

Distance
Career Guidance
in Greece

coming
out of
your box

6th European conference in e-guidance: *Widening access to lifelong guidance*

Distance Career Counselling: Practitioners' Training and Competences. The example of Greece.

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Content

- Synergy
- Nowadays situation
- Definition of career guidance - pros & cons
- Special issues for distance guidance
- The example of Leipsoi
- Methodology – 4 steps
- Outcome
- Next steps

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European Projects' Synergy

▷ Career Guide for Schools
www.career-guide.eu

▷ CarCoulT www.carcouit.eu

▷ Rural wings
<http://www.ruralwings-project.net/>

▷ Hermes <http://www.hermes-project.net/>

Teleconference Tool

- Broadband internet in rural areas
- Chat room
- Videoconference
- Power point presentation
- On line lesson/career guide session

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Nowadays SKILLS needed!

Unemployment

Flexibility

Mobility

Experience



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Distance career guidance

“Distance guidance or e-guidance is an opportunity to give more guidance to more people, at distance” (Offer at all,2001, Mahadar ,2003).



Target group

- People who live in disadvantaged rural areas
- Students 12- 20 years old
- Teachers – counsellors
- Parents
- Unemployed people

Target group's characteristics

- Disadvantaged rural areas
- Unemployment, limited choices
- Limited intensives
- Limited information
- Limited perspectives, ambitions
- Beaten track is the best future planning
- Lack of motivations
- Low self confidence

Borders

- To get them out of their box
- To convince them for the added value of the session
- To build a personal relationship

- To train people using internet
- Technical problems at the trial period

Methodology of the session

Preparation:

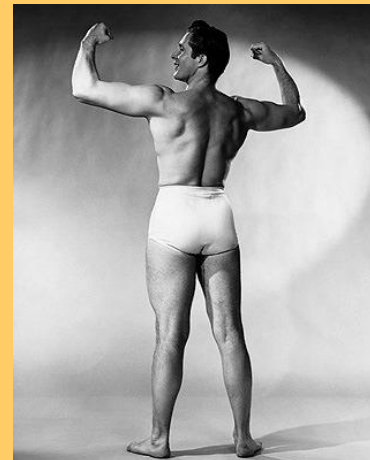
- Emotional and motivational preparation in order to increase the readiness for e-guidance, students to believe that these sessions will help them
- Training on technical skills (pc skills),

Implementation : five e- lessons

- self concept, strong points and weaknesses,
- information about educational choices and labour market,
- career plan and back up plan,
- workplacement (interview, cv, entrance, adoptation),
- Setting goals, motivation and inspiration.

The perfect Job...

- abilities
- responsibilities
- ambitions
- workplace
- Self concept





Perfect job??



Perfect job??



Perfect job??



