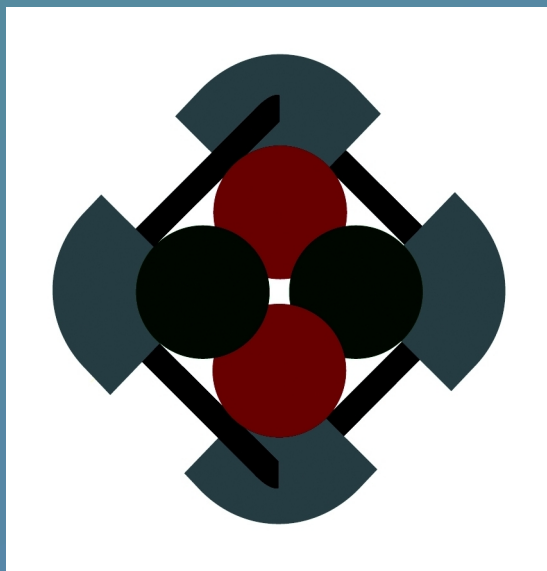


# Guidance Related Learning

## 1<sup>st</sup> 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



### Which skills do I possess:

## Able to work independently

## Accurate

## Administrative

## Analytical

## Attention to detail

## Business management

## Can meet deadlines

## Can speak languages

## Communication

## Computer skills

## Concise

## Consistency

## Creative flair

## Critical thinker

## Customer focus

## Fast

## First aid

## Forward planner

Good researcher

Good speaker

## Good under pressure

Good writer

## Leadership ability

## Management ability

Manual worker

## Mathematical ability

## Operational

## Problem solving

## Promotional ability

## Supervisory

Teacher

## Team player

## Trainer

Well organised

Does any of the above help you with your description of the person you think you are or would like to be? Explain.

[illegible]

# 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          |



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What did you really enjoy doing when you were younger?

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

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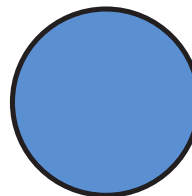
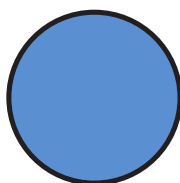
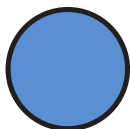
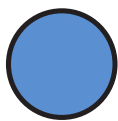
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Follow the three-step instructions below to discover your career interests.  
It's easy—and fun.

- 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=\_\_\_

**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=\_\_\_

**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=\_\_\_

**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  
Landscaper  
Cabinet maker  
Commercial driver

Electrician  
Farmer  
Mechanic  
Surveyor

**I**

## INVESTIGATIVE

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

Engineer  
Chemist  
Biologist  
Fire investigator

Meteorologist  
Doctor  
Pharmacist  
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  
Architect  
Composer  
Dancer

Interior decorator  
Musician  
Stage director  
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  
Counselor  
Psychologist  
Speech therapist

Athletic trainer  
Dental hygienist  
Physical 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  
Buyer  
Flight attendant  
Cosmetologist

Manager  
Lawyer  
Insurance agent  
Travel agent

**C**

## CONVENTIONAL

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

Accountant  
Air traffic controller  
Computer operator  
Telephone operator

Receptionist  
Secretary  
Tax preparer  
Mail carrier

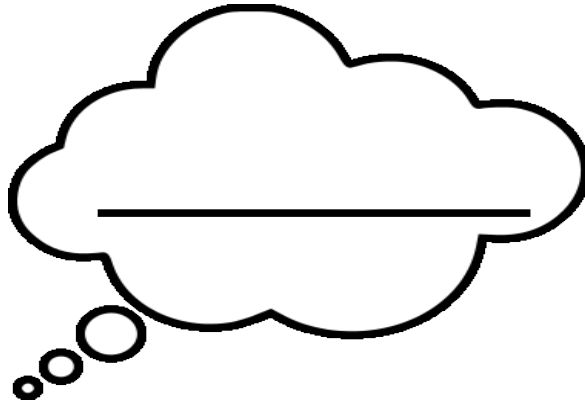
### Do you feel that you fit?

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](http://www.qualifax.ie).
- 3 Investigate your career options through the site, [www.careersportal.ie](http://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.

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

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Write a goal you want to reach in ten years.

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# 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? \_\_\_\_\_