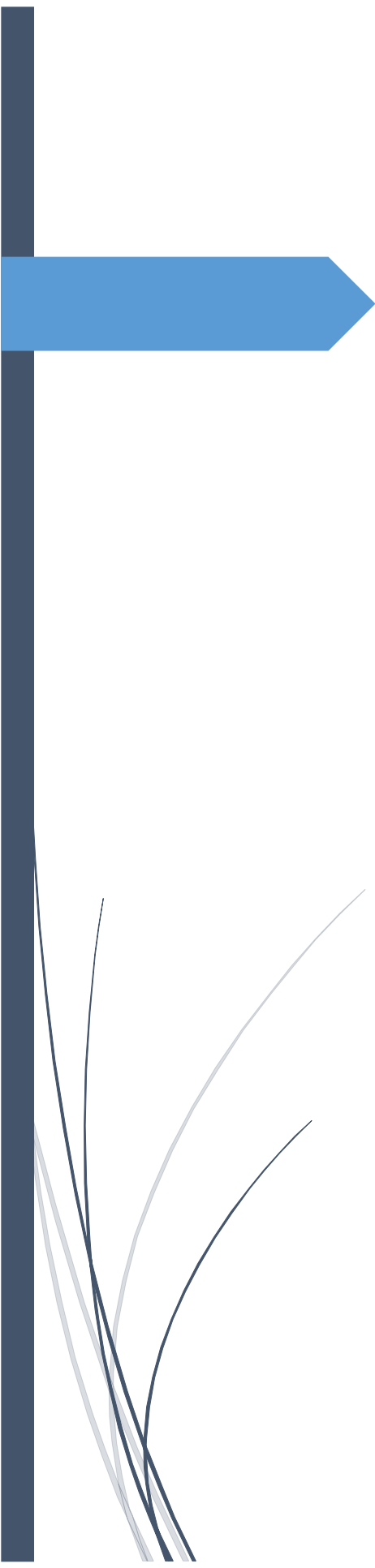




The Journey of Self in Society: Exploring Pathways to Career
Success

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Activity 1: Introduction

1.1) A healthy and balanced lifestyle means a way of living that promotes the integration of different aspects of life, including your physical health, mental and emotional well-being, as well as social connections.

- Have a calm mind
- Do physical activity such as yoga and meditation

1.2) Personal responsibility is the understanding and acceptance that you are accountable for your decisions, actions, and consequences.

Adolescents need to take responsibility for their choices because they impact their present and future wellness, as well as their overall well-being and development. It will have an impact on our future careers and job prospects.

1.3)

- Chronic stress/ environmental stress and scarcity. Lack of peer and adult guidance.
- Reduced self-control and cognitive regulation/ development of self-control. No or little awareness of resources available for self-development, e.g., unable to attend workshops.

1.4)

- Poor lifestyle choices can limit employability. For example, unhealthy habits such as substance abuse and criminal activity may result in a poor reputation, a criminal record, or health problems. These issues can disqualify young people from certain jobs. Employers often conduct background checks and prioritise candidates who demonstrate reliability and do not become a liability to the company, but rather an asset and respected person in the workplace and community.
- Healthy, responsible choices can improve career prospects. Positive decisions, such as maintaining good health, building professional networks, and avoiding risky behaviour, enhance productivity, promote safety in the workplace, and support long-term career growth. Building a good character now will hold one in good standing later in life.

Activity 2: Literature Review On The Extent Of The Problem

A) Prevalence And Patterns Of Risky Behaviour Among Adolescents

2.1)

- Limited or poor quality sex education
- Misinformation from peers/peer pressure and media
- Lack of parental communication and involvement in their child's activities
- Limited access to healthcare services

2.2)

- Formation of self-identity and social belonging
- Perceived social norms and indirect pressure
- Individuals' traits such as impulsivity, self-esteem and anxiety
- Peer contagion and friendship dynamics

2.3)

- Harsh/ neglectful parenting increases chronic stress: creates chronic stress, impairs healthy behaviour, which can lead to obesity. By not allowing the child to participate in physical/sports activities.
- Lack of good parental modelling that shapes health behaviour: lack of encouragement for good/healthy habits causes a higher BMI, which is unhealthy. No proper nutritious meals are provided.

B) Influences On Lifestyle Choices And Barriers To Healthy Living

2.4)

- **Fear of judgment or stigma** – Adolescents may worry about being judged, criticised, or treated differently by peers, parents, or teachers if they admit to risky behaviour
- **Lack of trust or confidentiality concerns** – Many young people fear that personal information will be shared without their consent, especially in small communities

2.5)

- Normalisation of dangerous behaviour: Adolescents may view characters in the media who speed, text while driving, or disobey traffic laws as "cool" or acceptable.
- Influence on imitation: Teenagers may imitate risky driving techniques they witness in video games, movies, or social media because they think there won't be much of an impact, "if they can do it, so can I."
- Diminished sense of danger: Teenagers who are constantly exposed to media depictions of reckless driving without any actual repercussions might disregard the risks that exist in real life. Misconception of the word "Reality."

