



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 *Start* on the *Interests* tile in the *Activities* section.
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. Select each strength bar to see a summary of your level of interest and a description of each area.
6. Return to the *Activities* page by selecting the *Activities* link above the *Interests* header and then selecting *Start* on the *Skills* tile. You are required to complete the 21 questions presented. You will then be presented with an overview of your results for the *Skills* activity. Select each strength bar to see a summary of your skill level and a description of each skill area.
7. Select *View all results*. You can now view a list of suggested occupations based on 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 skill level 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 *Redo the activity* button. You may do this as often as you like.

Tip: The first five activities will further refine your list of suggested occupations.

Tip: You can use the filter buttons above your *Suggested occupations* to see how your suggestions have changed after completing each activity.

For more information, watch the short *My career profile* video on the User guides page, <https://myfuture.edu.au/help-and-support/myfuture-user-guides> .

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?

