



## My career profile

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Welcome to myfuture's career exploration tool, My career profile (PDF version).

These activities help to explore career pathways and develop self-knowledge for career decision-making. Complete all of these activities to help identify interests, values, skills and more.

Once completed, ask the student to save a copy of their responses. These responses can then be entered into the online version of My Career profile and a list of suggested occupations will be generated to begin career exploration.

- <https://myfuture.edu.au/my-career-profile/activities> (login required).



## My career profile – Interests activity

The Interests activity helps you to identify what you may like doing at work.

Identifying your interests can be a good starting point for thinking about your career.

Select the option that interests you more from each of the 21 questions below. You must answer each question.



Agriculture

or



Engineering



Chemistry

or



Electronics



Photography

or



Botany



Give advice about jobs

or



Act in a play



Prepare tax returns

or



Own a shop



Supervise others

or



Help families with problems



Physical education

or



Medicine



Music

or



Woodwork



Home economics

or



Physics



Lawyer

or



Artist



Child Care Worker

or



Electronics Technician



Measure blocks of land

or



Play in a band



Travel Agent

or



Mechanic



Manager

or



Pharmacist/Chemist



Work in an office

or



Paint portraits



Forester

or



Nurse



Economist

or



Electrician



Accountancy

or



Geology



Building

or



Economics



Approve a home loan

or



Help sick people in hospital



Prepare a lawn

or



Analyse finances



## My career profile – Skills activity

The Skills activity helps you to identify the skills you may like using at work.

Different occupations require different skills. Identifying your skills can assist in planning your career pathway.

Select the option that you are most skilled at from the 21 choices below. You must answer each option.



Caring for animals

or



Learning how things work



Finding answers to questions

or



Installing equipment



Creating artworks

or



Doing mathematical or statistical calculations



Giving advice to people

or



Expressing your ideas creatively



Designing systems for doing things

or



Convincing people to support your ideas



Negotiating or bargaining with people

or



Keeping people safe and healthy



Growing plants

or



Choosing the best way to do something



Performing music, drama, dance or comedy

or



Measuring, weighing, or testing the strength of things



Helping people solve their problems

or



Collecting useful information



Leading a team of people

or



Finding creative ways to do things



Keeping people company

or



Fixing things



Researching the natural world

or



Telling interesting stories



Changing people's behaviour

or



Inventing things



Debating ideas and issues with people

or



Analysing information



Organising information, people, or things

or



Designing things to be beautiful or interesting



Protecting the environment

or



Teaching people



Scheduling activities or events

or



Building things



Keeping a diary or calendar up to date

or



Solving problems



Managing a farm or orchard

or



Selling things to people



Putting things in order

or



Caring for sick or injured people



Preventing or finding a cure for diseases

or



Making lists of things that need to be done



## My career profile – Education and training activity

Most occupations require some level of education and training. Select the education and training levels that you plan to achieve.

To broaden your suggested occupations list, select all education and training levels.

To learn more about the qualification levels, visit [Australian Qualifications Framework](#).

- Certificate I or compulsory secondary education
- Certificate II or III
- Certificate IV or apprenticeship
- Associate Degree, Advanced Diploma or Diploma
- Bachelor Degree or higher qualification



## My career profile – Study activity

The Study activity helps you to identify the subjects you like to learn.

Having certain types of knowledge influences the kinds of jobs you can do well at and enjoy.

### Select the subjects below that you enjoy:

- |                                          |                                              |                                                  |
|------------------------------------------|----------------------------------------------|--------------------------------------------------|
| <input type="radio"/> Art                | <input type="radio"/> Entertainment          | <input type="radio"/> Media Studies              |
| <input type="radio"/> Automotive         | <input type="radio"/> Environmental Sciences | <input type="radio"/> Metal Work and Engineering |
| <input type="radio"/> Biology            | <input type="radio"/> Food Studies           | <input type="radio"/> Music                      |
| <input type="radio"/> Business Studies   | <input type="radio"/> Geography              | <input type="radio"/> Outdoor Education          |
| <input type="radio"/> Chemistry          | <input type="radio"/> Health                 | <input type="radio"/> Performing Arts            |
| <input type="radio"/> Community Services | <input type="radio"/> History                | <input type="radio"/> Physical Education         |
| <input type="radio"/> Computing          | <input type="radio"/> Home Economics         | <input type="radio"/> Physics                    |
| <input type="radio"/> Construction       | <input type="radio"/> Hospitality            | <input type="radio"/> Retail                     |
| <input type="radio"/> Economics          | <input type="radio"/> Industrial Arts        | <input type="radio"/> Rural Studies              |
| <input type="radio"/> Electrotechnology  | <input type="radio"/> Languages              | <input type="radio"/> Social Studies             |
| <input type="radio"/> English            | <input type="radio"/> Maths                  | <input type="radio"/> Textiles and Design        |



## My career profile – Work conditions activity

The Work Conditions activity helps you to identify the environments and activities you would like to avoid at work.