2.6)

- Provide well-kept and safe sports facilities: Schools can make investments in gyms, sports fields, and safe playgrounds that are properly supervised to lower the chance of injuries and promote regular involvement. Upgrade equipment and hire properly trained personnel (mentors and coaching staff).
- Provide diverse and inclusive physical exercise programs. All kids, including those who are less athletic, can participate in clubs, non-competitive activities, and fitness challenges, which can also foster a healthy body image. Have regular motivational workshops.

C) Careers Competency Gaps And The Support Systems That Bridge Them

2.7.)

- Limited exposure to career guidance: Adolescents may not acquire the skills and information required for work if they do not have access to mentoring, job shadowing, or career counselling.

- Poor interpersonal and communication abilities. Employability may be hampered by a lack of opportunities to practice public speaking, collaboration, and dispute resolution.
- Socioeconomic barriers, including insufficient access to technology, restricted transportation, and poverty, limited possibilities for skill development and training.
- Poor critical thinking and problem-solving skills. It is more challenging to adapt to work demands when these fundamental skills are lacking. By not being future-focused.

2.8)

- Practice responsibility and timeliness. By being on time for courses, meeting deadlines, and taking responsibility for finishing assignments and projects on your own without assistance.
- Demonstrate dedication and tenacity by consistently putting effort into your education, actively participating in class, and maintaining your good work even when things become challenging.
- Be truthful in all of your academic work (avoid plagiarism or cheating), and treat your teachers and fellow students with dignity. These actions demonstrate the moral behaviour that is required in the workplace.

2.9)

Peers can establish cooperative learning networks to exchange professional information and job-specific skills.

Teenagers can, for instance, organise study groups, online discussion boards, or social media communities. In these, they exchange materials such as job descriptions, required skills, and guidelines. They might also practice skills such as technical abilities or interview methods together. Peer feedback can enhance their performance. Compared to traditional training settings, this peer-to-peer exchange is more approachable and less intimidating. It uses essential communication styles and shared experiences. This teamwork not only enhances understanding of job-specific skills but also cultivates networking skills and confidence, both of which are critical for career readiness.

2.10)

- Provide precise and pertinent career information: Adolescents can learn about the precise qualifications, abilities, and educational paths required for particular jobs by speaking with experts, career counsellors, and teachers. This increases their chances of success by reducing uncertainty, helping them set realistic goals, and ensuring they select the right subjects early on.
- Improves decision-making and career awareness: Adolescents may not have considered new industries and career alternatives until they have conversations with informed individuals. Their future judgments become more knowledgeable and self-assured as a result of this exposure, which helps them connect their interests and talents to appropriate occupations. Getting an overview from someone from the outside (a different perspective) helps one enhance their career choices.

Activity 5: Conclusion

5.1)

- Promote constructive coping mechanisms
Adolescents can maintain their mental well-being by emulating positive role models who use constructive stress-reduction techniques, such as problem-solving, practising mindfulness, and seeking assistance when needed.
- Increase confidence and self-worth
Role models support adolescents, provide direction, and affirm positive behaviours,

helping them build resilience, increase self-worth, and reduce the risk of anxiety and depression.

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Discourage risky behaviours

Adolescents are guided toward safer, healthier choices by observing role models who abstain from substance abuse, avoid violence, and reject risky behaviours.

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Encourage motivation and goal-setting

Teenagers can be inspired to set reasonable goals, persevere, and make choices that support their psychological well-being and future aspirations by witnessing role models succeed in both their personal and professional lives.

5.2)

- Enhances career preparedness and self-awareness

Teenagers can significantly enhance their career preparedness and self-awareness by participating in career workshops, volunteer work, or job-shadowing. Not only do these experiences teach them about their values, interests, strengths, and shortcomings, but they also enable informed choices about subjects and educational paths that align with professional goals. Through such participation, teenagers practice essential workplace skills like time management, teamwork, and communication. Yet, the advantages of these activities depend on the quality of opportunities provided. Limited or poorly organised experiences may diminish their career preparation benefits.

- Increases networking opportunities and transferable skills

Teenagers who engage in work-related activities can develop applicable and useful skills like leadership, flexibility, and problem-solving, all of which are highly sought after by employers. Furthermore, these activities connect them with professionals, mentors, and possible employers, helping them create networks that could eventually result in internships or employment. Despite these benefits, socio-economic barriers prevent some adolescents from having the same access to these opportunities, which could hinder their ability to build these connections and skills.

5.3) While still in school, adolescents could participate in volunteer, internship, or job-shadowing programs.

Through these opportunities, they are exposed to authentic work settings where they can practice critical abilities like problem-solving, communication, teamwork, and time management, thereby gaining first-hand experience. Additionally, it helps teenagers better understand the skills and work ethic required for various professions/jobs. These experiences also enable them to establish professional networks and references, which enhance their resume and help them stand out to potential employers.

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ACTIVITY 3: DATA GATHERING

D) INTERVIEWS

ACTIVITY 4: DATA ANALYSIS

E) ANALYSIS