

YOUR CAREER PATH

HAVING THE RIGHT
STUFF

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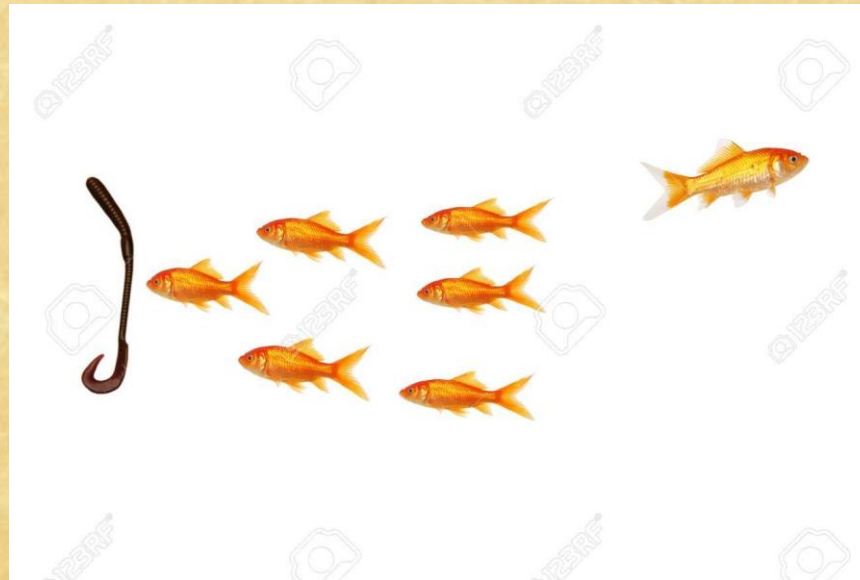


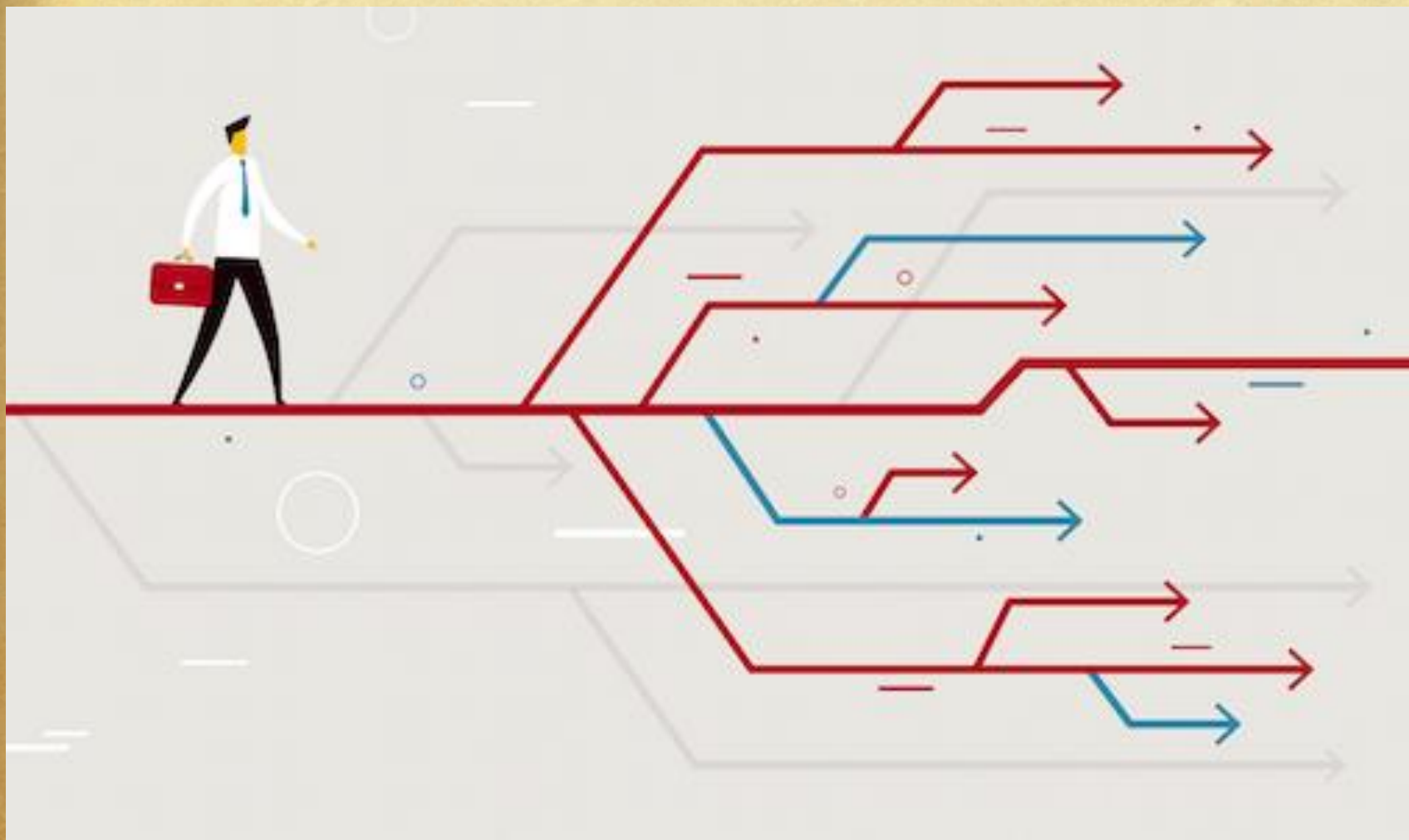
Choosing career → complicated process. =
personal interests + input from
(parents + mentors + teachers + guidance
counsellors)



