



You and Your Career

ACTIVITY BOOK

STUDENT NAME

STUDENT NUMBER

What do I want from my life? Review the mind map below and consider the aspects important to you and write them in the table along with some possible answers and action items.

A. The table below displays some commonly held values. Review the list, consider what each value means to you and whether or not you hold it. Tick the top 5 values you feel most strongly about as your personal values. Since this is not an exhaustive list, feel free to add value(s) that you hold and is/are not listed.

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B. For each of the values you ticked in Part A, write down action(s) that you have taken in the past that have expressed the values in your life. How do you think you might express this value in your future career?

VALUE	ACTION S	RELEVANCE TO YOUR CAREER
Example: Kindness	In my final year in high school, I volunteered with Vinnies to help refugees feel welcome. I loved to see how they flourished after experiencing some kindness.	I want to find a career where I can exercise kindness daily, such as Social Work or Nursing, and avoid settings that may force me to compromise on this value

Activity 3

A purpose is defined as the reason for which something exists or is done, made, used, etc. A career aligned with purpose may give you over time more satisfaction, fulfillment and resilience in the face of adversity. One's purpose can be developed or discovered in the course of diverse extra-curricular experiences or while reflecting on past experiences, behaviours and preferences. One or more of the questions listed below may be helpful in clarifying your purpose.

When was the last time you were in a state of flow, in the zone and totally lost track of time? What were you doing?

What has made you truly proud of yourself? Why was that?

If you could change anything about the world, what would it be?

What topic do you find yourself continuously arguing or defending with others?

What are you most afraid of for the next generation, whether you have kids or not?

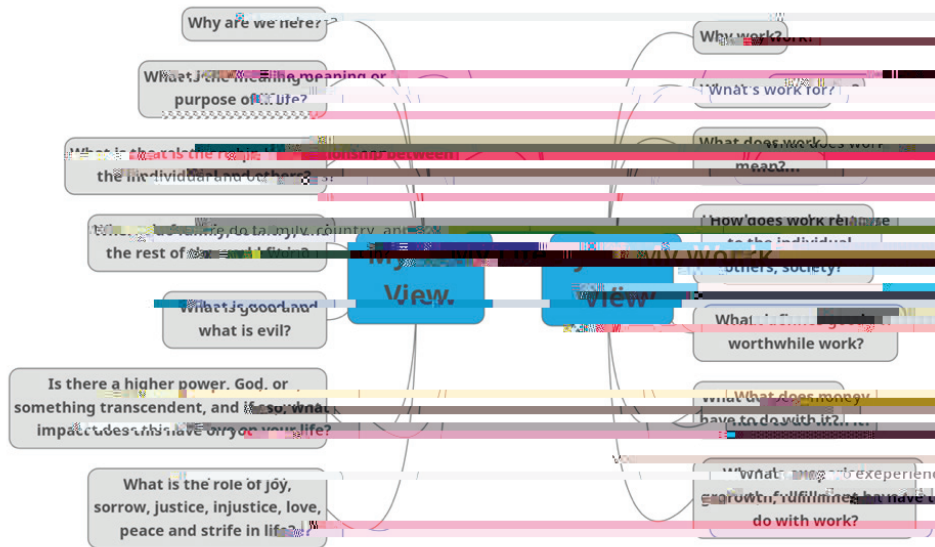
What do you love helping people with? What do people ask you to help them with?

When was the last time you couldn't sleep because you were so excited about what you had to work on? What was it? Why were you so excited?

How would you describe your purpose? How is your purpose likely to connect with your study and/or career? How can your purpose be translated into a course of study and/or career?

Summarise your thoughts below:

A. Look at the infographic below about life and work views that is based on the 'Design Your Life' philosophy. Write a brief response below about your life view and also your work view (max. 250 words each) You can use some or all the questions included in the infographic and activities covered thus far.



LIFE VIEW	WORK VIEW

B. How or where does your life view and work view intersect? Are any aspects of your life view reflected in your work view? Why is it important? What does it mean for your career choices?

Activity 5

TRANSFERABLE SKILL	EXAMPLE	D/C/S	DESCRIPTION OF THE ACTION, TASK OR EXPERIENCE
Numeracy	Calculating, manipulation of numbers		
	Financial record keeping		
	Financial analysis, such as budget		
	Statistical analysis		
Human relationship	Counselling, giving advice		
	Dealing effectively with difficult people		
	Negotiating and mediating		
	Providing good service to a customer		
	Empathising		
Leadership	Taking the initiative or lead		
	Motivating or inspiring others		
	Managing people or resources		
	Taking risks, making decisions		
Entrepreneurial	Innovative, able to see opportunities		
	Designing a new project or program		
	Taking an idea and putting into action		
	Recognising usable ideas, concepts		
	Business knowledge and skills		
Technology (that contributes to effective execution of tasks)	Having a range of basic IT skills		
	Applying IT as a management tool		
	Using IT to organise data		
	Being willing to learn new IT skills		
Other- please specify			

You may want to review the info sheet [Skills Employers Want](#) for further information.

Considering what careers may feel comfortable and which ones might go against your nature (personality type) may help you achieve a smoother and happier journey through life. If you have an open and curious personality, you will probably enjoy working on new projects all the time, so, for example, a career in management consultancy may be a good fit. If you

Activity 3

Personal attributes, as opposed to skills, are related to who we are and what attitudes we may be inclined to display. Some personal attributes can more valued by employers than others.

In the table below, tick the ones you have consistently displayed in the past as Y (Yes), and S(Strength) if you consider the attribute your strength. Describe briefly the instance in which you displayed the attribute.

N.B. Strength is defined as something you are good at (a skill or personal attribute), deploy frequently and energises you.



