

## Fact sheet 3.2.2ef

### Reflective form 3.2

#### INSTRUCTIONS

Complete the following 3 tasks in written form and hand in them to the instructor for feedback. This is also an exercise in self-assessment. You can use it to reflect on your own knowledge and abilities. You can also talk about your reflections with a peer, personal tutor or supervisor.

1. You are going to conduct the Career Interview with an immigrant person. Considering that he/she has a very different cultural and personal background, which competencies do you think you should have? What attentions would you take in order to not be influenced by your possible biases? Please write down your thoughts in 7-8 sentences.
2. Imagine that you are a career counsellor, and your client completed the Career Adapt-Abilities Scale. He/she obtained a low score on career confidence, and he/she asked you how to enhance this psychological resource. What suggestions would you give him/her? Write down your ideas in 4-5 sentences.
3. Imagine now that you are completing the MSCI tool. Think about how the Covid-19 pandemic has influenced your career. What kind of influence has it represented to you? At what level of influence (individual, social, environmental-societal system; past, present, future). If it does not apply to you, please give your general opinion on the matter. Write down your thoughts in 7-8 sentences. Hand in your work to the course teacher for feedback.

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