DON'T FOLLOW THE CROWD: AVOID LEMMING BEHAVIOUR

1. Important rule to learn. Often → leads to wrong choices or imminent disaster. Everyone is unique → Different careers.
2. If everyone was rocket scientists....







Ideas come from curiosity.

- Walt Disney

2) What motivates toward a particular career:

- a. Parents
- b. Money
- c. Family members profession
- d. Curiosity about a career field

15. You must always remember the axiom,

“you can’t judge a book by its cover.”



CAREER CHOICES: A PATH TO FOLLOW


1) Many strategies to pursue a career goals. but essentially your path to career will likely arise from the following factors: (*Individual differences*)

- a. Interest: best to follow your dreams;
- b. Natural ability: strengths
- c. Cognitive capacity: verbal or performance ability
- d. Intelligence Type: I.Q level
- e. Personality traits: type of traits


Factors needed to pursue technical school, college or university...

A) Intelligence: Types

1. Robert Sternberg- 3 types:

 Analytical

 Practical

 Creative



2. Howard Gardner: 8 types

📖 Visual/ spatial

📖 Verbal/ linguistic

📖 Logical/ mathematical

📖 Bodily/ kinesthetic

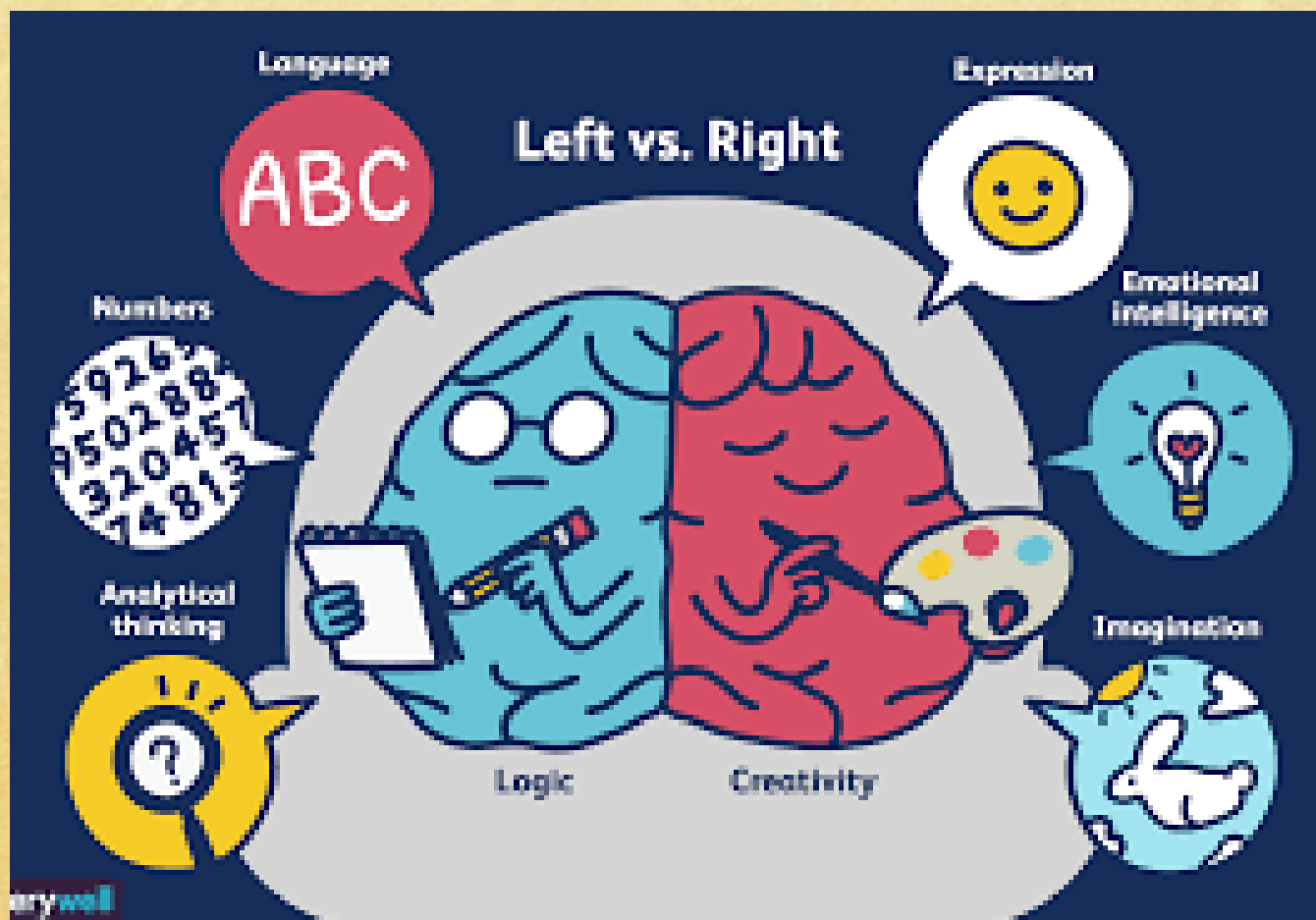
📖 Musical/rhythmic

📖 Interpersonal

📖 Intrapersonal

📖 Naturalistic





PERSONALITY TRAITS LIST* INFLUENCE YOUR CAREER

Personality Traits Which Assist in Career Development:

- a. Conscientiousness
- b. Agreeableness
- c. Extraversion
- d. Openness
- e. Diligence
- f. Patience
- g. Optimism
- h. Self-confidence



PERSONALITY TRAITS LIST* INFLUENCE YOUR CAREER

- i. Passion
- j. Perseverance
- k. Self esteem
- l. Mindfulness
- m. Locus of control
- n. Neuroticism (anxiety)



Extraversion /Introversion

- ◆ Sociability and a preference for a lots of social activity in groups.
- ◆ The Eysenck Personality Inventory → 4 personality traits: Introversion/Extraversion is one of these.



Openness

- ◆ Trait of openness indicates that one is accepting of novel ideas and curious about the way others think and feel.
- ◆ Research indicates that students who score high on openness had elevated career decisions.



Diligence

- ◆ Diligence can be expressed toward a job if one truly loves what they do



Patience

- ◆ John Langford made the original statement “patience is a virtue.”
- ◆ This statement indicates the ability to wait for something which invariably implies that life cannot be rushed.



