



# #FutureYangu PODCAST

#FutureYangu podcast series is a career guidance and counselling program for Form 4 secondary school students. It is to be delivered in a new innovative digital modality using audio podcast on an App downloaded on a mobile smartphone. The phone will be connected to a Bluetooth speaker to allow for wide listening in the classroom.

## TEACHERS' GUIDE

This Teachers Guide is to be used by Fema club teachers or Counsellors who will deliver the #FutureYangu podcasts in the classroom and lead discussions.

All teachers will have the assistance of a Master Coach for support in the delivery of the #FutureYangu podcast program. The coach assigned to your school will visit once a week, to provide advice and support and follow up with you in the WhatsApp groups (see contacts below).

### How to use the #FutureYangu podcast program in your classroom

**Day and time of delivery:** Discuss with the Headmaster and decide on the best day and time in the school schedule, for delivery of the #FutureYangu podcasts. Extra-curricular hours may be ideal. Try to set a regular schedule so everyone is informed about when the podcasts will be delivered.

The delivery of #FutureYangu will take 3 months. There are in total 12 podcast episodes, one episode per session and week.

**Number of students:** Remember that all Form 4 students who were surveyed in the school must be included in the session. If the group is larger than 50 students, see if the school leadership can accommodate two sessions pr week. Try to air the podcast inside the classroom for better sound. This will also enable students to focus.

**Airing by segment:** Every #FutureYangu podcast episode is 30 minutes long and has 5 main segments with different messages around a main topic. The segments should offer content that the students can easily relate to, find informative and amusing. The program is created to be participatory. We recommend that you air the podcast according to segments and then stop, to initiate discussions in between. This will give the students a chance to pose questions and get clarification on issues they don't understand.

### Segments of the #FutureYangu episode

**1. Introduction:** The segment introduces the topic of the episode.

**2. Testimonials:** A role model with an inspiring story shares their experiences relating to the topic.

**3. Discussion:** After each testimonial, a discussion involving the guest (role model), presenter (young voice) and aunty Maina (adult voice) takes place, to deepen understanding.

**4. Drama:** Two characters Kim and Kish, typical secondary school student share experiences the students identify with. They chat with each other about issues relating to the main topic.

**5. Activities:** The Activities aim to help the students get involved in 'learning by doing' by suggesting practical exercises they can undertake to deepen their understanding.

## In podcast sessions

- Make sure your phone and speakers are connected, charged and audible. Make sure everyone in the classroom is settled, focused and quiet. Say a few opening words to welcome everyone to the #FutreYangu podcast before sharing.
- Keep the devices close to you, so they are easily accessible. Do not let students play around with the equipment on their own, supervise and demonstrate how the equipment works.
- You can stop the episode after each segment and ask if everyone has understood or may have questions to the topic being discussed.
- Localizing content is always a good idea. Do this by giving examples of jobs and careers in your community and town. Ask the students to share career stories they know in their own network of family and friends. Motivate students to seek even more information from professionals with experience in their community.
- The Activities have been designed for individuals and/ or groups. In this way students can get a chance to practice teamwork. They can help each other and do the activity as a form of 'homework'.

## MEANING OF WORDS

### *Facts and Opinions*

There are messages with fact and opinions. Fact is a statement that can be proven to be true by the use of evidence or rules. Example: to get a Form 4 certificate 'a ticket' you must get at least two Ds. Opinion, unlike facts, are neither true nor false. An opinion can express a belief, attitude, value, judgment, or feeling. Example: To have more than one dream is distracting. This is an opinion, and not necessarily true, it may be good for youth to have several dreams and options. Example: Children are born with talents/children develop talents in the social environment growing up. We don't know for sure, probably a bit of both, so the statements are only an opinion.

