



# HIRE-FIRE

**A GUIDE FOR YOUTH WORKERS  
AND CAREER ADVISORS**

**MODULE 5**

**MYTHS ABOUT PROFESSIONS AND  
FORMS OF EMPLOYMENT**



Co-funded by  
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# MODULE OVERVIEW

This module explores common myths surrounding professions, career paths, and contemporary forms of employment. It helps young people critically evaluate information they hear from peers, family, media, or social networks, and supports them in replacing oversimplified narratives with data-informed, realistic, and nuanced perspectives. It strengthens analytical thinking and encourages participants to question stereotypes that may limit their aspirations or career choices.

The module is based on the provided material (HIRE-FIRE TOPIC 5\_Myths\_checked).

## 1. LEARNING OBJECTIVES

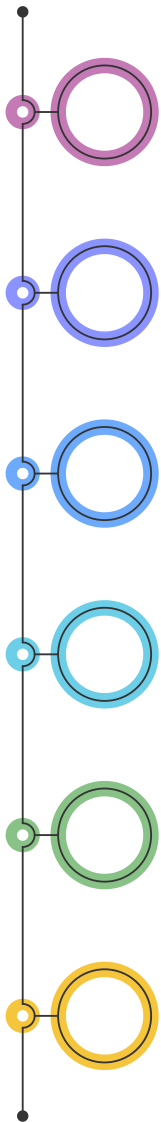
After completing the module, participants will be able to:

- Identify common myths about professions and employment.
- Evaluate the credibility of information about different career paths.
- Describe how stereotypes influence expectations, aspirations, and choices.
- Use critical thinking to compare myths with real labour market data.
- Reflect on their own beliefs and how they shape career decisions.



## 4. SUGGESTED SESSION FLOW

Estimated duration: 90 minutes



**1. Warm-up (10 min):** ““What myth did you hear growing up?” Short group reflection on myths heard from family, school, media.

**2. Input & Discussion (20 min):** What is a myth and why do we believe them? Introduce definitions, sources, and cognitive biases influencing belief in myths (e.g., repetition effect, authority effect).

**3. Group analysis (20 min):** Myth or fact? Participants receive printed statements from the module and decide whether they represent myths or realities, followed by a short debrief.

**4. Self-reflection (20 min):** My personal myths  
Participants identify beliefs about specific jobs or employment types and reflect on their origins.

**5. Summary & consolidation (20 min):** What did we learn? Group summary, highlighting how myths can shape opportunities and limitations.



## 3. DISCUSSION QUESTIONS & ACTIVITIES

### Discussion questions

- Which myth about professions surprised you the most?
- How do myths influence young people's career aspirations?
- What is a stereotype you have believed in — and what helped you challenge it?
- What would change if you based your career decisions only on facts rather than opinions?

### Active methods

- **Myth Wall:** Participants place myths on a wall and collectively group them (e.g., prestige myths, gendered myths, money myths).
- **Myth-busting carousel:** Stations with different myths; groups rotate and provide evidence for/against.
- **Comparison of real labour market data:** Participants review simple labour market statistics and compare them with common misconceptions.
- **Mapping sources:** Participants reflect on where their beliefs came from: family, social media, school, peers.