Self Confidence

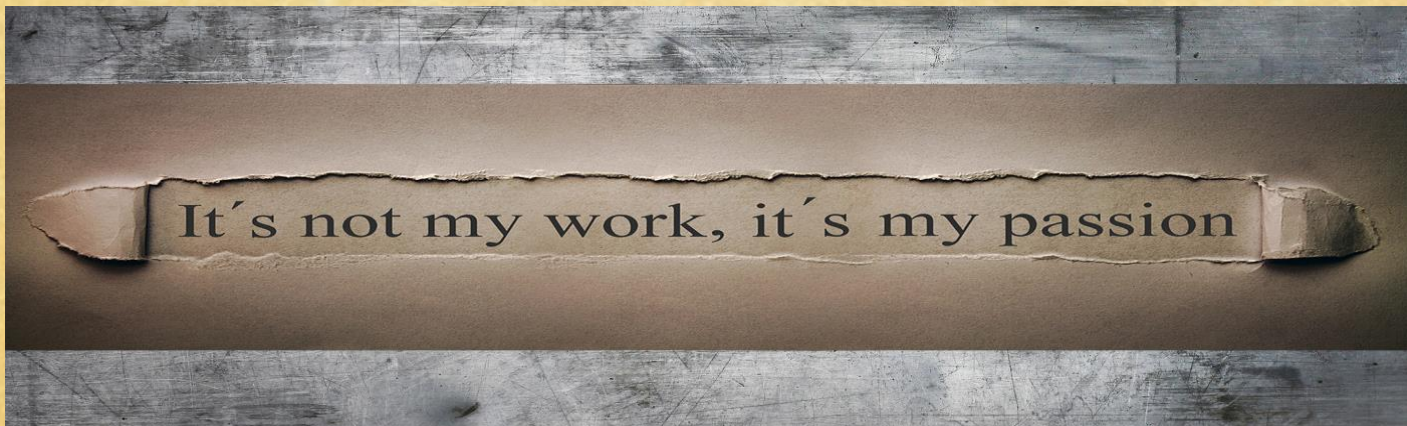
- ◆ Self-confidence is defined as comfort in one's own ability
- ◆ To become self-confident requires acceptance of one's capabilities and the competence to initiate some action.
- ◆ In every profession one must obtain a sense of self-confidence
- ◆ Self confidence is an internal asset- this allows the individual to realize they have the skills and training to undertake a profession.



I can't

Passion

- ◆ An internal desire to achieve a goal.
- ◆ Passion for a job is likely the greatest elixir that one can aspire to achieve.
- ◆ People who are passionate about their job go to work everyday not out of necessity but because they truly like the work they do.



NEVER
GIVE UP

Self-Esteem

- ♦ An elevated sense of personal regard for themselves.
- ♦ Believing in yourself will allow you to achieve whatever goal you seek.

