



WEnav Program Overview

All sections include a Power Point presentation, handouts, facilitators' guide, and additional resources.

Section 1: Introduction to Career Navigation

By the end of this section, youth participants will begin to:

- Develop a comfortable relationship with the facilitator/group.
- Be engaged in their own career navigation and care about their future career paths.
- Understand the importance of career navigation.
- Develop a sense of autonomy and positive self-efficacy in regards to career navigation.
- Develop an understanding of how their lifestyle preferences affect their ideal careers.
- Identify what they want in their ideal futures and what traits their future careers will need for this lifestyle to be realized.
- Learn about the four career pathways available to them following high school.
- Understand the realities of career planning.

Section 2: Self-Knowledge

By the end of this section, youth participants will:

- Understand the importance of self-knowledge in relation to career navigation.
- Identify what they need to know about themselves for ideal career navigation.
- Discover and reflect on relevant self-knowledge for career navigation with an emphasis on looking at their past experiences and using assessments critically.
- Understand how past experiences shape career navigation.
- Begin to explore how to apply self-knowledge to career navigation.

Section 3: Exploring Careers

By the end of this section, youth participants will:

- Understand how to apply self-knowledge to career navigation and what their self-knowledge can tell them about their ideal careers.
- Use their self-knowledge to guide their career research.
- Learn how to research different careers and learn about reputable websites that have this information.
- Learn how to evaluate research sources and execute effective career internet searches.
- Do career research (starting broad and starting to narrow options).
- Identify what is appealing to them about certain careers.
- Do further research into careers that share appealing factors.

Section 4: Other Relevant Skills and Knowledge

By the end of this section, youth participants will:

- Understand what labour market information (LMI) is and what factors influence LMI; learn how to find LMI, and how to apply LMI to career navigation.
- Learn what networking is and its importance to career navigation; learn how to identify, develop, and use a network.
- Learn how to find out what employers are looking for and how to use this knowledge in their career navigation.
- Understand the importance of soft skills to career navigation and future careers; learn how to develop and demonstrate these soft skills.
- Learn how to identify what influences their career perceptions and choices.
- Learn effective decision making techniques.
- Learn what entrepreneurship is, what skills and knowledge are necessary for success as an entrepreneur, and how knowledge of entrepreneurship can be helpful to career navigation.

Section 5: Looking Ahead

By the end of this section, youth participants will:

- Evaluate the careers they are interested in by comparing them to their self-knowledge.
- Thoroughly research and learn about 2-3 careers.
- Learn about what education/training/experience is needed for those careers.
- Learn how to find education/training information.
- Discover other careers they can pursue with the education/training/experience and skills they will gain.
- Learn the benefits of experiential learning and the importance of it to career navigation.
- Learn how to conduct an informational interview.
- Conduct an information interview.

Section 6: Action Plan

By the end of this section, youth participants will:

- Learn the importance and benefits of setting SMART goals.
- Identify and set SMART career goals.
- Complete the *Action Plan* and *Timeline*, with all considerations involved.
- Identify potential career barriers and develop possible solutions for overcoming them.
- Understand the importance of continually revisiting and revising their *Action Plans*.
- Feel confident about their futures and career navigation abilities.

For questions, comments, or feedback, please contact:

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