Activity 5

Learning how your interests and skills can lead to a job

Introduction

The purpose of this activity is to introduce you to the *Interests* and *Skills* activities in *My career profile*. You will get a chance to add to your *My career profile* as you complete each activity.

Objectives

- To demonstrate how identifying your interests can be a good starting point for thinking about your career.
- To help you gain an understanding of how your career pathway is influenced by a number of different factors.
- To show you how it's possible to incorporate your interests into your job exploration.

Instructions

1. Go to https://myfuture.edu.au/
2. Log in to myfuture by selecting the *Log in* button and entering your myfuture username and password.
3. Once logged in, select the *My career profile* tile.
4. You can begin completing your profile by selecting the *Interests* tile from the *Activities* tab.
5. You are required to complete the 21 questions presented. Once done, select *Submit* to end the activity. You will then be presented with an overview of your results for the *Interests* activity. You can select the arrows next to the strength bars for a description of each area.
6. Select the *Skills* activity from the *Activities* list or tab. You are required to complete the 21 questions presented. You will then be presented with an overview of your results for the *Skills* activity. You can select the arrows next to the strength bars for a description of each skill area.

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7. You can now view a list of suggested occupations based your answers to the *Interests* and *Skills* activities by selecting the *Suggested occupations* tab at the top of the page.
8. The suggested occupations listed are linked to full occupation profiles which will enable you to find out more about the occupation including tasks, expected salary, and personal requirements.

If you are satisfied that you have answered the questions thoughtfully, you can now move on to other activities including the *Education and training*, *Study*, *Work conditions* and *Values* activities.

If you would like to reset the activities and change your responses to the questions, you can do so by returning to the activity and clicking on the *Reset activity* button. You may do this as often as you like.

Tip: Each activity completed (apart from *Career knowledge*, *Entrepreneurship* and *Dream job*) will further refine your list of suggested occupations.

Tip: When completing the *Work conditions* activity, ensure you're selecting items you would like to avoid in the workplace.

Discussion idea

In small groups, discuss how much your list of suggested occupations changed after each completed activity. Were you surprised by suggested occupations you received or were they what you expected?

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