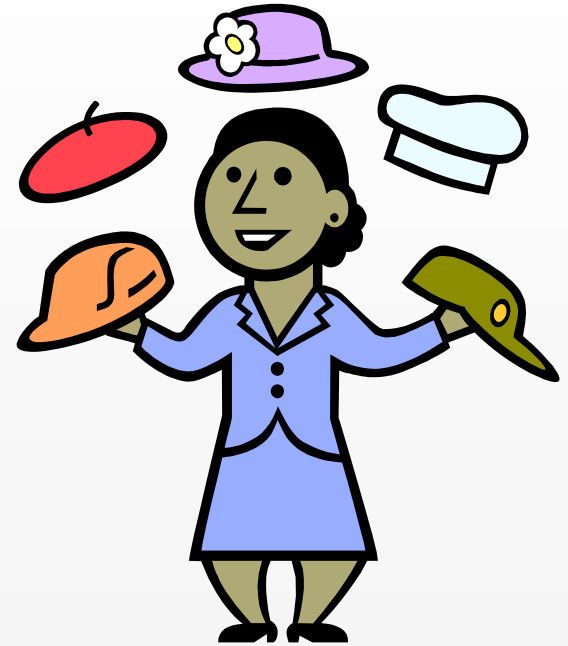


CAREER DEVELOPMENT PROCESS



Steps to look at when defining a
career path ...

DID YOU KNOW ...

- Most people spend more time deciding which house or car to buy than on which career path to choose.

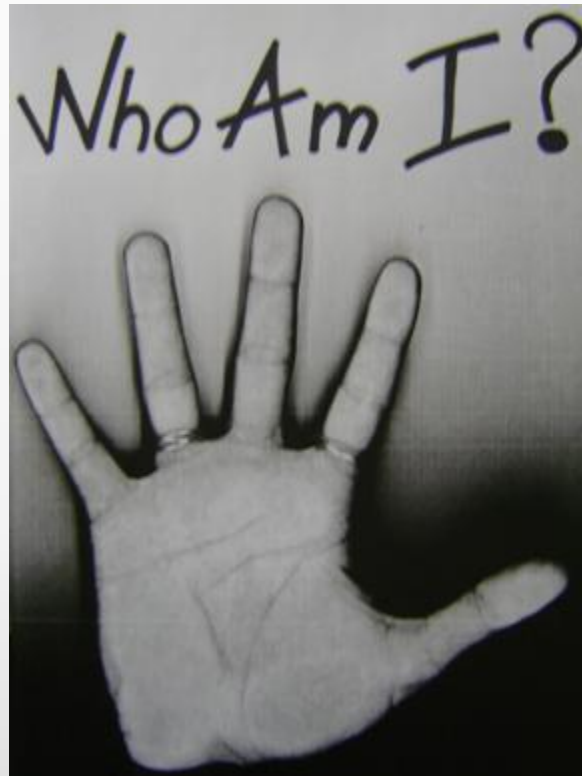
Why?



- Because career decision making takes time ... sometimes it can take a lifetime!



SLOWING DOWN AND TAKING A CLOSER LOOK AT:



Explore Your Values, Interests, Personal
Attitudes/Beliefs, Skills.

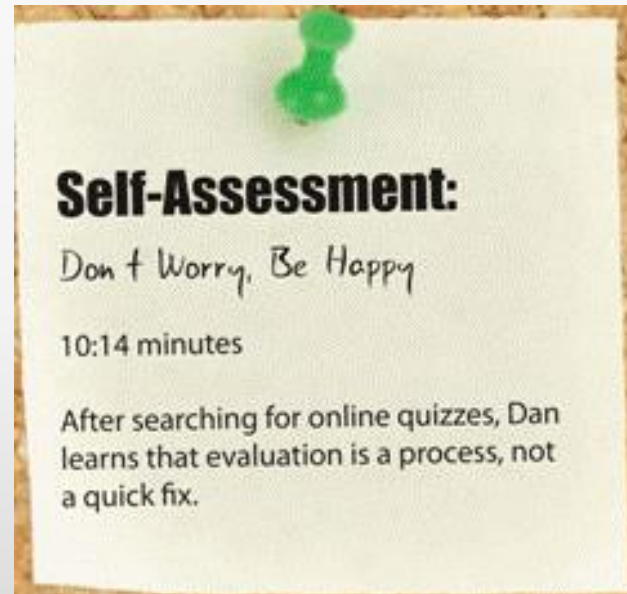


FORMAL AND INFORMAL TOOLS

- Create Lists of Your Values, Interests, Skills, etc. (please see handout template).

- Online Tools and Assessments

Remember these are just tools. Some may be more accurate than others. You can always disagree with the results. Some are free while others you must pay to use.



ASK YOURSELF ...



- What have I always liked doing? (work and leisure)
- What subjects or learning opportunities did/do you enjoy?
- How do I envision my work day? (spent at a desk, outdoors, with people, solitary, detail work, etc.)
- What salary expectations do I have? What sort of lifestyle do I need/want?
- Am I looking to others to define my strengths or should I be listening to myself? You are the expert on you!



IGNORE NEGATIVE MESSAGES RECEIVED IN LIFE: HOLDING ON TO THEM CAN INTERFERE WITH YOUR CHOICES ...



“No one can make you feel inferior without your consent.” – Eleanor Roosevelt

LISTENING SKILLS: CLUES TO YOUR LIKES AND DISLIKES



You can listen with more than your ears ...

The next time you are involved in a task, pay attention to the clues that your body is giving you.

- Are you energized by doing this task?
- Do you feel drained/stressed?



