

# Matching



## Overview of the activity

This matching activity invites participants to explore and prioritize their personal and professional aspirations using a deck of career-oriented cards. Through discussion, card exchanges, and reflective exercises, participants identify what truly matters to them, assess how well their current path aligns with their goals, and consider strategies to bridge any gaps.

## Learning goal

Participants will:

- Identify the aspirations they hope to achieve in their professional and personal life.
- Begin to prioritize these aspirations based on what matters most to them
- Reflect on how well their current profession aligns with these aspirations.
- Become aware of the gap between their ideal vision and their present reality.

## Target group

**Age range:** 16-25

**Group size:** individual or from 2 to 10 participants

## Duration

60-90 minutes

## Format

- ☒ In-person      ☒ Adaptable to digital format
- ☐ Included in learning platform

## Materials

- A4 paper or devices with an internet connection
  - Pens and scissors
- ☒ Included in this activity:
- Set of career aspirations cards
  - "Aspirations list" worksheets
  - "What are your career aspirations?" worksheet



### How to implement 📋

**Step 1. Preparation:** prepare a set of aspirations cards and print a complete list of aspirations for each participant. Provide blank sheets of paper and pencils.

**Step 2. Introduction:** "Today, we're going to explore your personal and professional aspirations - what truly matters to you, what motivates you, and how these aspirations can shape your future plans".

**Step 3. Distribution and discussion:** randomly hand out 5 cards to each participant. Explain the exchange rules: each person must always keep 5 cards in hand. Start the exchange phase and make sure the rules are being followed throughout the activity.

**Step 4. End of exchanges:** ask everyone to write down their final 5 cards on a sheet of paper.

**Step 5. Expression of experience:** ask participants to reflect on how they felt during the exercise and write down their thoughts. Invite them to share their experiences.

**Step 6. Cognitive processing:** facilitate a discussion about the strategies used to obtain satisfactory cards. Draw a connection between these strategies and the search for a fulfilling professional situation.

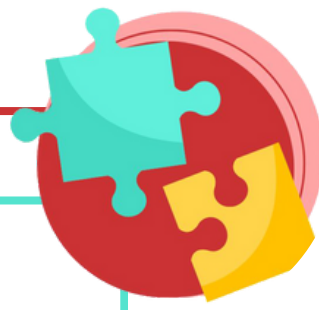
**Step 7. Psychological integration:** distribute the complete list of aspirations to the participants:

- a) Choose 5 additional aspirations
- b) Prioritize 10 aspirations
- c) Assess how well each aspiration has been addressed in their career plans
- d) Identify important aspirations that remain unfulfilled
- e) Reflect on ways to fulfill these aspirations, either professionally or personally.

**Step 8. Conclusion:** invite participants to voluntarily share their opinions and summarise the key points of the activity.





### Tips for use 💡

- A roundtable discussion is crucial at the end of the psychological integration phase.
- The nature of the game and task may cause some participants to censor their aspirations, particularly those with social connotations.
- Ensure psychological integration in an environment where everyone feels safe to work without the fear of others scrutiny.
- One way to achieve this is by rearranging the tables to create a more private setting.



## Tools & downloads 🧩

### **Tool**

-  *"Aspirations list" worksheet*
-  *"Aspirations list" worksheet to fill in*
-  *"Career aspirations cards" worksheet*
-  *"What are your career aspirations?" worksheet*