## 4. EDUCATOR'S ROLE & FACILITATION TIPS

### The educator should:

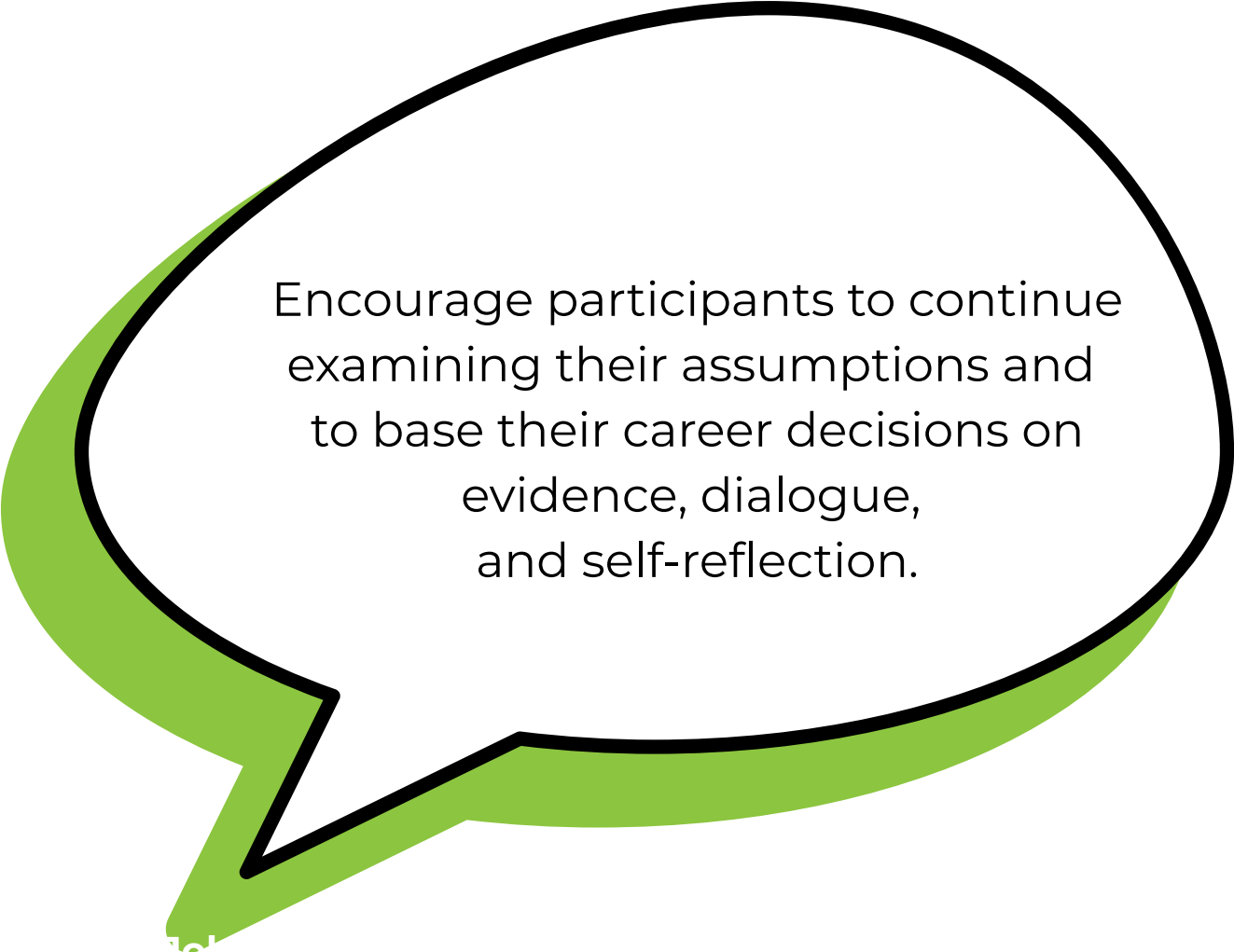
- **Encourage critical thinking** and fact-checking rather than giving ready answers.
- **Normalize uncertainty** — recognising that it is common not to have full knowledge of all professions.
- **Be sensitive to stereotypes** related to gender, class, ethnicity, or disability.
- **Encourage students** to explore multiple perspectives and seek diverse role models.
- **Foster an atmosphere** of curiosity, safety, and open dialogue.



## 5. SUMMARY & EVALUATION

**To conclude, invite participants to share a short reflection:**

- What myth have I challenged today?
- What new perspective opened up for me?
- How will this change the way I think about careers?



Encourage participants to continue examining their assumptions and to base their career decisions on evidence, dialogue, and self-reflection.

# HIRE-FIRE. AVOIDING FAILURES IN CAREER DEVELOPMENT

The HIRE-FIRE project has been developed by youth workers, educators, career advisors, and young people, who teamed up to assist you in avoiding the common mistakes at the beginning of your professional journey.

To be able to support youth, we offer you free content:

- **Learning platform**, offering a course on how to avoid common mistakes in navigation on the labor market, which you can use in your daily activities with young people
- **Short informative videos** offering solutions to the main problems and mistakes presented in this e-book.
- **Guides** for youth workers and career advisors on how to deliver workshops
- **e-books**

Follow our website: <https://hirefireproject.eu>

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