- THIRD PART: HOW TO ACCOMPANY TVET GRADUATES TOWARDS EMPLOYMENT?

Third part's outline: This part of the training manual explains how to accompany TVET graduates towards "salaried employment". A specific entrepreneurship training session may be organized for TVET graduates who want to create their own business.

Estimated duration of the training session: 12 hours, including for the proposed exercises

In terms of future employment, Career Guidance Counselors are responsible for setting up systems to promote the professional integration of their apprentices/graduates, during all phases of a training program, from the professional project to the labor market.

To inform them, train them, support them and measure their professional integration, the counselors have to run three important activities:

3.1. Establish links with companies

The mechanism for bringing together TVET Schools and companies involves setting up and formalizing links with the representatives at the District level, representatives of the Private Sector Federation and professional associations of trades and crafts.

It is recommended that TVET Schools build and use a database of partner companies.

The purpose of this action is to:

- a) Facilitate and regulate internships or dual training
- Drawing up and signing internship/apprenticeship agreements;
- Development of a Trainee booklet for follow-up and assessment.
- b) Promote training and production through trade fairs, exhibitions, forums, etc.

- c) Promote the institutional immersion of apprentices through the regular organization of visits to companies;
- d) Have information on job offers within companies to place graduates.

3.2. Provide apprentices with complementary skills

Career Guidance Counselors can organize workshops to help apprentices and graduates to find internships or jobs. This kind of additional training aims at acquiring additional skills, in order to promote the integration of graduates into their future employment. The training sessions are divided into two (2) modules:

- a) "Job search techniques, preparation and presentation of applications" module (including: assistance with writing CVs and cover letters; preparing unsolicited applications and recruitment interviews);
- b) Other complementary and transversal skills.

DESCRIPTION OF TRAINING MODULES

Module of Job search techniques, preparation and presentation of applications (including: assistance with writing CVs and cover letters; preparing unsolicited applications and recruitment interviews)

- a) Objective of the module: To provide apprentices/graduates with the practical skills necessary to seek and obtain an internship or a job.
- b) This module contains four (4) workshops based on:
 - self-reflection (workshop # 1)
 - knowledge of the job market (workshop # 2)
 - acquisition of techniques (workshop # 3)
 - confrontation with a real situation (workshop # 4)

c) Scoring:

An external assessor will assign a note to the apprentices/graduates at the end of the 4th workshop. He will not intervene in the first three (3) workshops so he will be able to assess the final result, having the student's CV and cover letters in hand. The Career guidance counselor will send the scores to the TVET Managers.

d) Description of workshops

Workshop # 1: Which skills?

Objectives: Allow participants to deepen their professional projects, in line with

their knowledge and skills, thanks to interactive tools

©CAREER GUIDANCE AND COUNSELLING MANUAL

- ☐ For each participant:
- Take stock of professional training course
- Deepen one's skills, knowledge, personal characteristics, and professional interests
- Better identify the types of trades or functions in relation to referential professions
- Confront your choices with the socioeconomic reality
- ☐ Presentation of the educational content:
- Acquired skills and personal characteristics: know-how (technical skills, transferable and associated skills) and interpersonal skills
- The main families of skills; "target" professions: identification of professions in correspondence with the previously defined skills portfolio
- The characteristics of employment in Rwanda (Labour legislation)

Exercise: Explore the Rwanda Labour Law 2018:



RWANDA LABOUR LAW

- ☐ Expected results:
- Enhancement of the skills of each participant
- Deepening the knowledge of the trades in connection with the choice of trade and interests
- Positioning in relation to the job market (workshop 2) and preparation for writing a CV (workshop 3)
- ☐ Materials needed
- 1 room equipped with computers
- 1 overhead projector

Workshop # 2: Know and explore your job market

Objectives:

- 1) Bring the candidate to clarify his/her positioning in the job market;
- 2) Acquire business prospecting techniques
- ☐ Presentation of the educational content:
 - How to explore your job market?
 - The different modes of access to the labor market
 - What are the sectors of economic activity concerned
 - By my training? the functions, the missions, the salary ranges?
 - What are the profiles required by companies?
 - What skills and abilities are required or strongly desired?
 - How to prospect companies?
 - The different prospecting methods: Internet, telephone, forums, networks
 - Preparing for prospecting
 - Targeting companies according to the preferred method of prospecting

- Business databases
- The telephone approach
- The preparation of the mailing
- The organization of prospecting
- Monitoring dashboards
- When to start prospecting?

_ Expected results		Expected	results
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At the end of the workshop, each participant will have chosen a targeted internship or job offer on the basis of which they will prepare their CV and cover letter for Workshop 3.

☐ Materials needed:

- 1 room equipped with computers;
- 1 overhead projector

Workshop #3: Curriculum Vitae and Cover letter

Objectives: At the end of the workshop, each participant will have an operational

CV and a cover letter

☐ Presentation of the educational content:

Analysis and correction of CVs:

- The construction of a CV: what sections to include?
- How to present skills, professional experience?
- CVs critical analysis by the participants
- Corrections and final CVs

Writing the cover letter:

- The cover letter for unsolicited applications
- The cover letter in response to an internship or job offer

Construction and layout rules:

- What does a cover letter include?
- How to write a "punchy" introduction?
- How to present your arguments, your skills?
- How to approach the request for an appointment?
- Correction of the motivation letters by the participants, with the assistance of the Career Guidance Counselor

\Box F	Expected	results:
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At the end of this workshop, each participant will have in hand an operational CV and a "model" of a cover letter, adaptable to any recruiter.