### *Dream and aspiration*

Dream and aspiration are similar but also different. Dreams, relate to wishful hope, for some thing to happen, but their realisation are not directly linked to a persons current actions. The main difference is the idea of agency. Aspirations imply some degree of agency, meaning that I know I can act today in order to reach my aspirations tomorrow. Aspirations don't necessary mean that students actually act to reach them, especially if the aspirations are very high and it unlikely that they can reach them. It can also be that despite high aspirations, students lack a sense of which action to take and what pathway to take to reach them.

## Master Coaches:

| Name                | Region Vs District                                    | Schools   | Contact  |
|---------------------|---|---|--|
| Costansia Mгимwa    | TANGA: Handeni DC, Handeni TC and Kilindi DC          | Kwedizinga, Kisaza, Manga Mpakani, Komnyang'anyo and Jaila Secondary school | Mob: 0713483 478,<br>Email: ccgimwa@gmail.com      |
| Peter Thadeo        | TANGA: Muheza DC and Tanga TC                         | Mabokweni, Mtindiro, Kicheba, Kwafungo, and Kwabutu Secondary Schools       | Mob: 0654 993 220,<br>Email: peterthadeo@gmail.com |
| Majuka Olokeri      | TANGA: Korogwe DC and Muheza DC                       | Ngombezi, Mkalamo, Mnyuzi, Potwe, and Bwembera Secondary Schools            | Mob: 0784 391 810,<br>Email: olkerison@hotmail.com |
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| Christopher Mavunde | DODOMA: Bahi DC, Chamwino DC, Chemba DC and Dodoma MC | Zuzu, Mwitikira, Mvumi Makulu, and Jangalo Secondary School                 | Mob: 0754 409 480,<br>Email: mavundec@gmail.com    |
| Magreth Maina       | DODOMA: Chamwino DC, Dodoma DC and Mpwapwa DC         | Rudi, Haneti, and Bereko Secondary School                                   | Mob: 0784 204 435,<br>Email: mainamagret@gmail.com |

# Activities / Mazoezi

## 1. Introduction to #FutureYangu

The activity of this first episode is designed to orient users on how to download and navigate through the #FutureYangu mobile application in order to access the podcast episodes and other learning materials.

### ZOEZI; Kipindi 01\_Utangulizi

Kwenye uzinduzi leo tujifunze jinsi ya kuyafikia maarifa ya #FutureYangu podcast, kwa kupitia programu za simu janja na tovuti. Mwalimu utawaweka wanafunzi kwenye makundi ya watu wasiopungua 8 au wasiozidi 10, na makundi hayo yapate nafasi kuona jinsi ya kufanya yafuatayo yakifanywa na mwalimu;

1. Jinsi ya kupakua (download) programu ya simu janja na kusikiliza vipindi vya #FutureYangu podcast. (maelezo zaidi ya kudownload na kutumia yapo kwenye Website kupitia waraka wa "Technical support). Kisha wanafunzi wote wapate fursa ya kushiriki zoezi hili kupitia makundi yao.
2. Kipi ungependa kukifahamu vizuri zaidi kuhusu #FutureYangu podcast.

## 2. Your DREAMS and Aspirations

The activity in this episode is for the students to do a self-assessment exercise, designed to guide them in exploring their dreams and aspirations by looking inward and exploring their own talents, personality traits, interests, and core values.

### ZOEZI; Kipindi 02\_Ndoto na Matamanio

Wanafunzi wakae kwenye makundi kisha kila mmoja afanye tathmini binafsi. Chukua karatasi, chora umbo la duara kama saa alafu ligawe kwenye vyumba vinne ambavyo ni:

1. Kipaji/Vipaji (vitu unaweza kuvifanya)
2. Vitu vinavyokuvutia (unavipenda hata kama huwezi kuvifanya)
3. Hurka (tabia yako mfano mwongaji, Mkimya, mcheshi, mpole)
4. Mitazamo (Vitu unavyoamini mfano; haki sawa, pesa kwanza, elimu)

Alafu tunaweza kutumia muda mfupi kujadili kile ulichoandika, hapo utakuwa unaweza kuanza kufahamu muelekeo wa ndoto yako.

