

THE CAREER CREATION PROJECT

for STUDENTS

AUSTRALIAN EDITION



An overview for
parents/carers/schools



WELCOME

TO THE CAREER CREATION PROJECT for STUDENTS

Thank you for your interest in **The Career Creation Project**. As a qualified Career Consultant I help people of all ages create what I call a fearless future - a future they feel confident to step into having developed a clear understanding of who they are, what they have to offer, and what the future world of work needs. Despite 60% of young Australian's holding a post-school qualification, a growing number remain underemployed and the transition time between finishing study and finding work is increasing. Together we can change this.

The Career Creation Project is an online, self-paced career discovery program designed specifically for senior high school students. Each of the 5 modules are filled with contemporary research and career insights to put each student into the driver's seat of their career to confidently navigate their way into complex world of work by making informed career decisions.

The key outcomes of **The Career Creation Project** are:

- To encourage all young people to take control of their future by providing a logical career development framework to remove guesswork and make informed and timely career decisions.
- To complement a school's existing career development program and support the national career development strategy. This program can be completed individually or in groups.
- Enhance the quality and quantity of career conversations between young people, their families, their school and local community and prepare them to thrive in the future world of work.
- Enhance self-awareness and the ability to create and articulate their professional identity to others.
- Share evidence-based insights on the changing world of work and the skills of the future and how to incorporate these into a meaningful career plan.
- Promote valuable career tools and resources available to young people to help with their career decision making.

Let's do this! To find out more, please visit our website or contact us - we'd love to have a chat.

Anna

Anna Lynch
Career Consultant &
Founder of The Career Creation Project





THE CAREER CREATION PROJECT

CONTENT & PROCESS



MODULE 1

CAREER CREATION BASICS

What's holding me back?



MODULE 2

THE CAREER CREATION ROADMAP

What's the plan?



MODULE 3

THE CAREER CREATION PROCESS (1)

Who am I?

MODULE 4

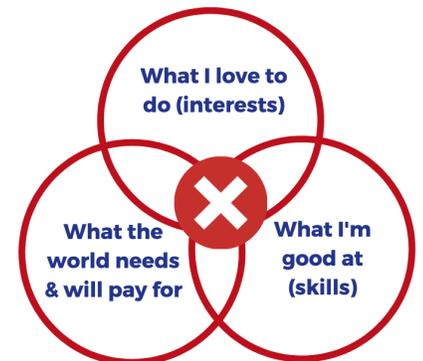
THE CAREER CREATION PROCESS (2)

What's out there?

MODULE 5

THE CAREER CREATION PROCESS (3)

How do I make it happen?



The Career Creation Project is an action-based, content rich, online career development program. Each module follows a step-by-step process to build confidence and ability to enable young people to make an informed career decision. The practical workbook encourages ongoing self-reflection and can be used as a standalone resource or transformed into a powerful learning tool when used in partnership with our online program - to access the online program and workbook please visit our website.

Please Note: SAMPLE worksheets have been included for you. Each worksheet in the comprehensive workbook is linked to key learning topics and are a valuable self-reflection tool. What you choose to do with what you learn is totally up to you. Good luck!

GETTING STARTED

Here are a few tips to make sure you get the most out of The Career Creation Project.



TOP TIP: YOU ARE THE MOST IMPORTANT PERSON IN THIS PROCESS - YOU'RE WORTH INVESTING YOUR TIME IN

- COMPLETE EACH SESSION & WORKSHEETS IN ORDER
- DO ALL THE WORKSHEETS & ACTIVITIES AND APPLY THEM TO YOU AND YOUR CAREER
- BE CURIOUS & OPEN-MINDED
- FOCUS ON WHAT YOU CAN DO AND WHAT YOU HAVE CONTROL OVER, NOT WHAT YOU CAN'T
- BE A PROBLEM SOLVER - LOOK FOR SOLUTIONS
- LEARN FROM YOUR EXPERIENCES-AFTER EACH LESSON ASK YOURSELF 'WHAT DO I KNOW NOW THAT I DIDN'T KNOW BEFORE?'
- TRUST THE PROCESS & GIVE IT THE TIME IT DESERVES
- ASK FOR HELP - YOU DON'T HAVE TO DO THIS ON YOUR OWN
- TAKE REGULAR BREAKS & CHILAX!