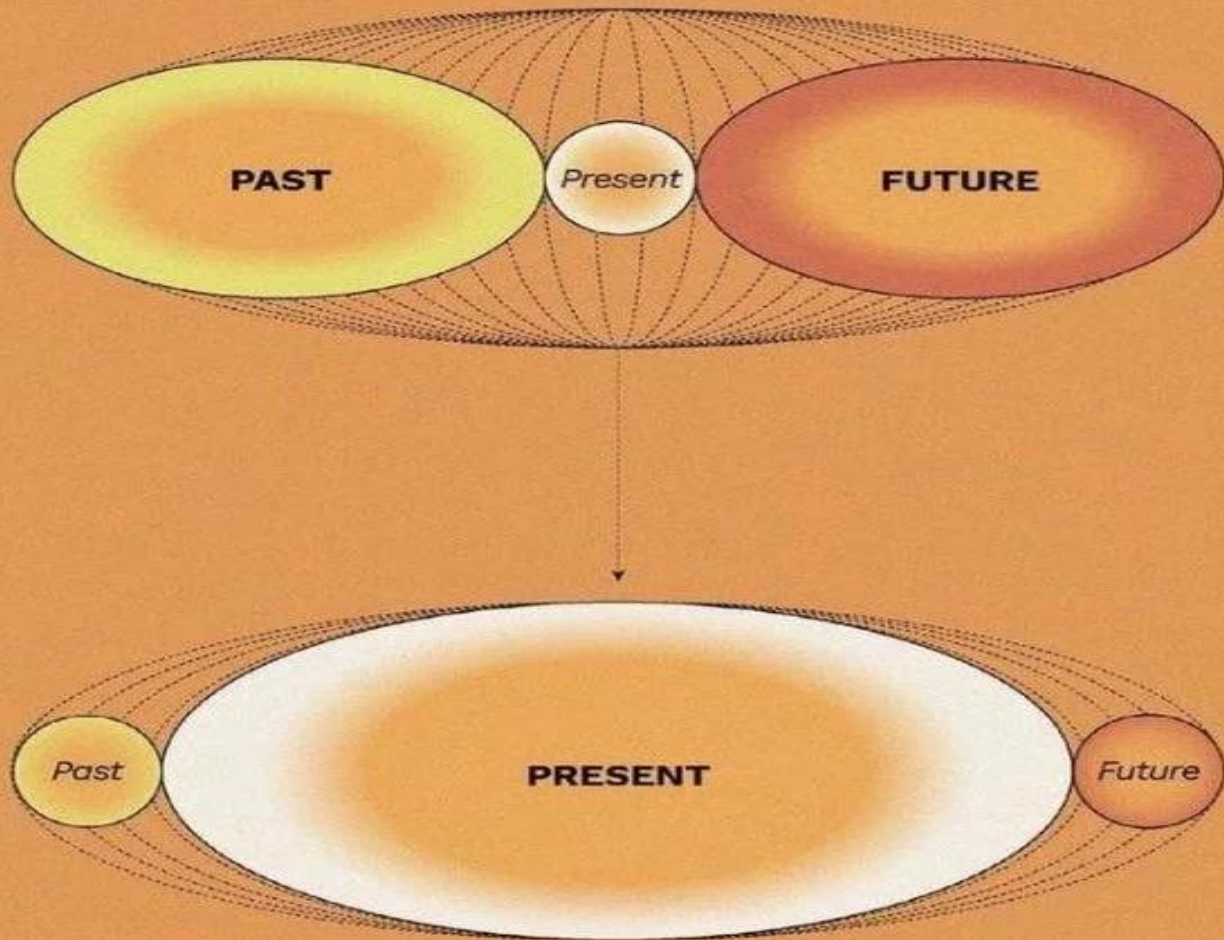


Mindfulness

- ♦ Awareness there are many situations which unfold in one's life space, and these can lead to many possible outcomes.