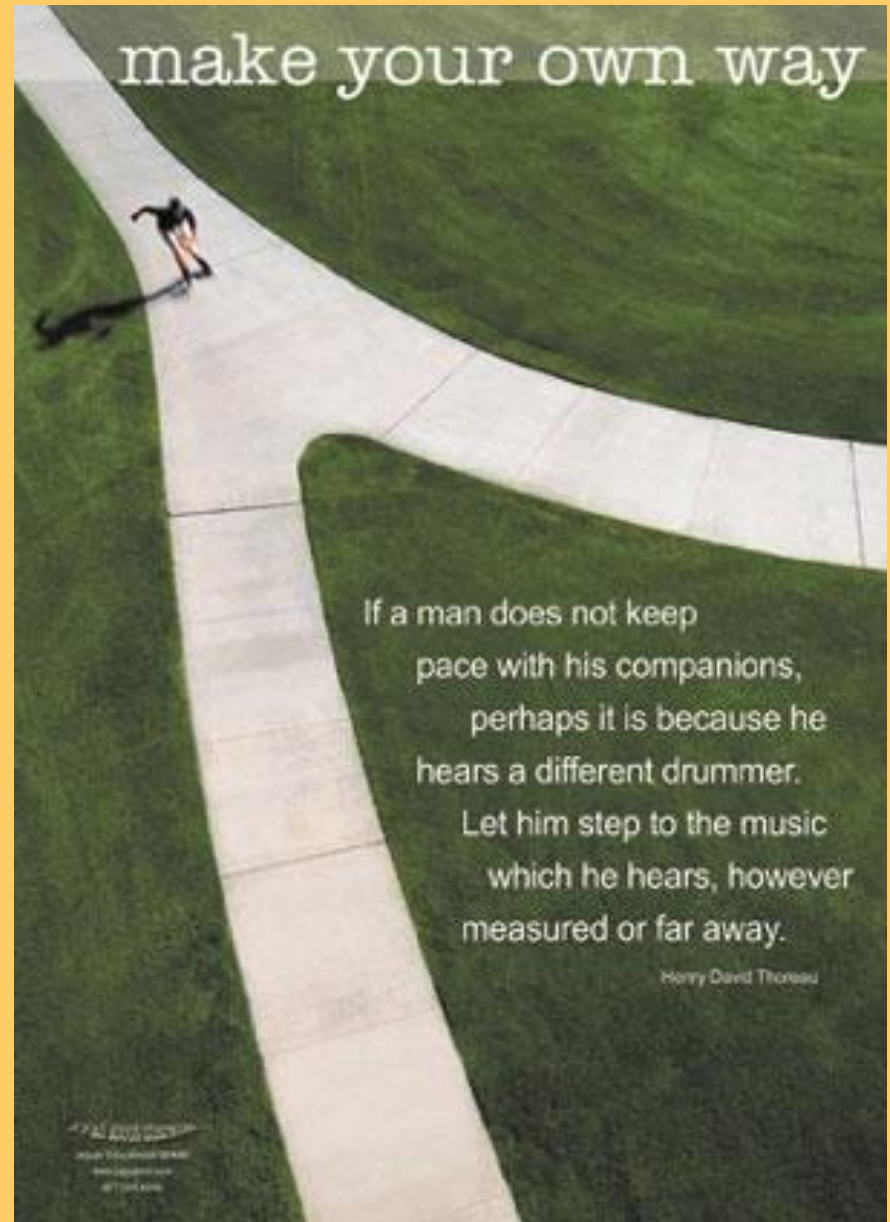
The most important thing is to make the right choice and to have alternative choices as back up..

- ... “North, east, south or west
- *which direction is the best*
- *if the choosing gets confusing*
- *maybe it’s the map you are using”...*



Lewis Carroll,
“Alice in Wonderland”

Make your own
map...



make your own way

If a man does not keep
pace with his companions,
perhaps it is because he
hears a different drummer.
Let him step to the music
which he hears, however
measured or far away.

Henry David Thoreau

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4 steps

- **Personal Development**
 - I can do.....I want to do...I choose
- **Information**
 - educational system, universities, colleges, jobs' descriptions
- **Decision making**
 - setting goals, find alternative choices, plan the process of the decision making
- **Transition from school to the world of work**
 - preparing a curriculum vitae, "reading" adds, contact with companies, job interview

Personal Development: Self Esteem

- What is self esteem?
- Some indicating characteristics from persons with high self esteem
- Some indicating characteristics from persons with low self esteem
- Some people believe that they are not important. Why?

WHAT MATTERS MOST
IS HOW YOU SEE YOURSELF.



**Boosting self
esteem...**

...what matters most is
how you see yourself...

1. Remember how you felt when you did sth for first time...

When you participated at athletic competitions..



.....When you had very important exams....



2. Do sth you postpone for long time

..call to a friend..

..read again your lessons...

..make up your room..

...anything that will force you to make
decision...

3. Do sth that you are doing well...

..go for running...

..dance....

..draw...

..read a lesson you
like....

..play...



4. Remember all your achievements

- Make a list with all your achievements...
- Feel proud for these achievements...



5. Your thoughts influence your emotions...

- Think positive...
- Imagine your ideal life after 2,3 or 5 years...
- Set goals and believe you can achieve them
- Write or Draw your goals and put them in an obvious place!

I will be a millionaire!!!!



I will be an actor/actrice...



quoteable 2007 calendar

Shoot for
the moon.
Even if you
miss, you'll land
among the stars...