Let's get doing!



MODULE ONE

CAREER BASICS

What's holding me back?

- 1 WELCOME TO THE CAREER CREATION PROJECT - WHAT'S IT ALL ABOUT?
- 2 CAREER MYTHS BUSTED - WHAT'S HOLDING ME BACK?
- 3 MY CAREER - WHAT DO I REALLY WANT TO BE WHEN I GROW UP?
- 4 THE PROBLEM WITH CHOICE - CAN THERE BE TOO MUCH?
- 5 GEARING UP FOR THE FOREVER CHANGING WORLD OF WORK - WHAT DO I NEED TO KNOW?
- 6 GETTING MY HEAD IN THE GAME - HOW CAN I DEVELOP A GROWTH MINDSET?
- 7 WRAP UP: I CAN DO THIS!

MODULE X: LESSON X

WORKSHEET X

THE CAREER CREATION PROJECT - WHAT'S IT ALL ABOUT?

Welcome to The Career Creation Project. This career development program is designed to give you the confidence and ability to make an informed decision as to what to do once you finish school. Our aim is to take the guess work and anxiety out of what to do next by focussing on what you have control over to enhance your employment potential and create the life you want to live. The first step is to have a think about how you're currently feeling about life after school and how comfortable you feel about choosing a career.

How do I feel about choosing a career? *Make a cross on the line to show how you feel.*

5 10

No idea what to do **Some idea what to do** **Totally clear - know what to do**

Which words describe how I feel about leaving school? *Tick as many as you like.*

<input type="checkbox"/> Excited	<input type="checkbox"/> Sad	<input type="checkbox"/> Totally ready
<input type="checkbox"/> Anxious	<input type="checkbox"/> Nervous	<input type="checkbox"/> Chilled
<input type="checkbox"/> Can't wait	<input type="checkbox"/> Happy	<input type="checkbox"/> Unsure
<input type="checkbox"/> Relieved	<input type="checkbox"/> Worried	<input type="checkbox"/> Other?

TIP: Once you know how you are feeling you can use it to work out whether you could do with some extra support to get you to where you'd like to be.

What worries me most about choosing a career or further study?

eg: fear of the unknown, making the wrong decision, choosing something I don't like, not finding a job etc.

What's the worst that could happen if you get 'it' wrong?

eg: Need to choose a different direction, waste 6 months, study something I no longer need etc.

Do I know the steps I need to take to make an informed career decision?

Make a cross on the line to show how you feel.

1 5 10

No idea what to do **Some idea what to do** **Totally clear - know what to do**

MODULE X: LESSON X

WORKSHEET X

THREE (3) KEY INGREDIENTS FOR CAREER CREATION

When it comes to choosing a career there are three (3) key elements or ingredients to consider that can help guide your career choices. This session introduces these 3 ingredients to you and encourages you to start thinking about how you can integrate each of them into your own career plan.

To achieve this your aim is to combine what you love to do (your interests) with what you're good at (your skills and talents) and consider potential career opportunities with respect to what the world of work needs (and will pay you for). Often when people are feeling dissatisfied at work it is because one of these ingredients is missing.



Doing what I love (interests, values, motivations)

If you had a free weekend or week to choose to do anything at all what would you choose, and why? What motivates you? What is it that makes you want to jump out of bed and start each day?

eg: money, love, connections, feeling you are making a difference. Write your answer below.

Doing what I'm good at (skills, talents, knowledge)

What am I good at?

eg: talking to people, making them laugh, following instructions, team player, biology/woodwork etc. If unsure ask your family and friends for input. Write your answer below.

Doing something the world of work needs (and can be paid for)

What do you think the world of work needs? What kind of work could you do based on your interests and experience that you could get paid for?

POTENTIAL OCCUPATIONS

Using your responses above as a guide, are there any career options or occupations that come to mind that would meet each or all of the above career ingredients?

TIP: Do this activity in groups, or with someone you know. Brainstorm some potential career options you may be interested in exploring further.

Fun Fact: True or Not?
Scotland's national animal is a Unicorn.