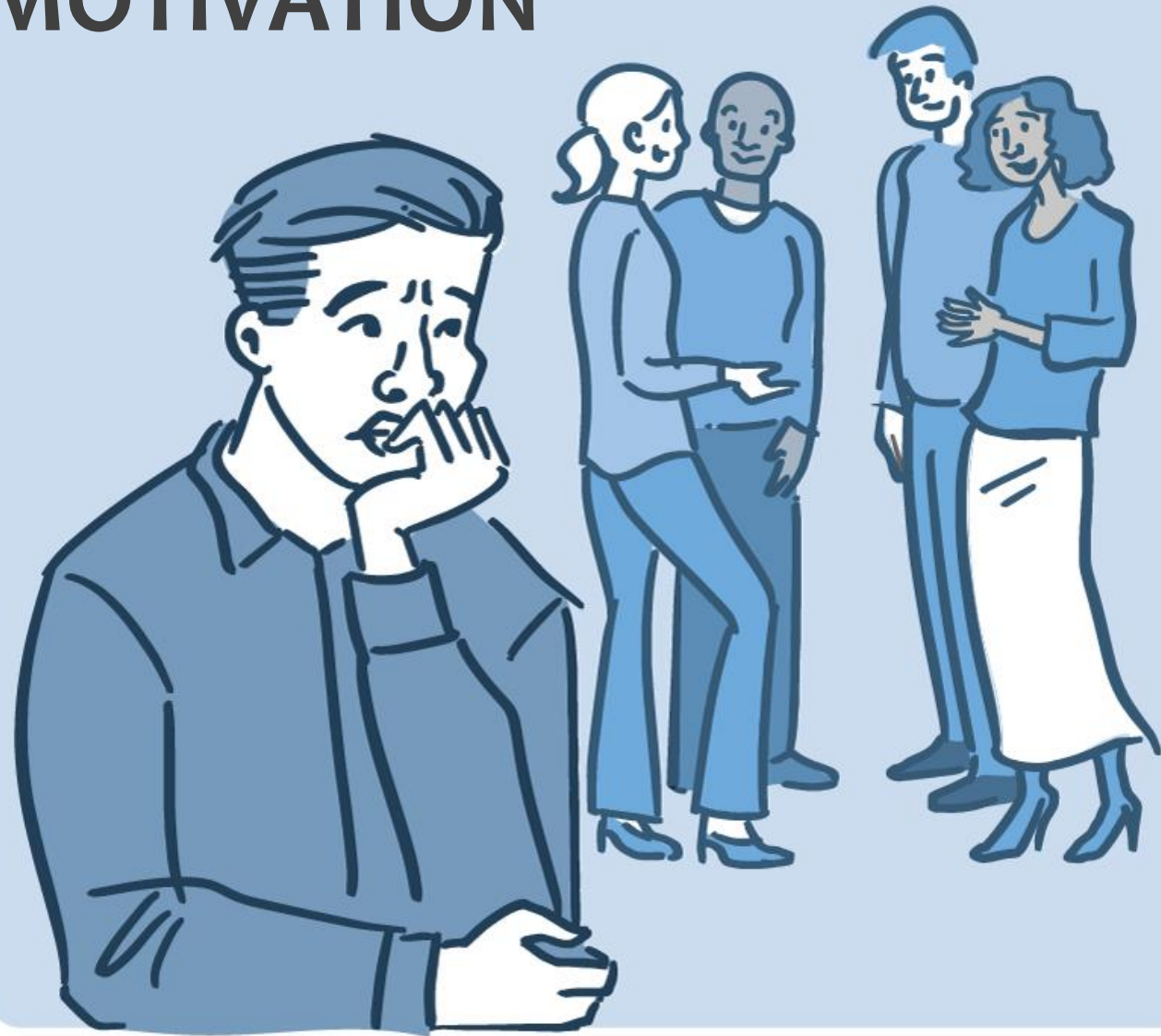
SHIFTING YOUR FOCUS



**TAKE WHAT SERVES YOU.
LEAVE WHAT DOES NOT.**



MOTIVATION



MOTIVATING YOURSELF TO UPSTART A CAREER

1. Motivation = Behaviour x Habit x Drive x Reward

The term motivation indicates a need or desire to pursue an interest.

“Motivation becomes one of the underlying factors which determines initiative to embark on a path. If you lack motivation, you will experience difficulties in achieving your goals.”

MENTORS WHO INFLUENCE YOUR CAREER

- a. Daniel Levinson → a mentor is a guide, sponsor, example or counselor → provides social support and assists with career selection.
- b. There are many who will influence your career.
- c. Includes parents, teachers, friends, siblings, employers and role models.



Role of Parents: Important Mentors

- Parents → help children evaluate strengths BEFORE deciding on future career.
- Work with Guidance Counselors → steer in right direction and locate resources and testing opportunities in school and community.

3. Siblings and Peers as Mentors:

- a. Siblings and peers → positive role models.
Imitation and model → allows the student to explore career choices.
