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An essential skill in educational and career planning is to be able to state clearly who you are and what you can do. This activity will help you with that skill.

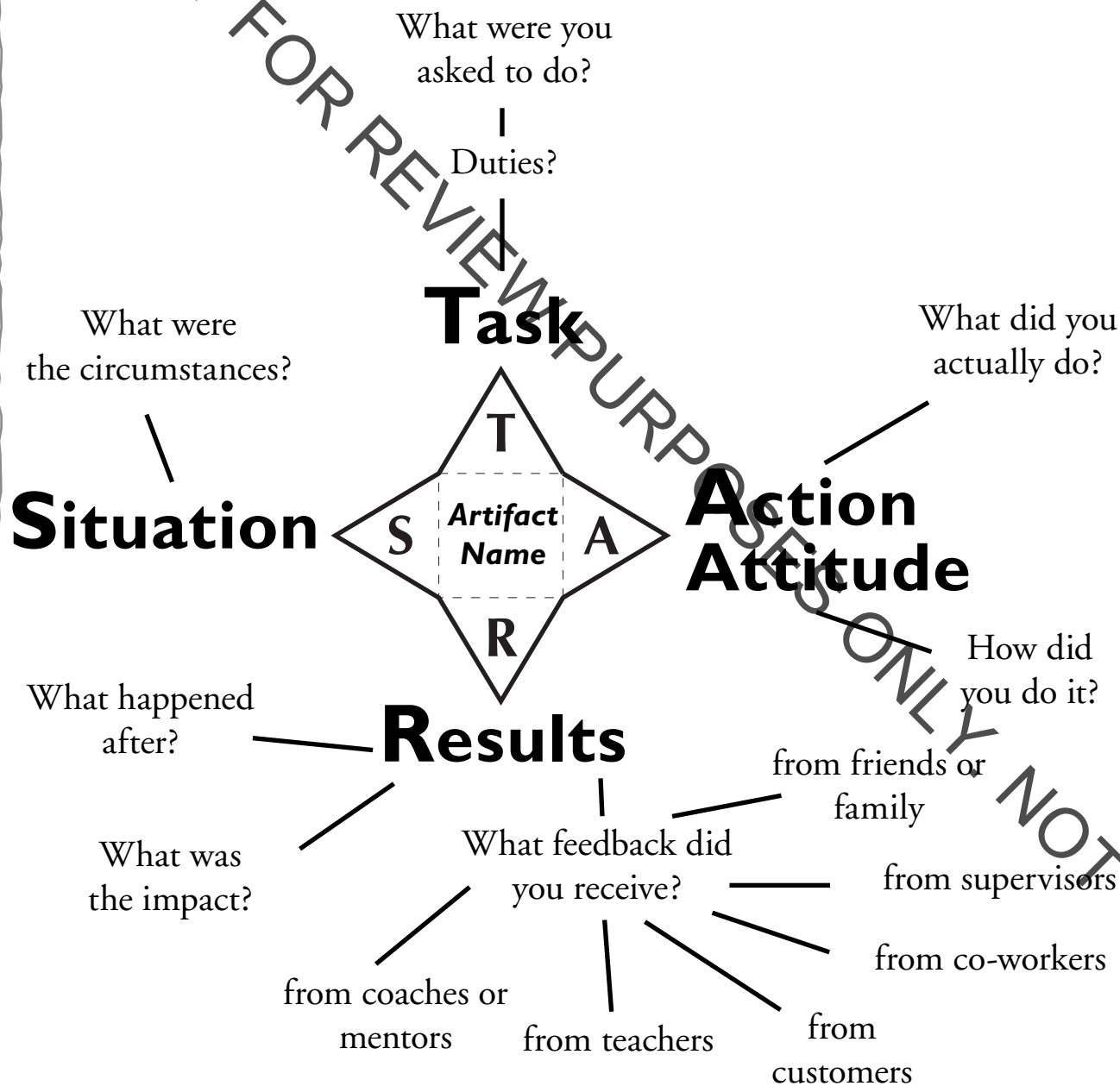
Pair off with another student. Read the list of questions below. For 2 minutes, think of how you could answer each of these briefly; do not say anything yet. Then take 2 minutes each and try to answer as many of these as possible. One person answers all the questions for 2 minutes and then the other answers for the next two minutes. Keep this simple. If you are not sure of an answer, do the best you can.

-
1. What do I do for fun?
 2. What am I really good at?
 3. What interests me?
 4. What do I find difficult/challenging to do?
 5. What type of movies do I enjoy?
 6. What special groups or clubs do I belong to?
 7. Who are the important people in my life?
 8. What do I know about the important people in my life?
 9. What areas of my life do I need to work on?
 10. Do I have a job?
Am I a volunteer?
Where?
 11. If I were a superhero I would be?
 12. What's my wildest dream? If money, talent, time didn't count - what would I like to do?

How easy or hard did you find this? What made it easy or hard to do?



The S.T.A.R. format comes from an area of behavioural interviewing in which there is an emphasis on giving concrete answers which are life-orientated, specific, and credible. In the future, you will want to be prepared for these types of questions when you go for an interview. Besides using this format when using a portfolio in an interview, you can use the STAR format to help you unpack the story behind an artifact in an effective way. Write the name of the artifact in the centre of the STAR. Answer each of the S.T.A.R. questions in order.



What is important to you in your work? Rate the importance of these work values to you by checking the appropriate column. Add any additional values you think are important.

I want ...	Not Important	Important	Very Important
1. to earn enough money to live well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. to work well with my co-workers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. to be given the chance to be a leader.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. a permanent job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. a job that is physically safe.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. to feel important in my job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. to be trusted and allowed to work on my own.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. to work with people who know their job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. to do a variety of tasks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. to use all my skills.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. to get along well with my co-workers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. my job site to be clean and comfortable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. good benefits in addition to wages.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. to be creative.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. to be consistent and do a good job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. to have a job which fits my skills.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. to be able to move ahead.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. to work only during specific times in the day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. to work at different locations in my job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. to be paid more as I have more responsibility.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. to get better jobs as I learn more.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. to make decisions about my job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. to know what I am expected to do in the job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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careerscope

activity *Comparing Career Wheels*

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Write a potential career alternative in the centre of the wheel below. Then in light of your knowledge of that career, place the information you have gathered into the appropriate sections around the wheel. For example, what skills are required in this career? what interests? etc. How would this career affect your significant others? What learning and life experience is needed? What are the current and future opportunities in this career? Is it growing or decreasing as a career? Where are there actual job openings? Once you have completed filling out the wheel, place it alongside your own personal career wheel and compare the two section by section to see how well the career actually fits you.