(Disney)

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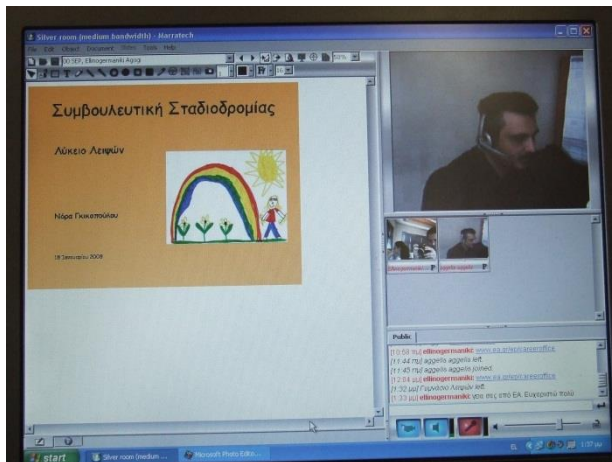


Special issues

- Attractive presentation
- Emotional engagement = motivation
- Specific information
- Realistic approach

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Το ιδανικό επάγγελμα...

- ικανότητες
- αρμοδιότητες
- φιλοδοξίες
- εργασιακά περιβάλλον
- αυτογνωσία



Public
10:50 πμ Γεωργία Λεβάνη posted
10:55 πμ Αγγελίνα Αλεξίου posted
10:56 πμ Νικόλαος Νικόλαος posted
11:44 πμ Αγγελίνα Αλεξίου posted
11:45 πμ Αγγελίνα Αλεξίου posted
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DELL



Evaluation - five parameters

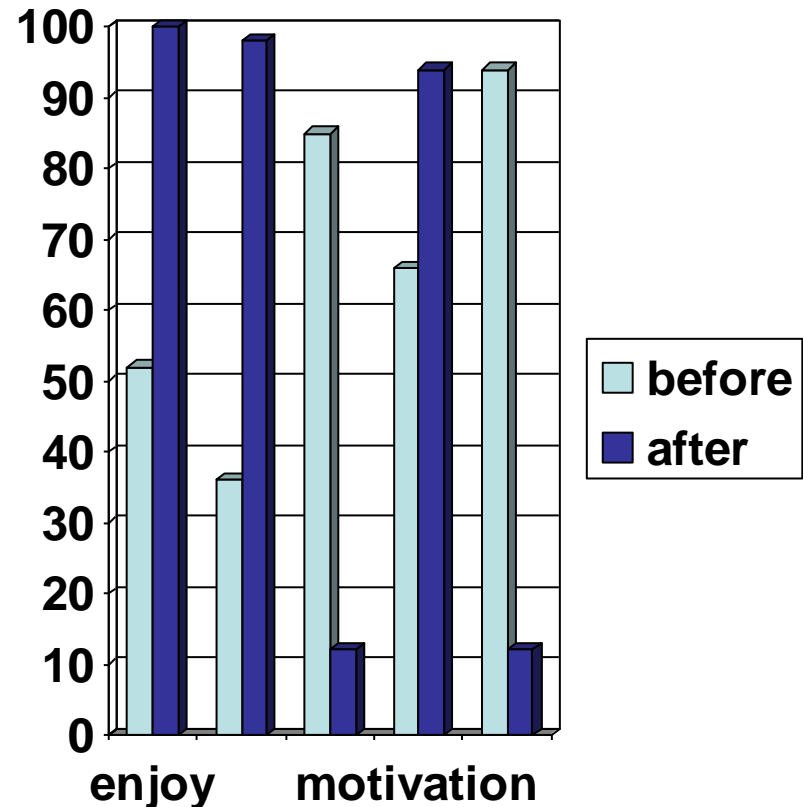
- The students' joy for the lessons
- The students' conviction that learn how to change the way of thinking/acting
- The difficulties that students faced, using pc
- The motivation power of the sessions
- The students' anxiety rate before and after the sessions

Next steps

- Even better preparation (readiness)
- Individual distance guidance (not only group counselling)
- Continually contact with users
- Implementation of new session and lessons according to users' needs

Results in numbers

1. **Enjoyed** the e-session
2. **Learn** more for self – concept
3. Felt frustration
4. Found new **motivations**
5. Felt **anxious**



Results in words..

"It was funny and motivated"

"At the beginning, we felt uncomfortable but...then we enjoyed it!!"

"It was a different approach...we were focused...we didn't get bored"

"Actually it was a lesson...but not a lesson exactly"



Data

- 25 installations in rural areas in Europe (DVB – RCS)
(Spain, Cyprus, Romania, Estonia, Poland, French, Sweden, Armenia, Greece)
- 14 installations in rural areas in Greece (DVB – RCS)
(+ 10 DVB)

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Thank you for your
attention!!!