

Global Youth Essentials Guide



Navigating Careers, Education, SEL, Life Skills, and Mental Well-being

A Practical Reflection and Planning Workbook for
Youth and Young Adults



Standard Edition



GLOBAL YOUTH COUNSELING

Djurdje George Spasojevic

Youth Development

Planning, Skills, and Well-Being



Career Exploration:

Identify interests, values, and skills while navigating the global job market effectively.

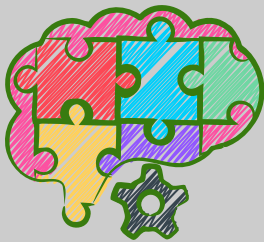
Social-Emotional

Learning: Develop self-awareness and resilience through relationship skills and responsible decision-making.



Core Life Skills:

Learn practical skills like financial literacy and effective communication for daily success.



Youth
Development:
How?

Education Planning:

Gain insights into various education paths and guide financial planning for college.

Mental Health

Awareness:

Recognize the importance of mental well-being and learn strategies to address common challenges.



Career Exploration

Interests, Skills, and Direction



Step 1: Self-Assessment:

Identify your interests, skills, and values to understand what drives you in a career.

- Interests: what excites you?
- Skills: what are you good at?
- Values: what matters to you?

Step 2: Explore Options:

Research traditional and emerging industries that align with your self-assessment results.

- Traditional industries: Healthcare, Education, Law
- Emerging Fields: AI, Digital Marketing

Step 3: Case Studies:

Learn from real-life examples of career transitions and how people navigated the process.

Explore Careers: How?

Step 5: Take Action:

Set networking goals, apply for positions, and continuously reflect on your career journey.

- Reflect on your interests, skills and values.
- Research traditional careers and emerging options.
- Build and leverage your professional network.

Step 4: Make Decisions:

Weigh the pros and cons of stability vs. innovation in choosing a career path.



EXAMPLE: EXPLORING POST-SECONDARY EDUCATION PATHWAYS

Educational Pathway	Advantages	Disadvantages	Personal Fit
University	Recognized degrees, broad education, networking opportunities	Longer duration, higher cost	
Vocational School	Quick entry into the job market, practical skills	Limited academic depth	
Online Learning	Flexible, diverse options	Requires self-motivation, limited interaction	
Apprenticeship	Earn while learning, real-world experience	May limit broader academic exploration	

WORKSHEET: APPLYING SEL SKILLS IN REAL LIFE

SEL Competency	How Can You Apply This Skill in Your Daily Life?	Your Notes
Self-Awareness	Identify a recent situation where you recognized your emotions. Example: "I noticed I felt anxious before a test and took a moment to breathe."	
Self-Management	Describe a strategy that helps you manage stress or stay focused. Example: "I use a planner to organize my tasks."	
Social Awareness	Think of a time when you empathized with someone else's perspective. Example: "I listened to a friend's concerns without interrupting."	
Relationship Skills	How do you handle conflicts or communicate with others? Example: "I practice active listening in discussions."	
Responsible Decision-Making	Share a recent decision you made and how you considered its impact. Example: "I chose to help a classmate with their homework instead of going out."	

Mental Health & Well-Being

Stress, Support, and Balance



Step 1: Identify Challenges:

Recognize symptoms of anxiety, depression, and stress to understand your mental health.

Step 2: Build Supportive Habits:

Incorporate mindfulness, exercise, gratitude, and a healthy diet into your daily routine.

Step 3: Seek Support:

Know when and how to seek help from trusted individuals or professionals for mental health issues.

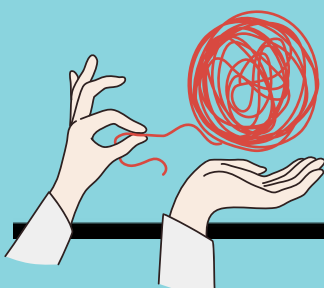
Step 4: Build a Support Network:

Create a support network with family, friends, and professionals to help manage stress.

Step 5: Manage Digital Influences:

Build healthier digital habits to support sleep, focus, mood, and overall well-being.

Mental Health:
How?



WORKSHEET: TRACKING YOUR MENTAL HEALTH SYMPTOMS

Use this worksheet to track any symptoms over a week. This practice can help you notice patterns and triggers, which may make it easier to choose next steps or discuss your concerns with a trusted adult or professional.

Physical Symptoms	Behavioral Changes	Emotional Symptoms	Possible Triggers	Impact on Daily Life
Fatigue, headaches	Avoided socializing	Felt anxious and irritable	Upcoming exam	Difficulty concentrating on homework

Core Life Skills

Daily Skills for Readiness



Step 1: Understand

Importance: Core life skills are essential for informed decisions, strong relationships, and adapting to change.

Step 2: Budgeting Basics

Learn to create a personal budget, track expenses, and allocate funds effectively for financial stability.



Step 3: Time Management Techniques

Master techniques like time-blocking, prioritizing tasks, and breaking down projects for efficiency.



Life Skills:
How?

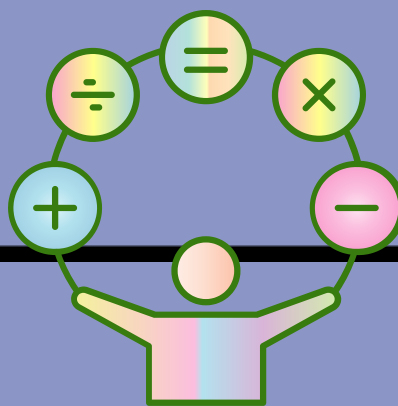
Step 5: Goal

Achievement Strategies

Set clear goals using the WOOP technique to turn dreams into measurable outcomes and overcome obstacles.

Step 4: Critical Thinking

Skills: Develop the ability to analyze situations, evaluate solutions, and think strategically to solve problems.



WEEKLY TIME MANAGEMENT PLANNER WORKSHEET

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							

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Standard Edition



About This Guide

Global Youth Essentials Guide: Standard Edition is a practical reflection and planning workbook designed to support youth and young adults as they explore career direction, education and college planning, social-emotional learning, mental well-being, and core life skills.

This edition brings together guided reflection, structured worksheets, planning tools, and practical activities to help readers better understand themselves, make informed decisions, and take realistic steps toward personal, academic, and future readiness.

Inside You'll Find

- Career exploration activities focused on interests, skills, values, and future options
- Education and college planning tools for comparing pathways and preparing next steps
- Social-emotional learning prompts for self-awareness, relationships, and responsible decision-making
- Mental well-being reflections focused on stress, support, habits, and help-seeking
- Core life skills worksheets for planning, organization, communication, and daily readiness
- Curated external resources for continued learning and support

This workbook can be used independently or alongside support from parents, educators, counselors, mentors, or other trusted adults.

Global Youth Counseling



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