

Topic 2 Overview

Career exploration

Purpose

This topic is designed to help students identify their skills, interests, and abilities as a starting point to help guide career decision-making.

Learning Outcomes

Students will:

- Understand that knowing themselves, their skills, interests, and abilities is the first step in thinking about what career paths might suit them.
- Identify some of their skills, interests and values.
- Identify and start to explore job options that interest them.
- Use Career Central to record their progress.

Activities

1. What am I good at?
2. What are my interests?
3. Researching and comparing career possibilities
4. Finding your 'fit'

Activity 1

What am I good at?

Learning Outcomes

Students will:

- understand everyone has different strengths
- identify some of their own strengths, qualities and values
- understand that knowing themselves, their skills, interests and qualities are important when exploring which careers and pathways might suit them

Suggested Time Allocation

20-60 minutes

Advance Preparation

- Download the "[Employability Skills Presentation](#)' slides
- Print 'How many boxes do you tick' student worksheet <https://smartnz.nz/wp-content/uploads/2022/04/endorseMe-Self-Assessment.pdf> (if using a printed version)
- Students will need a device and internet connection to complete the Career Central activities

Resources

- Introducing the topic – 'Skills, strengths and interests' video <https://youtu.be/zg5dyU-Vy28>
 - Understanding talent video <https://www.youtube.com/watch?v=LfUvchfrs0>
 - Resource 7: Employability skills presentation and student worksheet
 - Resource 8: Career Central – What are your skills, qualities and subject strengths?
 - Career Central
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- (Required) Watch: '[Skills, strengths and interests](#)' video (3 minutes)
 - (Required) Deliver [Employability Skills Presentation](#) including the student exercise 'How many boxes do you tick' See [Resource 7 Employability Skills](#) (15 minutes)
 - (Optional) Watch the '[Understanding Talent](#)' video (2 minutes), and follow up with a class discussion: While the focus of this video was on sport, how might these key points also apply to careers? (5 minutes)
 - (Recommended in class or as homework) Career Central complete or review. [Resource 8: What other skills, qualities and subject strengths do you bring?](#) (link) (5 minutes to review or 30 minutes to complete)

Activity 2

What are my interests?

Learning Outcomes

Students will:

- identify up to 3 different jobs that might interest them and record these in Career Central for further exploration

Suggested Time Allocation

30-60 minutes

Advance Preparation

- Students will each need a device connected to the internet (phones are not ideal but can be used if necessary)

Resources

- 'Exploring your interests' video <https://youtu.be/ZqXaKnf0mbI>
- Online Interest Profiler (www.mynextmove.org/explore/ip)
- Resource 9: What interests you? Take a test!
- Career Central login

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- 1 (Recommended – FULL CLASS) Start by checking students' career planning stage. Pose the questions: Who is thinking about leaving school at the end of this year? Who is planning on returning for Year 13? How ready do you feel for your next career step? (5 minutes)
 - 2 (Required FULL CLASS) Watch '[Exploring your interests](#)' video then present the two activity options. (3 minutes)
 - GROUP A (students who have no set career plans yet) should continue with Activity 2 before moving on to Activity 3.
 - GROUP B (students who already have clear career ideas) can move straight to activity 3.
 - 3 (Required GROUP A) [Resource 9: What interests you? Take a test!](#) Once students have identified 2 or 3 different jobs they are interested in, they will need to record these in Career Central to revisit in Activity 3. This activity may need to be completed as homework or in the next career hauora session. (25 minutes)
 - 4 (Required GROUP B) Activity 3.

Activity 3

Researching and comparing career possibilities

For students with clear career ideas

Learning Outcomes

Students will:

- Identify what they will need to do to pursue careers paths of interest
- Identify potential obstacles and solutions to challenges they may need to overcome

Suggested Time Allocation

20-30 minutes

Advance Preparation

- Students need to have completed Activity 2 (Resource 9) first
- Students will each need a device connected to the internet
- Print the '[Plan It](#)' and '[Planning for Obstacles](#)' worksheets

Resources

- Resource 10: Researching and comparing career possibilities
- Plan It worksheet
- Planning for Obstacles worksheet
- FutureForce® Tips for whānau www.futureforce.nz/tools/tips-for-whanau/

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- 1 (Recommended) Check students have completed Activity 2 or have at least one, preferably 2-3 different jobs to research. *If students do not have some clear ideas, they, they will need to complete [Resource 9](#) before moving on to this activity (2 minutes)*
 - 2 (Required) [Resource 10: Researching and comparing career possibilities](#) (15 minutes)
 - 3 (Optional) In pairs share your career ideas and which one appeals the most – why? Each student then chooses one potential career option from their three that they would like to explore further. Using the '[Planning for Obstacles](#)' worksheet help each other brainstorm what challenges each of you might face in succeeding with your chosen option and potential solutions to overcome the challenges (15 minutes).
 - 4 (Optional) Take home your '[Plan It](#)' worksheet and share it with your whānau. Tell them about what you've been doing in Career Hauora and ask your whānau to help you work through the '[Planning for Obstacles](#)' exercise. *Note to teachers: if students have unsupportive whānau or no one to help at home – who else could they share this with?*

Activity 4

Finding your 'fit'

Learning Outcomes

Students will:

- identify ways they can develop their interests and skills through extra-curricular activities.
- compare what they enjoy about their interests to the career options they have identified for fit

Suggested Time Allocation

20-30 minutes

Advance Preparation

- Students will all need a device connected to the internet

Resources

- Using self-evaluation to choose a career video <https://www.youtube.com/watch?v=83ZITfQnws&t=91s>
- Resource 11: Assessing career possibilities and your 'fit' – Career Central activity

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- 1 (Recommended) Check student progress – have they:
 - a. identified 2 or 3 jobs they would like to research further?
 - b. completed the 'Skills and Subject Strengths', 'Personal Qualities' and 'Career Values' sections of Career Central?
 - 2 (Optional) Play '[Using self-evaluation to choose a career](#)' video
 - 3 (Required) [Resource 11: Assessing career possibilities and your 'fit'](#) (20 minutes)
 - 4 (Optional) Class discussion: Following this activity...
 - Who feels like they found a good fit for themselves and their job possibilities?
 - Has this activity made anyone question their ideas?
 - Were there any surprises?