- b. Siblings set goals for themselves → challenge younger sibling to achieve - Information shared by siblings serves as a learning mechanism for future undertakings.






Primary School: The basic skills and knowledge about what is out there. Learn about all jobs.

Secondary School: students look to their teachers and guidance counsellors for direction and mentorship. Starting to specialize.

6. The Role of Employers as Mentors

- a. Employers → important role models. They have **experienced the world** through their entrepreneurial skills
- b. Benefit of close mentoring fosters knowledge of the job role and keeps the employee/volunteer **on track**.





BukRate.com

*A road need not be paved in gold to
find treasures at its end.*

—Alan Brennert—



IF YOUR CAREER FALTERS:

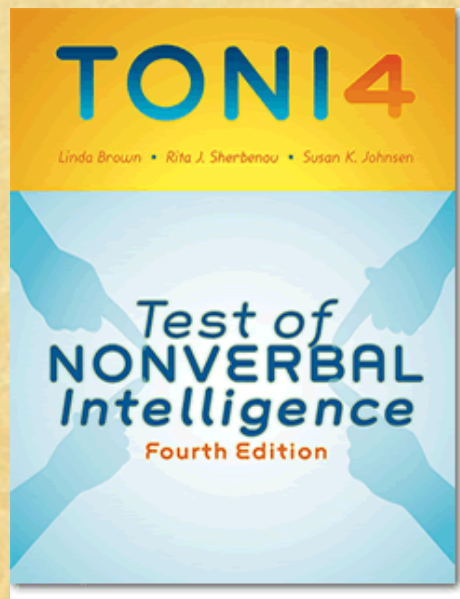
CHOOSE AN ALTERNATIVE PATH

1. Educational Experience – Part time studies – certificates - micro-credentials
 - a. Younger people today → 2-3 part time jobs → **Streams of income and experience.**
 - b. Life isn't always easy, and rose-coloured glasses won't make things appear brighter even if you are a rock star.
 - c. There are many roadblocks as one surfs the streets of glory seeking out a pot of gold at the end of the tunnel.
 - d. The main important traits are **perseverance and adaptability.**