## 3. What is the labor market?

The activity in this episode requires participants to absorb key concepts; first, the different characteristics and contrasts of the formal and informal sectors. Second, understanding the reason for the existing employability skills gap in the Tanzania's labour market.

### ZOEZI; Kipindi 03\_Soko la Ajira

Wanafunzi wakiwa kwenye vikundi wajaadili maswali yafuatayo;

1. Unaelewa nini kuhusu sekta rasmi na sekta isiyo rasmi?
2. Zipi ni sifa kuu zinazotofautisha hizi sekta mbili?
3. Unaelewa nini kuhusu tofauti kati ya mahitaji ya soko la ajira na ujuzi walionao wahusika.

## 4. Finding a profession

The activity in this episode requires students to explore and identify different sources of information and ways to discover and learn more about professions and educational pathways required to pursue those professions.

### ZOEZI; Kipindi 04\_Chagua Taaluma

Wanafunzi wakiwa kwenye makundi wajibu swali lifuatalo:

Kuna njia zipi tofauti za kupata taarifa na kufahamu taaluma za kazi mbalimbali zilizopo kwenye soko la ajira kwa sasaa? (taaluma – professionals/kazi)

## 5. Secondary school and performance

The activity in this episode requires students to share with each other different studying techniques and helpful tactics in preparing for exams in order to boost performance and get their Form 4 Certificate.

### ZOEZI; Kipindi 05\_Natokaje Form IV

Kwenye vikundi, na kwa kujadiliana, kila mmoja atoe mchango kwa kutaja mbinu mbalimbali zinazosaidia kuelewa wakati wa kujisomea na kujiandaa na mitihani ili kufaulu.

## 6. Choosing Education Pathway

The activity in this episode requires students to practically fill in a sample selection or SELform in order to gain familiarity with it and start preparing or figuring out their choices for the actual SELform. This form is a key instrument used by government authorities to allocate students into different government schools and education pathways after Form 4 based on their performance.

### ZOEZI; Kipindi 06\_Naingiaje Kitaa

Kwenye episode ya kwanza kuna taarifa kuwa mwishoni mwa vipindi hivi tutatoa vyeti kwa washiriki watakapo kidhi vigezo na masharti. Moja ya kigezo ni zoezi la kujaza Sel-form. Kila mwanafunzi apewe nakala ya Sel-form ya mfano na kila mmoja ajaze. \*Kumbuka hii ni selform ya mfano lakini selform original itakuja kutoka mamlaka husika tumia zoezi hili kama sehemu ya maandalizi.

## 7. Soft, life skills for work

The activity in this episode requires students to share with each other available opportunities to gain or develop soft skills within their daily activities or routines at school, like sports, school leadership, and at home and how they can capitalize on them.

### ZOEZI; Kipindi 02\_Ujuzi Wezeshi

Tukiwa kwenye makundi tujadili mbinu zinazosaidia kujenga ujuzi wezeshi (soft skills) kwenye maeneo mbalimbali kupitia mifumo na taratibu za shule? Taja fursa zilizopo shuleni zinazoweza kukukusaidia kujenga soft skills kwa mfano kwa kushiriki michezo unaweza kupata ujuzi wezeshi wa kushirikiana (team work).

## 8. Mental health skills

The activity in this episode invites students to explore and identify coping mechanisms that may be helpful in dealing with different stressors and unpleasant emotions like anxieties triggered by violence in relationships, exams, or expectations in order to be able to remain focused in class even during emotionally tough times.

### ZOEZI; Kipindi 08\_Afya ya Akili

Zoezi hili litafanywa na kila mmoja, kwa kujibu swali lifuatalo:

Vitu/mambo gani unaweza kufanya vikakusaidia kurudi kwenye hali ya kawaida au kujisikia vizuri au kupata nafuu baada ya kupitia hisia za maumivu kama vile huzuni, hasira au aibu? Wakati mwingine presha/hofu ya mitihani, au kudharauliwa, kunyanyaswa, kutengwa au ugumu wa maisha.