SEARCHING FOR THE RIGHT OCCUPATIONAL FIT

- Search for online resources/websites and jobs database (please see website handout).
- Record a list of potential jobs and research them in detail (training, daily routine, job futures, values/purpose of job, salary, etc.)
- Volunteer or work in fields that you are interested in or conduct interviews with those already in the field.
- Go to your local library or bookstore and check out the wealth of resources on personal and career development.

You seem preoccupied.

I'm searching for happiness.



WEBSITES TO CHECK OUT



- Careers Nova Scotia <https://careers.novascotia.ca>
- Government of Canada Job Futures www.jobfutures.ca
- Exploration Worksheets <http://www.khake.com/page95.html>
- There are many personality/career assessment websites out there that can point you toward a variety of career choices. Keep in mind that some are better than others and no assessment can accurately predict a suitable career with 100% accuracy.
- Google “career assessment” and see what you find. Remember, government and education websites are often more reliable sources.



PLAN OF ACTION

- Use the information you have gathered to decide what options are best for you.
- Develop a plan of action to reach your career goal. What is your timeline? Is training necessary or are you on a job hunt?
- Be prepared to make changes to your plan as circumstances change.



STATISTICS TO PONDER ...

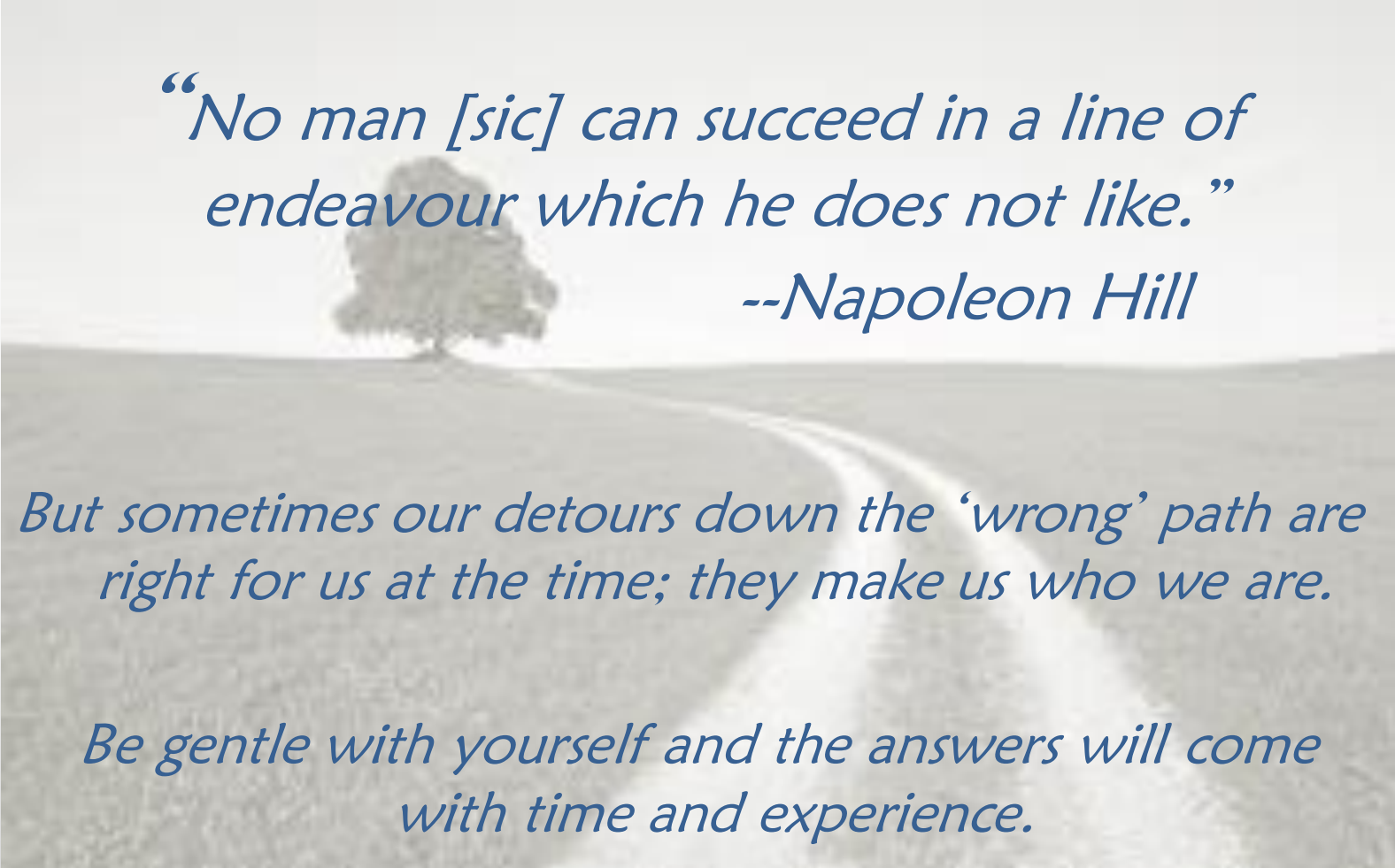
- Canadians with a post-secondary education enjoy:
 - higher earnings, between \$7,200 - \$23,000 (on average) more than those with only a high school diploma.
 - higher earnings growth over their careers.
 - up to half the incidence of low income of those with a high school diploma.
 - lower unemployment risks.
 - higher net assets.
- The benefits of education are enjoyed by Canadians across the country.

Information directly taken from HRDC website:

<http://www4.hrsdc.gc.ca/.3ndic.1t.4r@-eng.jsp?iid=54>



CHOOSING YOUR PATH ...



“No man [sic] can succeed in a line of endeavour which he does not like.”

--Napoleon Hill

But sometimes our detours down the ‘wrong’ path are right for us at the time; they make us who we are.

Be gentle with yourself and the answers will come with time and experience.

