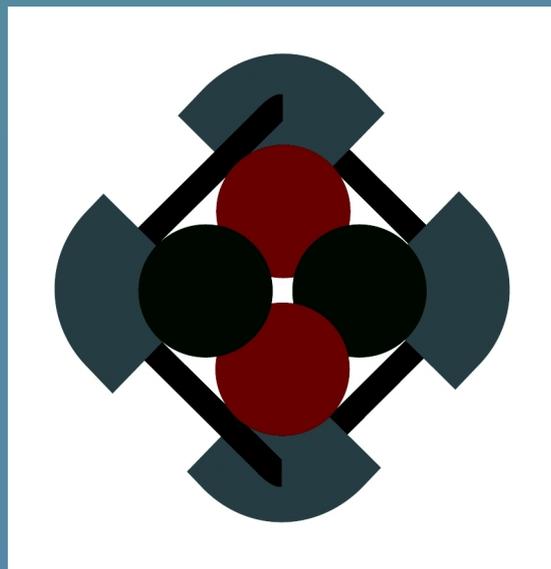


Guidance Related Learning

1st Year Resources





Career Paths



As you go through school and experience life, one of your goals is to become employable. **EMPLOYABILITY** means to be well prepared to obtain and keep employment (a job). What is more important, you want to be prepared for a career in the field, or fields, of your interest.

As an adult, you will be at work more than 2,000 hours every year! That's a lot of hours. You want to enjoy your time spent on the job.

A **JOB** is work people do for pay. A **CAREER** is the work an individual does throughout his/her lifetime. A **CAREER PATH** is one or more jobs in the same area of interest. **Working in different jobs of a specific career path can:**

- ▢ stimulate your interest
- ▢ increase your knowledge
- ▢ provide valuable training
- ▢ give you a variety of experiences
- ▢ motivate positive attitudes for additional training or education, if needed
- ▢ contribute to the quality of your work life

Planning for a career requires action by the individual, meaning **YOU!** It's never too early to identify your interests. What should you do to prepare for a career? Often times your interests will change as you get older. That's okay. As your life and school experiences grow and broaden, your likes and dislikes will begin to show a pattern and indicate career path preferences.



Planning for a career:

- identify interests, abilities, and character qualities
- become aware of the various career paths
- learn the general expectations of each career path
- match your personality and learning style to a career path
- identify skills and education required
- develop positive attitudes and human relations skills
- identify life goals and make a plan
- focus on career goal



The JOB MARKET also is constantly changing. **JOB MARKET** is the **type of jobs created and available for workers and the need for people who have the skills, training, education and desire to fill these jobs.** The *Job Market is the world of work. The Job Market is the workplace. The terms Job Market, World of Work, Workplace mean the same thing.*

Today we live in a world of computers and technology. **TECHNOLOGY is using equipment and tools to get things done.** Computers and technology are always being improved and changed. An expensive tablet or phone purchased just last year may already be considered a dinosaur!

Can you think of other jobs lost or changed by technology? Talk to your parents and grandparents. Can they think of other jobs that no longer exist or that have dramatically changed? Chances are, your grandparents will be able to name several. When grandpa says “the world just isn’t the same” he’s right!



Because the job market is always changing, it’s extremely important YOU understand the importance of continuous education and training. The need for additional training and education is required as technology changes. Today, more than ever, workers must be flexible and willing to learn and change as technology impacts our world of work. That means you will most likely participate in many classes during your career life.

New training and education may take place at the job site, a local training center, and/or at the local university or Institute of Technology.

As a teenager and young adult, you may decide to take on a part-time job. **PART-TIME JOBS** generally pay minimum wage and are entry-level jobs with few skills or education/training requirements. A part-time job is a good way to learn about the world of work. You will see job skills in action! Some necessary job skills are: positive attitude, positive human relations skills, team work, responsibility, and personal integrity.



PART-TIME JOBS generally require 15 or less work hours each week. A part-time job is a good way to gain experience, meet new people, and practice teamwork.

Now is the time for you to begin career exploration by developing positive attitudes and enthusiasm for the wide variety of career options. School and life experiences impacting you now will become the stepping stones to your career and life path.

Let's start off on the right foot!

What do you want to be when you grow up? This question has been asked of you many times. When you were three, you definitely knew what you wanted to be. Perhaps, you wanted to be a fireman, or Garda, or astronaut. You're older now and may not be as certain. Don't be concerned if you don't have an answer at this point in your life. You do though need to begin identifying your areas of interest and become aware of the different paths and general characteristics of each. As an adult, **you will spend more time on the job than any other activity.** You want to enjoy your career and receive pleasure from it for a satisfying and fulfilling life.

It is not unusual for some people to explore many, many jobs before they are able to identify their ultimate career field. Others have very strong interest levels and seem to focus on a specific career early in life. Most of us fall somewhere in between the two extremes.



Looking at who I am



Some questions to get you started:

What am I best at?

Do people trust me?