The conditions that you carry out work under can be important to you and may influence your career decisions. For example, people who suffer from certain allergies may not be able to work near contaminants.

### Select the items from the list you would like to avoid in the workplace:

- Avoid bending or twisting the body
- Avoid contaminants (e.g. pollutants, gases and dust)
- Avoid hazardous or risky equipment and conditions
- Avoid non-controlled climates
- Avoid outdoor work (in the open air or under cover)
- Avoid physical exertion
- Avoid standing for long periods
- Avoid uncomfortable sounds or noise levels
- Avoid using hands to handle, control or feel objects, tools or controls
- Avoid vehicle use



# My career profile – Values activity

The Values activity identifies what values are important to you.

Your career values are what you personally find important and gain satisfaction from at work. When you identify and understand your values you can better explore suitable career options. Answer each statement below.

## Use the rating scales to indicate how important each value item is to you:

Categories	Not important		Neutral		Very Important
<b>Achievement</b>					
Using your skills, knowledge and experience.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A sense of satisfaction at undertaking and completing tasks and projects.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Conditions</b>					
Work where you are busy all the time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Opportunity to work in an individual capacity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A range of activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fair terms and conditions of pay, leave, superannuation and other benefits.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stable long-term employment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Working conditions that suit your personality and preference.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Recognition</b>					
Having opportunities for personal/career growth.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being acknowledged and valued for the work you do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Giving directions and instructions to others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work that leads others in your organisation or community to look up to you.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Categories	Not important		Neutral		Very important
<b>Relationships</b>					
Working with people who are friendly, understanding and know their job.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Opportunity to provide services and support others through your work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work that allows you to maintain your own sense of right and wrong.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work that allows you to express your religious or cultural or political beliefs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Support</b>					
Being treated fairly by your employer.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Constructive feedback and supportive supervision and management.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Workforce training and career development.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Independence</b>					
Conceptualising, developing and expressing your own ideas.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making independent decisions and taking responsibilities for the outcomes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Planning and implementing your work with little supervision.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work that allows you to take on challenges and stimulating activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work that provides meaning to your life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Lifestyle</b>					
Not allowing your work to affect the way you want to live.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Balancing work and non-work activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Participating in family life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



## My career profile – Career knowledge activity

The Career knowledge activity identifies areas of career development that you would like to learn more about.

Career knowledge can help you become work ready. Being work ready involves developing a set of skills, attributes and competencies that will help you to enter the workforce and maintain employment.

### Select the items below that you want to learn more about:

#### Career development and management

- What kinds of study and work you might enjoy based on your skills and interests
- How to start planning for the study and work that suits you best
- Where to find information about your study and work options to help make strong decisions and plans
- How to make decisions about study and work based on reliable information

#### The nature of work

- What kinds of work are common in Australia and what might change in the future
- How different kinds of organisations have different ways of working and what you can do to fit in
- How the way people do their work is changing and why it's important to be flexible
- What some different ways of working are and how they can affect your happiness at work
- What kinds of support you can get to find work and to do work well

## Gaining and keeping work

- How to find and apply for jobs successfully
- How people from different backgrounds can work together well
- What your rights and responsibilities as a worker are
- How to develop your career by getting feedback and presenting yourself well in person and online
- Why knowing about the world, especially Asia, is important for working in Australia
- How different ways of working can affect your rights and responsibilities as a worker

## Skills for learning and work

- How your experiences and personality might affect the way you learn
- Why it's important to always keep learning to meet your goals and deal with challenges

## Entrepreneurial behaviour

- How looking for opportunities to create or improve things can help you find interesting work
- How to solve problems in your study or work
- How to practise identifying, understanding and solving a challenge



## My career profile – Entrepreneurship activity

Entrepreneurship is the process of creating, launching and managing a business. The Entrepreneurship activity identifies your readiness to start and fulfil this process.

Select how strongly you agree or disagree with each statement below:

Statements	Strongly disagree		Neutral		Strongly agree
I enjoy working with people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it easy to lead or guide people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like to make plans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like to do things my own way, at my own pace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I work hard until the goal is accomplished	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I make my own decisions, and I deal with the consequences	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am direct and honest with people all the time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like to take charge and see things through	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I set a goal, and I can overcome hurdles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that keeping good records is critical for success	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



## My career profile – Dream job activity

The Dream job activity allows you to record a career aspiration.

An aspiration is a strong desire to achieve something that means a lot to you. Recording your aspirations can be useful because it makes you think about where you'd like to be in the long term and what your goals are. In a career sense, your biggest aspiration is your dream job.



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