	Μ	laterial	S	need	led	Ŀ
-	T 4 7	luiciiu	L	11000		٠.

- 1 room equipped with computers;

- 1 overhead projector

Workshop # 4: Practice for the job interview

Objectives: Practice the interview for a job, based on simulations carried out by

external speakers with recruitment professionals providing their

knowledge of the company.

☐ Prerequisites: The candidate arrives at the workshop with the following:

- an updated CV;
- a cover letter in response to an offer to which he/she wishes to respond or has responded
- the internship or job offer in question. If there is no offer, in the case of a spontaneous application, the candidate presents the company to which he/she wishes to apply.

☐ Presentation of the educational content:

- Information on recruitment processes
- Presentation and analysis of the recruiter's questions
- Decoding and analysis of the CV and cover letter
- How is the interview going and why?
- Interview simulation based on a role-play (filmed, if applicable)
- Collective debriefing
- Debriefing of the speaker

☐ Expected results:

At the end of these 4 workshops, each participant will have perceived his/her strengths and weaknesses. He/she will be able to adjust him/herself to the job market:

- Prospecting companies
- Write a CV and cover letter
- Preparing for an interview

☐ Materials needed:

- 1 room equipped with computers;
- 1 digital camera;
- 1 overhead projector

3.3.Additional complementary and cross-cutting skills

Objective of the module: prepare for integration into employment by completing academic training.

Workshop #1: Enhance your written communication

Objectives: Know the different types of professional writing, improve your abil-

ity to structure your thoughts, enrich your vocabulary, use an appropriate language level, improve your style, better respect spelling and

grammar rules.

☐ Prerequisites:

The Counselor can organize, on request, a refresher workshop for apprentices experiencing difficulties in the English language (syntax, grammar, vocabulary, writing).

☐ Presentation of the educational content:

- Session 1: Know the different types of professional writing

Presentation of the different types of professional writing (letters, notes, reports): nature, objectives, characteristics.

- Session 2: Structuring your thought, structuring a plan, expressing a problem Prepare for writing internship reports, work, experience...

Workshop # 2: Enhance your oral communication

Objectives: Prepare for the oral presentation: arguments, stage fright/fear man-

agement, and verbal/non-verbal communication.

☐ Prerequisites:

The Counselor can organize, on request, a refresher workshop for apprentices experiencing difficulties in oral expression.

☐ Presentation of the educational content:

- Session 1: Speaking in public: managing stage fright
- The physical manifestations of stage fright
- The correlation between stage fright and challenge
- Identifying resistance to stress and knowing what to do with it
- Self-esteem to regain confidence
- Verbal communication: volume of voice, diction, flow, breathing, silence
- Non-verbal communication: gestures, posture
- Prepare the framework of his/her intervention and prepare to intervene

Between sessions 1 and 2, participants will prepare the content of their next presentation:

- Structure and objectives of the presentation
- Analytical work on the knowledge and know-how developed during the course (internship, tutorials, rewarding experience)
- Session 2: Preparing your argument
- Identification of key messages to convey
- Argue using a grid (Advantages/because/Objections)
- Where to start and where to end (angle of attack)
- How to stage yourself

- Identification of solid points and points of progress
- Scenario where the group will have the role of jury

Workshop # 3: Prepare for recruitment

Objectives: Know recruitment techniques and prepare for them:

• Recruitment tests

• Assessment of the skills and reactions of the candidate placed in a

professional situation

• Job interview

☐ Presentation of the educational content:

- Session 1: Preparing to take tests
- General presentation on tests and their use in recruitment, practices and ethics, the place of tests in the recruitment process
- The various tests: efficiency tests, specific aptitude tests, personality tests
- Example of efficiency test sequences: passing a test, correction
- As a group: passing a test, correction
- Session 2: Collective tests

From a collective scenario, prepare participants for collective/collaborative assessment tests.

- For a group interview situation (Assessment Center), the ability to:
 - Plan group activities: organization
 - Manage interpersonal relations: consideration of participants
 - Establish collaborations: leadership, collaboration, diplomacy
- For a group discussion situation, (theme of discussion given to the group, exchanges, decision-making), measure the capacities:
 - Interpersonal skills
 - Listening skills
 - Leadership
 - Speaking
 - Ability to develop arguments
 - Confidence

<u>N.B.: Workshops for entrepreneurship / business creation may be run in parallel. Please refer to the APEFE "TRAINING OF TRAINERS' MANUAL - ENTREPRENEUSHIP TRAINING MODULES FOR SMALL AND MICRO ENTERPRISES</u>

3.4.Do the follow-up of the professional integration of the graduates

The Career Guidance Counselor has set itself the task of surveying, measuring and analyzing, on a regular basis, the future of all TVET graduates (every 3, 6 or 12 months, for example, after obtaining their diploma). Therefore, the Counselor must maintain contact with graduates, whether they pursue a professional activity or not.

rizes the information needed to follow

The following table, a personalized follow-up sheet, summarizes the information needed to follow up on insertion.