What have I achieved so far?

What clubs do I belong to?

What other things have I done?

Where am I from?

Where do I live?

Who am I?

Who do I want to be like?

What Personal Characteristics do I possess:

Active

Aggressive

Appreciative

Arrogant

Articulate

Assertive

Capable

Caring

Cautious

Charismatic

Committed

Confident

Courageous

Creative

Determined

Diplomatic

Disciplined

Eager

Earnest

Enthusiastic

Entrepreneurial

Focused

Happy

Healthy

Helpful

Industrious

Innovative

Inspirational

Keen

Mature

Mischievous

Moody

Motivated

Naive

Neat

Negative

Obliging

Opportunistic

Patient

Persuasive

Polite

Professional

Reliable

Resourceful

Responsible

Responsive

Self-assured

Sensitive

Shy

Talkative

Thoughtful

Tidy



YOUR PRESENT, YOUR FUTURE

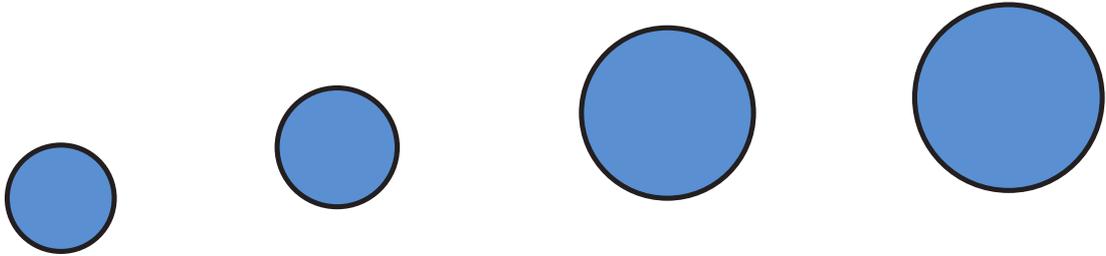
Even in primary school you had skills and interests which you were regularly using. These may offer some insight into your future career. To get you thinking try and match these childhood activities with possible adult job titles.

- | | |
|--|---------------------|
| A. Put together a 500 piece jigsaw puzzle. | 1. Geologist |
| B. Sold lemonade at a stand. | 2. Fashion designer |
| C. Enjoyed craft projects. | 3. Professor |
| D. Had a rock collection | 4. Mechanic |
| E. Built model planes. | 5. Nurse |
| F. Pretended to teach younger kids. | 6. Programmer |
| G. Coordinated doll outfits. | 7. Salesperson |
| H. Built a birdhouse in the garden. | 8. Secretary |
| I. Wrote letters/emails to friends. | 9. Carpenter |
| J. Put together a first aid kit. | 10. Artist |



What did you really enjoy doing when you were younger?

How do you think these activities might relate to future occupations?



Follow the three-step instructions below to discover your career interests.
It's easy—and fun.

- 1 In each section, circle the subjects, activities or people that are the most appealing to you.
- 2 Count the number of items you circled in each section. Write this number at the end of each section.
- 3 Write the letters from the three sections containing the highest numbers below, from greatest to smallest. This is your career code..

R

- Farming
- Auto mechanics
- Carpentry
- Setting type for a print job
- Wildlife biology
- Building things
- Fixing electrical things
- Driving a truck

TOTAL R= ___

I

- Advanced math
- Astronomy
- Physics
- Using a chemistry set
- Being in a science fair
- Completing puzzles
- Building rocket models
- Working in a science lab

TOTAL I= ___

A

- Being in a play
- Drawing or painting
- Foreign languages
- Reading about art or music
- Going to concerts
- Fashion design
- Creative writing
- Playing an instrument

TOTAL A= ___

S

- Studying foreign cultures
- Community service
- Teaching children
- Helping people
- Making new friends
- Attending sports events
- Belonging to a club
- Working with elderly people

TOTAL S= ___

E

- Talking with people at a party
- Working on a sales campaign
- Buying materials for a store
- Selling a product
- Being with leaders
- Being elected class president
- Giving speeches
- Talking to sales persons

TOTAL E= ___

C

- Word processing on a computer
- Using a cash register
- Working 9 to 5
- Typing reports
- Following a budget
- Using business machines
- Keeping detailed reports
- Filing letters and reports

TOTAL C= ___

MY CAREER CODE



Career Codes

R

REALISTIC

Realistic people have athletic or mechanical abilities. They usually like to work outdoors with objects, machines, tools, plants or animals.

Auto body repairer	Electrician
Landscaper	Farmer
Cabinet maker	Mechanic
Commercial driver	Surveyor

I

INVESTIGATIVE

Investigative people like to observe, learn, investigate, analyze, evaluate or solve problems.

Engineer	Meteorologist
Chemist	Doctor
Biologist	Pharmacist
Fire investigator	Veterinarian

A

ARTISTIC

Artistic people have innovative or intuitive abilities. They usually like to work in an unstructured situation, using their imagination or creativity.

