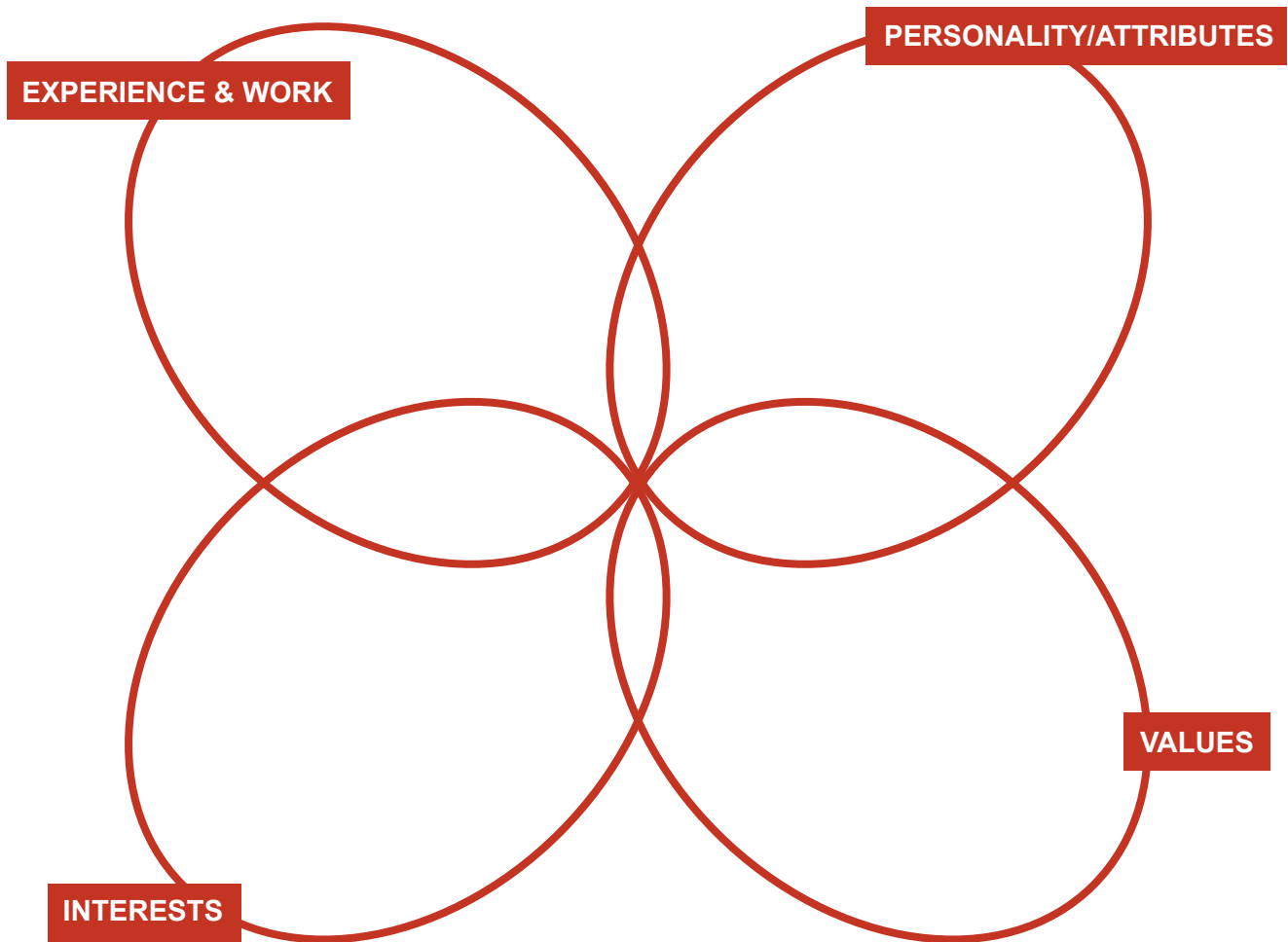


Workshop: Career planning and occupational types

Worksheet: Discover My Career



Occupation/Job ideas:

Relevant Degrees:

List of Values: What is important to you?

