

"Parcours de L'Orientation"

Interview with Nadine Mouchet, author of "Les Parcours de L'Orientation" 20th November 2019.

NOUVEAU LYCÉE 2019

Les parcours de L'ORIENTATION

Lycée
de la 2^{ème} à la 1^{ère}

96 PAGES D'ACTIVITÉS
pour vous accompagner
dans votre projet d'orientation
PARCOURSUP

- Métiers et entreprises
- Des spécialités aux études supérieures
- Découverte de soi
- Méthodes et compétences

+ activités numériques
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1. Why did you write this book?

I published this book in September 2019, after a year of reflection and more than 15 years of diverse experiences in the field of guidance, because I realized that guidance was often approached in a very poor, even caricatural way, by the school community and also by families, who lack information on the subject.

We only talk about Parcoursup when we think about orientation. However, it is not enough to click on a training in this software to have it and succeed in your studies! Parcoursup is only an intermediate tool.

Beforehand, you must have thought about what makes sense and interests you. You must have laid a solid foundation by answering the question "what is the subject or area that interests me more than anything else? ", "what makes me happy in life? ». These are simple questions and very complicated at the same time. But very few people take the time to ask themselves these questions and try to answer them in the most honest and sincere way possible. That is why so many students finish their studies and then change direction because they think after 3 or 5 studies that this is not what they wanted to do. Why not, but what a waste of energy!

I also wrote this book to help the teachers who are in charge of accompanying the high school students to propose interesting tools and activities to help them progress in their project. When I talk to teachers, I explain to them that orientation is like learning a foreign language. If we limit ourselves to asking the same question to the student each year with the same vocabulary words, what a bore! The student will have the impression that he or she is not progressing. It is therefore necessary to propose varied activities and to progress with the student by proposing relays and activities adapted to his progress.

Then, to conclude, I would say that I think it is a pity that the orientation is being worked on by each of us in our own corner. Many of the activities in this booklet are designed to be conducted in class, in groups or in pairs. There are also times for reflection and individual discoveries. But the most inspiring activities in this booklet are, I think, the activities that allow us to exchange information together orally in class and to gather information to exchange and share in groups. It is this desire to share, strengthen and share information related to guidance that has been at the origin of my inspiration.

I am delighted that the publisher trusted me and gave me carte blanche to develop all the ideas I had and that I wanted to share with the educational teams and families.

2. Who is the book for?

This booklet is aimed at three targets, as I explained in the preface.

1. High school students
2. Professors and documentalists
3. The parents

Guidance is everyone's business, not just that of parents or teachers. Because if that's the case, it gives you a sudden orientation. The student must also not be alone because it is very difficult to think about his or her orientation alone. You need to be able to talk about it and consult several opinions or people. Adults must take turns and support the student, without crushing him. It is the art of guidance and counselling.

3. Book summary

“Parcours de l’orientation” has been designed as a personal activity booklet for each student, which will be available from the second to the final year of high school. This booklet provides an overview of what orientation is. It brings together activities to be done individually or collectively to build its orientation project.

It allows you to acquire:

- Methodology to learn to organize and progress through various exercises and experiments that I describe;
- Information to search by field, sectors of activity and interests and to classify so as not to go in all directions and refine your interests;
- To become aware of the importance of "soft skills" to develop useful skills for orientation: learning to ask questions, to oneself and others, to orient oneself at a trade fair, to sort information on the Internet, to speak about oneself aloud...

Of course, a workbook is not enough on its own. You also have to find human resources and surround yourself well to complete your project!

I was the first to dare to create an activity book on the subject... It was bold. Apparently, the high schools have welcomed it, even if we can go further on the subject of course. I hope it will inspire other initiatives!

4. Importance of career guidance

I simply think that this is a fundamental subject. In my opinion, there is nothing more important than finding your place on earth and in society. Those who feel they have no place, or are not recognized for who they are, are unhappy and can be so for the rest of their lives. At 15, I said that my project was above all to be happy! By that I meant that I wanted to do a job that engages me and looks like me because I am a passionate person.

In the past, we used to ask ourselves fewer questions. We had a passion, a vocation... or not, like most people. Today, everyone aspires to develop and give the best of themselves. There is also an urgent need to change the world and act for the Planet. Everyone must participate in it in their own way.

I think your generation has a tremendous challenge to meet. And that it is my duty to support the effort of this new generation. I feel committed and responsible. I also want to help build a better world, in which everyone feels happy and in their place. If everyone did what they were doing, there might be less conflict in the world...