Actor/ Actress	Interior decorator
Architect	Musician
Composer	Stage director
Dancer	Writer

S

SOCIAL

Social people like to work with others. They like to inform, enlighten, help, train, develop or cure people. They also may be skilled with words.

Teacher	Athletic trainer
Counselor	Dental hygienist
Psychologist	Physical therapist
Speech therapist	Probation officer

E

ENTERPRISING

Enterprising people also like to work with people, but they like to influence, persuade, or perform. They like to lead or manage for organizational goals or economic gain.

Sales person	Manager
Buyer	Lawyer
Flight attendant	Insurance agent
Cosmetologist	Travel agent

C

CONVENTIONAL

Conventional people like to work with data, have clerical or numerical ability and pay attention to detail.

Accountant	Receptionist
Air traffic controller	Secretary
Computer operator	Tax preparer
Telephone operator	Mail carrier

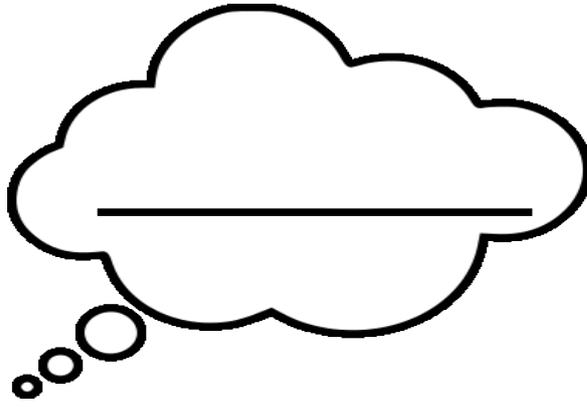
Do you feel that you fit?

It's OK if you don't think you fit any of the results above. Most occupations include more than one career code letter. For example, while doctors are mainly investigative, they also fall within the social and artistic areas. Interest inventories can help you explore career ideas that may not have occurred to you, but they are not meant to limit your choices.

Now what?

- 1 Talk to your guidance counsellor about your preferences and career options.
- 2 Use the college / course search tool at www.qualifax.ie.
- 3 Investigate your career options through the site, www.careersportal.ie.

Dream Job



What is your dream job?

What are the main tasks involved in this job?



Name five other jobs similar to your dream job:



Where would you like to live?



Why do you want to do this job?



CAREERS OF THE FUTURE

It is possible that 25% of jobs that exist in two decades time, don't even exist now. There is a pretty good chance that you may well retire from a job which doesn't yet exist.



Your great-grandparents didn't even have a concept for "mobile technologies", and facebook only came about in 2006 and TikTok in 2012 . Can you imagine managing an underwater hotel or a satellite recovery and repair service? A very valuable skill is being able to spot occupational trends.

Look at some of the examples of new courses in the last few years and think about the jobs that they might lead to:

Sustainable Construction, Environmental Science, International Development & Food Policy, Religions & Global Diversity, International Relations, Genetics & Cell Biology, DNA & Forensic Science, Creative Digital Media, Earth Sciences, Chemistry with Molecular Modeling, Community Youth Work, Applied Freshwater & Marine Biology, Forest Management, Arts with Global Women Studies, Arts with Creative Writing, Astrophysics, Ocean Sciences & International Culinary Enterprise

What job titles can you create IF:

The moon was colonized? _____

Cities were built in the Irish sea? _____

Cloning farm animals becomes common? _____

Cars become fully automated? _____

Clothes are made of indestructible materials? _____

Medical science increases lifespan to over 110? _____

Global warming causes the sea level to rise? _____

GOALS

This is a GOAL, a basketball goal.



There are other GOALS! Goals can be things you want to accomplish.

Write a goal you want to reach in school this week. _____

Write a goal that you want to accomplish this year in school. _____

Write a goal you want to reach in ten years. _____

GOALS



THE LONG AND SHORT OF IT!

GOALS are things you want to accomplish.

Short-range goals are those you want to reach in the near future like in a day or two or the next couple of weeks.

Long-range goals are those you plan to reach in the future, within the next few months or years.

S Write three Short-term goals for yourself:

1. _____

2. _____

3. _____

L Write three Long-term goals for yourself:

1. _____

2. _____

3. _____

Choose one goal from each category above and list actions you can take to achieve that goal.

Goal 1:

Goal 2:

GOALS IN ACTION:

My career goal: _____

The education route needed to achieve my goal: _____

School subjects that will help with this route: _____

Other actions that will help me achieve my goal: _____

TWENTY YEARS FROM NOW

Directions: Answer the questions. Use these answers to write an article projecting what your life will be like in 20 years.

My goals:

Where do you want to live? _____

What will your lifestyle be like? _____

What will your job be like (position title, duties, work conditions, salary, etc.)? Be very specific here!!

What will your family be like? _____

What will be your interests (hobbies, leisure activities, etc.) be?

What will be the best thing about your life? _____