

THE HIDDEN CURRICULUM

Bring it to light and apply it to the labour market

Throughout your life, you have accumulated experiences and learning, much of which is worth highlighting or even incorporating into your CV.

Expand your profile!

Everything you've learned and experienced says a lot about who you are as a professional



IDENTIFY YOUR HIDDEN EXPERIENCES AND LEARNING

Take a moment to identify them, some of these can help you in the selection process. Especially those that you can relate to your professional goal.



Where can you start to find them?

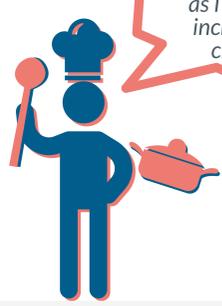
The activities you do

Other than working, what do you do throughout the day? How do you do it? What do you bring to it?

I do all the accounts for my house and for my parents. I have developed a lot, I am a real expert



At home I take care of the cooking and I take time and care to do it as well as I can. I am increasingly creative



I have a profile on Instagram which is going well. 23,000 people follow me, I enjoy sharing images and videos



Your interests

What you take pleasure in and find time to learn and enjoy.

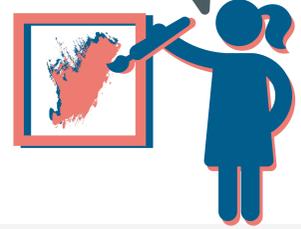
I collect mechanical calculator machines. I know how to search for them and, when I get them, I restore them myself



I am always reading about healthy nutrition. In particular the innovations coming from the United States



Whenever I can, I go to work camps making use of my holidays. Above all, those to restore historical heritage



Your immediate environment

The people around you and their circumstances can contribute to this learning.

My family has had a restaurant business. I've had to give more than just a helping hand



My brother is disabled. I often help him in his day to day life



The experts recommend:

- ✓ Discover your hidden curriculum, as it can make you stand out from other applicants for the vacancy. Devote some time to finding out what yours is.
- ✓ If it is related to your professional goal, incorporate it into your CV. Either in the experience section (when it's particularly relevant), or in the other activities or hobbies section (more informal).
- ✓ Take advantage of it to identify your most transferable skills, which also define you as a person: creativity, initiative, flexibility etc.

WOULD YOU LIKE TO FIND OUT MORE?



- The CV for skills +
- Curriculum models +
- If you don't find job opportunities, reinvent yourself! (video) +

