

Examples of guidance materials before or after Reality Check (for career counselor or teachers)

The purpose of the material is to get students to reflect on factors that influence them in their future career and study choices, and perhaps get them to make independent choices.

How: Through information and questions.

Ask an open question: What influences you in your future career or study choices?

Example of things that matters: *Social background, friends, gender*

Then go through the different factors (here is a brief description of the answers, but should of course be expanded:

Gender:

Gender differences in choice of program contribute to gender differences in professional life. Choice of program follows very clear gender patterns that reflect a gender-segregated labor market:

Program choice and gender vary in a way that creates large gender differences in career choices and incomes between women and men who enter the workforce directly after school.

Exercise: Let the students guess what proportion (in percent) of women and men work in different professions, you can use, for example, power point or Kahoo. Examples of professions: Carpenters, engineers, cooks, nurses, primary school teachers, childminders.

Purpose: To get the students to reflect on the question: can boys and girls work with the same things, and why does it look like that?

Social factors:

Parents' educational background is generally highlighted as the factor that has the greatest impact on students' choice of upper secondary school.

Young people who choose vocational education tend to have parents with shorter formal education compared to young people who choose university preparatory studies.

Question for students to consider: Are you considering choosing the same career path as one of your parents? Or are you considering choosing a completely different profession?

Friends:

Peer effects can also influence upper secondary school choice.

The Youth Barometer shows, for example, that students state that group affiliation is important when choosing upper secondary school; that students are more likely to apply for university preparatory programs if a high proportion of their schoolmates do so.

Question for students: Are you influenced by how your friends think about careers and choices of studies?

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