# Aspirations list



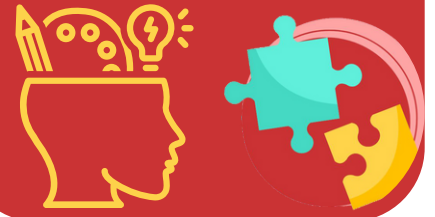
Improve work-life balance



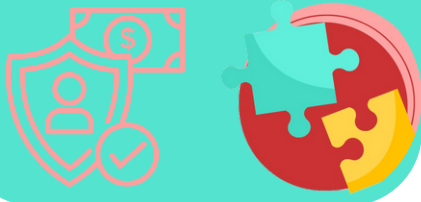
Achieve a promotion



Develop new skills



Financial security



Personal growth



Make a positive impact on society



Attain a leadership position



Work abroad



Start own business



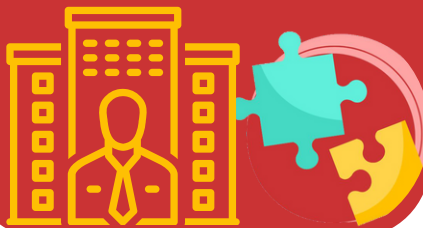
# Aspirations list



Become an expert  
in a specific field



Work for a top  
company in the  
industry



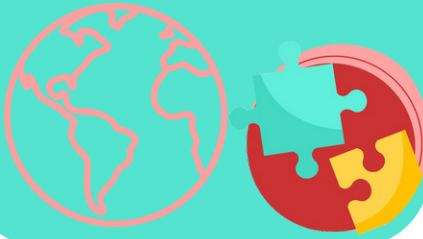
Improve public  
speaking abilities



Build a successful  
startup



Gain international  
work experience



Buy a house



Become more  
environmentally  
conscious



Learn a new  
language

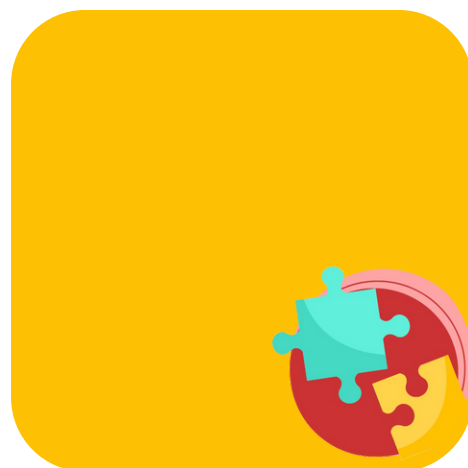
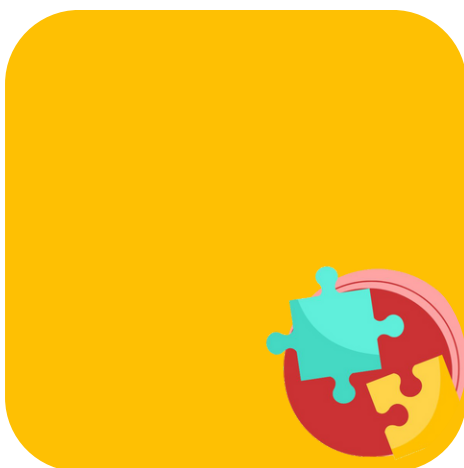
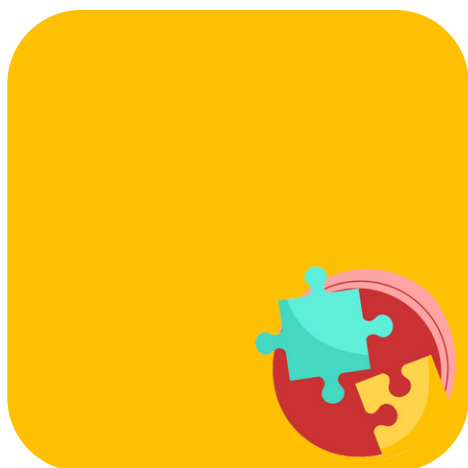
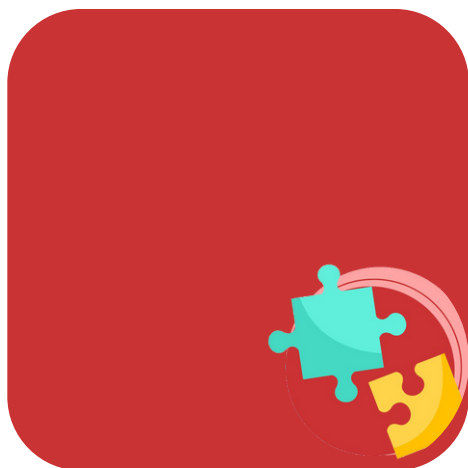


Volunteer for a cause  
you care about



# Aspirations list

(blank space for the educator to fill in)



# Career aspirations cards



## Dentist



- Help others
- A prestigious career
- You can always learn

## Policeman



- Protects others and helps them
- Has an impact on the lives of others
- A well-known profession

## Farmer



- Always in touch with nature
- An essential job
- Being able to eat what you produce



## Lawyer



- Defend the rights of others
- For those who like to debate and persuade
- Fight for an egalitarian society

# What are your career aspirations?



**Aspirations**

**Aspirations**

**Aspirations**

**Aspirations**

