



Research Your Career Dreams

So where do you start?

Research is a crucial and often exciting part of exploring your Career Dreams, however sometimes this process can appear daunting! There are some easy ways to get information about jobs and some that you may need help with. To assist with this we have provided ideas on how to explore your Career Dreams.

Internet Search

This is a must for all career exploration as it can easily provide you with useful information and preparing you for talking to people about career options.

The internet can help provide information regarding:

- Salary expectations
- Job availability
- General information about jobs
- The market
- Appropriate courses for you to take

Some helpful websites to look at include:

www.careers.govt.nz

www.seek.co.nz

www.job.co.nz

Talking to people already in these professions

Finding people who are already in your dream job and talking to them about their experiences is a great way to explore your Career Dreams. Some questions you may like to ask people are:

- What does this job involve?
- What does your typical day look like?
- What are the best and worst parts of this job?
- How did you get into this type of work?
- What is the industry like? (e.g. competitive, growing, reducing in size)
- What types of jobs does this job lead to?
- What type of study would I have to do?

- Who are the main companies that I should consider approaching to get into the industry?

Ask for any other tips they might have and remember to thank them for their time.

Talking to universities or tertiary institutions

Ensure you attend events like career nights at school, and open days at universities as these can provide you with lots of information about the particular institute and department you are considering.

Attending these events can help:

- Understand the course options you are enrolled in (remember if you are studying for a particular profession (e.g. engineer) to check with the relevant institute that the course is accredited)
- Understand course length and requirements
- Understand the type of course you would like to do (e.g. practical versus theoretical)
- Provide resources to plan your degree
- Understand the requirements for entry

Talking to the employer

Organisations like the army and police run seminars that you can attend so you can learn more about them. If you think this is the career path for you, make sure you attend one of these (in most cases it is mandatory).

The seminars will help you:

- Understand pro's and con's
- Understand expectations for entry
- Get feedback from people that have experience in the job

Talking to institutes or associations for professionals

Professions such as medicine, accounting, and engineering have professional associations or institutes you need to join to practice in New Zealand.

You may like to internet research, and contact these organisations to ensure you will attain accreditation. They can also be a great way to start to build your list of contacts.

We Dream to inspire us to explore

Using your Research findings

Once you have gathered all of the information about your Career Dreams you need to use this to help determine which path is right for you!

Consider the following when reviewing your research:

- There is more than one way to reach your Career Dreams

You don't have to do this in the same way as the people you interviewed. Each of our paths to reaching our Career Dreams is different – your research has provided you with some handy tips though!

- Sometimes you will receive negative feedback about a job

This doesn't mean the job is wrong for you. It may just mean that the person you talked to about it isn't in their Dream Career. If you interview someone that doesn't have good feedback, then it may pay to see if there is someone else you can talk to as well.

- All jobs have hard and challenging parts

Don't be put off if the job sounds hard – all jobs have parts that are hard – that's how you know you are accomplishing something! The key is to keep your evaluation focused on your enjoyment – if it sounds enjoyable and challenging then it could be the right option for you. If it sounds hard and unenjoyable, then you may want to continue exploring your options.

Sometimes we have to climb to reach our Career Dreams

Research Plan

From your list of Career Dreams options that you have already created, consider which of the above research actions will be useful for you.

Research Actions:

- | | |
|----|----------|
| 1. | By when? |
| 2. | By when? |
| 3. | By when? |
| 4. | By when? |

What Did I Find Out?

- 1.
- 2.
- 3.
- 4.
- 5.

Once you have completed your research you may find that you are able to make a decision about the direction you want to head in, or you may need to do some more research into different areas.

What do I want to explore further?

Have I identified my long term career vision and what is this?

Whichever stage of the process you are at, you are now ready to move onto the 'Collating your information and Creating a Plan' worksheet to help you reach your Career Dreams.