## 9. Managing Money

The activity in this episode requires each student to set up a weekly budget which includes their income like pocket money, their costs including transport, meals, and other expenses while at school and for them to set up a saving plan as a way to learn how to manage money.

### ZOEZI; Kipindi 09\_Usimamizi wa fedha

Kila mmoja awe na peni na karatasi, kisha achore jedwali lenye pande mbili, upande mmoja aandike Mapato na

upande mwingine Matumizi. Kwenye Mapato utaandika pesa unazopewa za kujikimu (pocket money) na upande mwingine andika Matumizi unayofanya kwa siku kisha utafahamu ni kiasi gani kinabaki ambacho unaweza kuweka akiba.

Jadilianeni pia mbinu mbali mbali zinazotumika kujijengea utamaduni wa kujiweka akiba.

## 10. Digital skills

The activity in this episode invites students to share with each other different available opportunities to gain digital skills within their schools or surroundings such as accessing smart phones while at home, exploring internet cafes and making use of computer labs at school if available.

### ZOEZI; Kipindi 10\_Natokaje Kidigitali

Kupitia makundi wanafunzi wjadili mbinu za kujifunza maswala ya kidigitali wakiwa shuleni. Kila mmoja achange mawazo kulingana na mazingira yake, ni wapi unaweza kwenda na kupata msaada wa kujiongeza ujuzi wa kidigitali?. Mwalimu wasaidie wanafunzi jinsi ya kusajili barua pepe (Email), kisha kila mmoja afikirie jina atakalotumia kama barua pepe yake mfano "jumamwakato@gmail.com"

## 11. Finding employment

The activity in this episode is for students to write up a resume (CV) by simply summing up their experiences, talents, personality traits and core values in a written form as part of branding or promoting themselves to be considered for different job opportunities.

### ZOEZI; Kipindi 011\_Kaa mkao wa kazi

Kila mmoja awe na peni na karatasi tayari kuandika wasifu wake wa awali. Wasifu uwe na vitu vifuatavyo;

- i. Uzoefu: hapa utaandika nyazfa mbalimbali ulizowahi kushika hapo shuleni, mtaani, kanisani, msikitini, kwenye michezo na kwingineko.
- ii. Vipaji vyako: hapa utaandika vitu ambavyo una ujuzi ama uwezo wa kuvifanya vizuri, iwe kuimba, kuigiza ama kuchora au kucheza mpira.
- iii. Andika kuhusu wewe ni mtu wa aina gani yani haiba yako: Kama wewe ni mtu mchangamfu, mpole au mpenda michezo na vitu kama hivo.
- iv. Vitu gani muhimu sana kwako na vinaongoza maamuzi na machaguzi yako kama vile kusaidia wengine, kupata pesa na mengine.
- v. Mwisho andika watu watatu ambao wanaweza kuthibitisha uzoefu wako, elimu yako, au tabia yako.

## 12. Entrepreneurship and business startup.

The activity in this episode requires students to creatively look at their surroundings to spot different challenges and market opportunities then use this information to formulate a business idea. To be successful business ideas have to make business sense.

### ZOEZI; Kipindi 02\_Natokaje Kijasiriamali

Zoezi la mwisho la #FutureYangu podcast ni kutengeneza wazo la biashara.

1. Kupitia vikundi wanafunzi watazame vitu/bidhaa wanazoweza kuziongeza thamani katika mazingira yanayowazunguka eidha hapo shuleni au nyumbani.
2. Mwanafunzi afikirie shughuli/biashara anayopenda kufanya kisha aandike wazo la hiyo biashara kwa ufupi akionesha biashara hiyo inaenda kutatua changamoto gani na itaitatuaje?