- Leadership
- Accomplishment/Success
- Environment/Surroundings
- Independence/Freedom
- Being organised and structured
- Recognition
- Risk taking
- Security
- Belonging/Community
- Routine
- Creativity
- Justice & ethics
- Integrity
- Spirituality
- Challenge
- Passion
- Health & Wellbeing
- Money
- Friendship
- Family
- Self-esteem/confidence
- Helpfulness/Service
- Variety
- Teamwork
- Growth/learning
- Confidence
- Pleasure & fun
- Money
- Happiness

List of Skills: What do you do well?

- Working with my hands
- Working with machines and tools & outdoors
- Building and fixing things
- Studying maths or science
- Solving problems and puzzles
- Working with computers/technology
- Singing, acting, dancing, or playing music
- Writing poetry or stories
- Speaking or performing in front of others
- Helping people solve problems
- Helping people feel better
- Teaching people how to do things
- Leading projects and people
- Selling things or ideas
- Working with numbers
- Following a set plan
- Learning about history and geography
- Caring for family and home
- Working in a team
- Coming up with new ideas
- Following current trends and fashion
- Sports and physical activities
- Taking care of animals or the environment
- Listening to others
- Appreciating beauty and visual things
- Painting, drawing, pottery, cooking etc
- Reading and literature
- Building friendships and staying in touch
- Being organised and tidy
- Volunteering or fundraising
- Social media
- Learning languages
- Communicating clearly in person or writing
- Good with money (making it or budgeting)

List of Attributes: What kind of person are you?

- Adventurous
- energetic
- joyful
- seeks improvement
- alert
- enterprising
- kind
- sees the whole picture
- smart
- ambitious
- enthusiastic
- leads others
- self-confident
- aspiring
- entrepreneurial
- loyal
- self-giving
- athletic
- mature
- selfless
- aware of opportunities
- flexible
- modest
- conscientious
- practical
- self-reliant
- calm
- focused
- motivated
- sense of humour
- candid
- forgiving
- objective
- sensitive
- caring
- friendly
- observant
- serious
- charitable
- generous
- funny
- open-minded
- sincere
- cheerful
- gentle
- optimistic
- spiritual
- organised
- have stamina
- considerate
- graceful
- patient
- strong
- constructive
- gracious
- peaceful
- stress-free
- relaxed
- cooperative
- grateful
- honest
- down to earth
- practical
- persevering
- sympathetic
- courageous
- hard-working
- persistent
- systematic
- courteous
- helpful
- outgoing
- personable
- listens to others' point of view
- creative
- goal oriented
- polite
- mannered
- tenacious
- decisive
- honest
- practical
- thoughtful
- deliberate
- hopeful
- positive
- punctual
- tolerant
- delightful
- humble
- realistic
- tough
- determined
- humility
- regular
- trusting
- devoted
- imaginative
- trustworthy
- diligent
- initiates (has initiative) reliable
- unpretentious
- disciplined
- innovative
- resourceful
- unselfish does what is necessary
- right
- insightful
- respectful
- well-behaved
- dynamic
- intelligent
- responsible
- wise
- interested
- curious
- mindful.

Experiences/Work: What projects have you been involved in with others?

- Include school activities or programs you have done (outside the classroom) or positions you have held at school such as performing in the school play, sitting on a committee, sports captain, or being a peer mentor etc
- Also include any volunteering in your school or community
- Have you done any work experience (in Year 10 or 11) or held any paid casual positions (e.g. IGA cashier, babysitting etc)?
- Have you travelled or had any interesting experiences with your family or friends?

List of Interests: What do you enjoy doing in your free time?

- Reading
- Basketball
- Pokémon
- Tennis
- Cooking
- Hanging with friends
- Shopping
- Browsing websites
- Watching movies
- Swimming
- Travelling to new places
- Working on the farm
- Listening to music
- Playing video games
- Watching the news
- Drawing pictures
- Designing clothes
- Following my soccer/other sports team
- Tidying my room
- Making things
- Singing/playing an instrument
- Running