Personalized follow-up sheet

Important: before sta	arting the interview	, the candidate sho	uld sign a	consent	form.				_
Identification of	First name:		Last nam	ne:					T
graduate									
Coordinates of	(+250)								
graduate	(+230)								
		•••••	@	<u></u>					
Trade									
Occupation	Employee	Unemployed]	Entrepre	neur				
Coordinates of	Location/address:								
employer									
	(+250)								
	(+230)								
				<u>@</u>					
If employee, what	Permanent cor	ntract							
kind of contract	Fixed term contract/duration: (# of months)								
		ct/duration: (
	☐ Verbal contrac	ct/duration: (#	of months	3)					
		isk or per piece							
	Daily contract								
If entrepreneur,		fy:		• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •				
sector / trade and		ervices Specify:						•••	
date of business	☐ Agriculture								
creation	☐ Other Specif	y:						·,	
			Date	of busir	ness cre	atio	n:		
Professional	Full-time job								
needs of the grad-									
uates	Wants to creat	a a hucinace							
uates		tional training/ Spe	cify						
		fy:	•						
Recommenda-		<u>1 y </u>	• • • • • • • • • • • • • • • • • • • •	•••••	• • • • • • • • • • • • • • • • • • • •	•••••		•••	
tions and the way									
forward					• • • • • • •	••••		• • • •	• •
= = = = = = = = = = = = = = = = = = = =									



Exercises for career guidance counselors

How to conduct a Tracer survey?

Read the tracer survey guide below



Tracer survey guide

and elaborate a Google form questionnaire for a tracer survey.

How to establish an Alumni association?

Read the Alumni association guide below



Tests and exercises that career guidance counselors can organize with jobseekers:

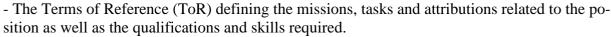
Test the RTB's online Graduate Tracer Survey (link to be included)

Explore the job market

- Read job postings in newspaper classifieds and websites (RDB's Kora Job Portal https://jobportal.kora.rw, Job in Rwanda https://www.jobinrwanda.com/) related to your job profile
- Consultation of websites and social media specializing in the publication of jobs
- Activation of personal or relational networks

- Net	working spider game (10 minutes)
Make	e groups of 4 people
First	individually: make your network 'spider':
	Step 1: You are in the center; put your name in the middle
Step	2: Write down as many organizations, companies, NGO's you know and you are interested
in	
	Step 3: Write down the names of people you know, who work there
	Step 4: Tell the others where you miss names and connections
	Step 5: Look together if you could fill in 1 or more missing links for each person in your
grou	р
Plena	ary discussion:
	How big is your network?
	Bigger or smaller than you thought?

Analysis of job offers

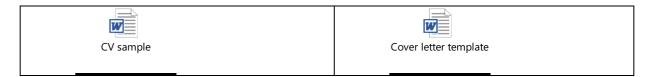


N.B It is necessary to distinguish:

- a- Objective criteria often linked to a diploma, mastery of a technique or software (know-how)
- b- The subjective criteria, that sometimes depend on how to be and the sense of organization (associative and community experience, availability).

Explore CVs and cover letters' templates

Here are CV and cover letter templates:



Practice for the job interview

Analyze different aspects:

- a) Physical (dress, general behavior);
- a) Intellectual (training + experience);
- b) Psychological

Preparation: training, research of information on the company, the position to be filled and the recruiter

Exercises / simulations of the hiring process and role plays of the interviewer(s) and interviewee(s), or with a jury (preferably with a camera to film the interviews and review for joint analysis to identify possible weaknesses).

Please also consult the document below: How to conduct mock recruitment interviews?



Exploring alternative solutions and other short courses to complement the graduates' skills to enhance their employability and define a career development plan

.....

The top 10 skills and qualities employers are looking for when recruiting are:						
1. Communication skills (verbal & written)	Able to communicate clearly					

2. Honest/Integrity Good intentions

3. Teamwork skills	Able to work well with others
4. Interpersonal skills	Relating well to others
5. Motivation skills	Take initiative to get things done
6. Strong work ethics	Willing to work and get the job done
7. Analytical skills	Able to break down the pieces before reaching a conclusion
8. Flexibility	Able to adapt to changing plans and situations
9. Computer skills	Ability to use a variety of computer programs
10. Self-confidence	Belief in yourself and your abilities

ANNEX

Collective evaluation grid (to be completed at the end of the training course)

Aspects to be as-	Strengths	Weaknesses	Actions for improve-
sessed			ment
General organiza-			
tion of the course			
Work environment			
(premises,			
transport, logistics)			
Group participation			
Content of the			
training			
Trainer/Facilitator			
Training materi-			
als/aids			
Rate of ownership			
of the methodologi-			
cal tools			
Reinforcement of			
capacity building of			
program partners			
Additional training			
needs?			