

GOOD ORIENTATION PRACTICES

1. TITLE

Guidance for VET students

2. COUNTRY

Portugal

3. SPECIFIC GOALS

The main purpose of Orientation and Guidance Training in Students is to help and guide them to develop a better knowledge of themselves, their skills and interests in order to make an informed decision for their future.

4. DESCRIPTION

4.1. Who (Provider)

Schools (general or VET schools)

4.2. To whom (Target group)

Any youngster + 14

4.3. How (Method)

Phase 1: Exploration of Self

Aim: The students make a self-analysis of their own interests, motivations, personal characteristics and skills

Self-Exploration worksheet (academic background, grades, subjects they like and dislike, hobbies, future projects, professions they like)

- SDS Questionnaire - Self Directed Search (Interests assessment; 6 profiles)

Phase 2: Exploration of the Professional World

Aim: The students make a computer research about the professions they like most

How?

Professions Exploration Guide (Main activities of this profession, career opportunities, workspace)

Phase 3: Exploration of Training Offer

Aim: Present all the training offers to help the students make an informed choice

How?

- Online Exploration of the study plans of each offer (<http://www.mp.anqep.gov.pt/>)
- Practical presentation by a technical teacher of the activities developed in each professional course

Phase 4: Decision Making

Aim: Gather the main results collected in vocational training to make an informed option

How?

- Assessment Report of the main results collected

4.4. When (Period)

Before finishing lower secondary education



5. EVALUATION CRITERIA

Rate of young people who follow the pathway defined in the guidance phase

6. LINK/S TO KNOW MORE

<https://www.ordemospsicologos.pt/en>