

ENGLISH VERSION

1. WORKSHEET

Title: My Career Map & Scenario Planning

A. Self-Assessment

- 1. My main skills and strengths:
.....
- 2. My past work or study experiences:
.....
- 3. Things I enjoy doing the most:
.....
- 4. My top three personal values:
.....

B. Scenario Thinking

Scenario Type	Description	My Scenario
Best-Case	What if everything goes as planned?
Most-Likely	What will probably happen?
Challenging	What if unexpected barriers appear?

C. Action Plan

Goal	First 3 Steps	Deadline	Support Needed
.....

2. NOTE-TAKING SHEET

Title: Key Insights from the Session

Topic	Notes
What is uncertainty and why is it normal?
My personal strengths

Topic	Notes
My most important career values
Tools I learned today (Career Map, Scenario Thinking, SMART Goals)
One key takeaway from the session

3. FEEDBACK FORM (Short Survey / Questionnaire)

Title: Session Feedback – Career Planning in Times of Uncertainty

A. Evaluation (Scale 1–5)

No Statement	Rating (1=Strongly Disagree, 5=Strongly Agree)
1 The session was relevant to my situation.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
2 I understood how to set SMART goals.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
3 The activities helped me reflect on my career.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
4 I feel more confident about planning my future.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
5 The trainer’s explanations were clear and motivating.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

B. Open Questions

1. What was the most useful part of this session?
.....
2. What will you apply in your real life?
.....
3. What could be improved in future sessions?
.....