2. Intellectual Assessment

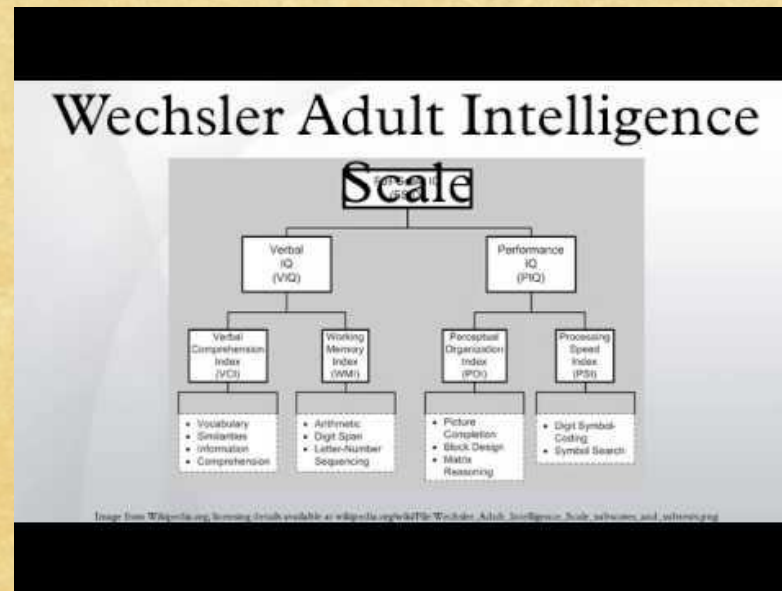
Non-Verbal Intelligence Tests

- a. Raven's Progressive Matrices (RPM)
- b. Test of Non-Verbal Intelligence (TONI)



3. Combined: Verbal/ Non-Verbal Intelligence Tests

a. Wechsler Abbreviated Intelligence Scale (WASI)





4. Vocational Assessment

- a. Strong Vocational Interest Inventory (SVI)
- b. Jackson Vocational Interest Survey (JVIS)

6. Personality Evaluation

a. NEO.

The NEO PI-R personality domains and sub-domains (facets)



Neuroticism

1. Anxiety
2. Angry hostility
3. Depression
4. Self-consciousness
5. Impulsiveness
6. Vulnerability



Extraversion

1. Warmth
2. Gregariousness
3. Assertiveness
4. Activity
5. Excitement-seeking
6. Positive emotions



Openness

1. Fantasy
2. Aesthetics
3. Feelings
4. Actions
5. Ideas
6. Values



Agreeableness

1. Trust
2. Straightforwardness
3. Altruism
4. Compliance
5. Modesty
6. Tender-mindedness



Conscientiousness

1. Competence
2. Order
3. Dutifulness
4. Achievement striving
5. Self-discipline
6. Deliberation



www.jvis.com

JVIS.COM

what do you want to be?



Learn About The JVIS

Take the JVIS

View Your Report

Career Resources

start here ...

- ▶ students
- ▶ parents
- ▶ career changers
- ▶ counselors

turn your
interests!
into a career!

There are over 36,729 possible careers in North America today, and over 284 academic majors. A few will make you very happy. The rest may leave you feeling unsatisfied and trapped. How will you find the one that is best for you? Taking a career test can help. **Take the JVIS**, and you'll be on your way to peace of mind... and a bright, rewarding future.

[Take the JVIS Now](#)

The JVIS is an education and career planning tool. It provides a detailed snapshot of your interests and how they relate to the world of study and work. It will focus your search for professional and academic satisfaction. You'll have access to links, resources, and industry contacts to help you learn more about the careers and university majors that will help you make the most of your time and talent.

The JVIS was written by Dr. Douglas Jackson, the same psychologist who developed an intelligence test used to screen NASA astronauts. He was a world authority on the subject



NEW!

No current news items



cool job
of the month

Do you like exercising? Are you interested in helping others better their bodies? Do you enjoy talking to and motivating others? If so, you should consider becoming a **personal trainer**.



cool major
of the month

Do you enjoy using computers? Do you use your imagination to create games? If you are interested in video games and want to learn how they are made, you may want to consider a major in **game design**.



Questions commonly asked by students regarding College or University Programs:

1. How do I know which program I should take?
2. Have I made the right choice?
3. After my education is completed, will I end up in a job that I will like?
4. Lorne Cardinal → Davis on Corner Gas – Shania Twain → Lots of roadblocks and detours.

