



Australia's
Global
University

Focus on Success Lesson Plan

Module 4: Careers After University



Career Planning and Occupational Types



Workshop: Career Planning and Occupational Types

Workshop Goal

It is important that students start thinking about the types of industries that interest them most, and the nature of the role they would like to have within that field. This helps them make goals around further study, which may increase motivation to do well in the HSC. Having a clear direction can also boost confidence and self-esteem.

A crucial first step in career planning is to reflect on personal interests, skills, values and experiences, and this is the process students are guided through in this workshop.

Key Learning Outcomes/Topics covered

- Understanding what comprises a 'career' and how a career path evolves
- Understanding the future of work and the workplace, and careers for millennials
- Insight into personal interests, skills, values and experiences, and how they inform career choices and fit
- Understanding the Holland Occupational Codes theory and identifying own code/type

Resources/handouts/materials needed

- Slides
- Photos
- True/False Quiz
- Skills, values, interests worksheet
- Holland Occupational Codes quiz and worksheets
- Textas for posters
- Butcher's paper

Overview

Time	Activity	Resources
5 mins	Introduction	○ PowerPoint slides
10 mins	Quiz – the Future of Work	○ Quiz sheet
15 mins	Interests, Values, Skills	○ Worksheet
10 mins	Holland Occupational Codes quiz and activities	○ Worksheet
5 mins	Conclusion	

Workshop Details

Introduction

- o What different things make up a career? Explain the concept of a career and a career path. Use the metaphor of a road with twists and turns to show that a career path doesn't go in a straight line. Talk about how people have many different types of jobs in their lifetime, building skills and experience as they go along, and then having life experiences that might interrupt along the way, and adjust someone's priorities or needs of their career.
- o Facilitator to share personal career journey, highlights and decision-making factors with images/photos on a slide.

Body/Activities

Part 1: Quiz

- o Read out 20 statements about the future of work and careers today and ask the students to walk to the left if they think the prediction could come true, and to the right if it could never happen.
- o Explain they are all predictions that have been made about the future of work by economists, researchers, scientists etc.
- o Ask students if they can think of any major changes that might happen related to school or work.
- o Follow with a short discussion about the world of work in the future.

Part 2: Interests, Values, Skills

- o Explain that we are going to look at some of the factors that help us decide what is a good career for us. Show career theory slide – Interests, Values and Skills. Explain how all these factors intersect to help us decide what might be a good career fit, which we enjoy, find meaningful and can do well.
- o Show slide with examples of facilitator's values, skills and interests. Explain what values are and give examples.
- o Get students to reflect on their own values, skills and interests and add to the worksheet. Encourage them to ask friends for insight/ideas that they observe.
- o Show next slide with two other factors to consider – Personality and Experience. Share examples. Get the students to add this to their worksheet also.
- o Encourage them to link them all together into any careers or jobs they know of that relate.

Part 3: Holland Occupational Codes

- o Explain that we are going to use a tool called the Holland Occupational Codes as another way of identifying what kind of work may suit them. There are six different occupational types (according to Holland) and we all fit into one or two of them. Knowing our type can help us think about the kinds of jobs that might suit us best.
- o Give student 10-15 minutes to quietly fill out the first page of the worksheet to identify their Holland Occupational Code, and read the descriptions on the 2nd page. Does it match with the other possible careers they have identified in the previous activity? Does it match what they think they know about themselves? Do their friends think it matches them and their personality and interests/skills?
- o Optional if time: Students complete the other two quizzes in the worksheet to become more familiar with occupational codes and a range of job titles.
- o Optional if time: Group the students based on their answer and have them create a poster illustrating their type. Get them to present their type to others in the room. Include jobs, personality, interests, possible degrees and use images, words, whatever they can to make it interesting.

Conclusion

Encourage the students to continue to seek out experiences at school and in their community to help them find out what they enjoy doing, and what they are naturally good at, as well as to build their skill set to become more employable.