Steps to Choosing a Career

1 Assess yourself



2 Make a list of occupations to explore



3 Conduct information interviews



4 Make your career choice



5 Identify your goals



6 Write a career action plan



the balance

CONCLUSION

Staying True to yourself to choose job

Know Yourself → Strengths + Weakness

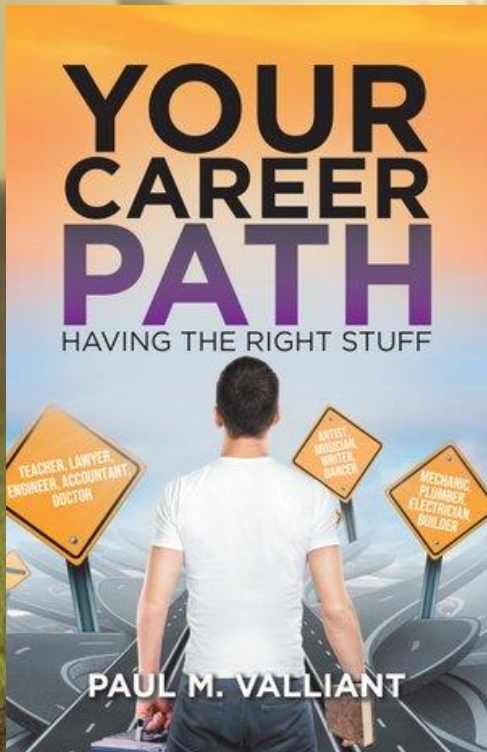
Intelligence Types - Left vs Right Brain

Personality Traits & Interests

Tests to measure your traits

Big Picture - Steps to choose a career

YOUR CAREER PATH
Get Started
Go to this link...
Available on Amazon.ca
And your local libraries.







Office worker



Computer programmer



Veterinarian



Street Vendor



Factory worker



Politician



Tour guide



Entrepreneur



Ballet dancer



Astronaut



Miner



Teacher



Real estate agent



Bellboy



Gas station attendant



Judge



Customs officer



Lawyer



Cashier



Taxi driver



Speaker



Delivery man



Butcher



Pharmacist



Receptionist



Plumber



Musician



Chef



Baker



Artist

Hotelier
Nurse
Psychologist
Journalist
Pharmacist
Physiotherapist
Programmer
Sociologist
Trainer
Scientist
Accountant
Engineer
Teacher
Architect
Mechanic
Banker
Doctor
Designer
Tutor
Pilot
Manager
Politician
Acting
Historian
Mechanic
Architect
Beautician
Journalist
Lawyer
Politician
Acting
Historian
Beautician

Jobs & Occupations Words in English

accountant	bellhop	dancer	farmer	judge	saxophonist
actor	blacksmith	dentist	financier	laborer	teacher
actress	bookkeeper	dermatologist	firefighter	landlord	technician
actuary	biologist	designer	fisherman	lifeguard	tennis player
advisor	builder	detective	flutist	linguist	trainer
aide	butcher	dictator	football player	lobbyist	travel agent
ambassador	cab driver	director	foreman	locksmith	undertaker
animator	calligrapher	disc jockey	game designer	lyricist	veteran
athlete	cardiologist	diver	garbage man	magician	veterinarian
artist	carpenter	doctor	gardener	marine	violinist
astronaut	cartographer	doorman	grocer	miner	waiter
astronomer	cartoonist	ecologist	guide	oboist	waitress
attorney	cashier	economist	hairdresser	operator	warrior
auctioneer	catcher	editor	Handyman	Ophthalmologist	welder
Author	caterer	educator	hobo	reporter	woodcarver
babysitter	cellist	electrician	importer	representative	workman
baker	concierge	engineer	instructor	researcher	writer
bellhop	consul	entrepreneur	interpreter	salesperson	zookeeper
blacksmith	contractor	executive	inventor	samurai	zoologist



Teaching

- Schools
- Colleges
- Universities
- Teaching English Abroad

Media

- Journalism
- Publishing
- TV and Radio
- Copywriting
- Events Management

Influencing

- Advertising
- Public Relations
- Marketing
- Retail Management
- Sales

Helping

- Social work
- Youth Work
- Probation Work
- Nursing
- Housing

Careers with a degree in English

Bruce Woodcock, bw@kent.ac.uk
University of Kent Careers

Professions

- Law
- HR
- Banking
- Accountancy
- Insurance

Information

- Librarianship
- Archives
- Information Officer
- Bookseller

Public Sector

- Administration
- Civil Service
- Health Service
- Local Government
- Police/Armed Forces

Postgraduate Study

MA, PhD, Journalism,
Business, Film,
Computing courses