



WHAT IS A CAREER?

During the 20th century the word 'career' meant a single occupation, working for one employer and possibly with a formal qualification.

However in today's world a career is everything a person does in their life, including:

- Paid employment
- Unpaid work (including volunteer work and work experience)
- Learning - this includes all learning throughout your life (formal education, up-skilling, vocational education and training etc)
- Community activities (including service clubs)
- Family roles
- Interests
- Sport
- Leisure activities
- Social activities.

In all of these activities we learn skills and develop networks that will help us to accept and meet future challenges.

A student leaving school today can expect up to 17 job changes and five different occupations during their lifetime.

WHAT IS CAREER DEVELOPMENT?

Career development describes the ongoing process of a person managing their life, learning and work over their lifespan. It involves developing the skills and knowledge that enables individuals to plan and make informed decisions about education, training and career choices.

Studies show that young people leaving school early, without career paths, are likely to face long-term disadvantage by having higher levels of unemployment and part-time and casual work, shorter working lives, lowered incomes and the increased probability of finding themselves in jobs with poorer working conditions and fewer opportunities for advancement. They also more often experience poorer physical and mental health, higher rates of crime and less often engage in community activities.

Research shows that young people who complete Year 12 are approximately six times more likely to make a smooth transition to post-school activities than those who leave before completing senior schooling.

Career development aims to develop:

- Self awareness and skills for self assessment of a person's capacities and preferences, and the relationships between them
- Skills in information searching, planning and decision making based upon relevant information
- Knowledge and awareness of opportunities and requirements in study and employment and skills to relate them to a person's own capacities and preferences.

The choices and decisions individuals make in relation to learning and work significantly determine the nature and quality of their lives; the kind of people they become, the sense of purpose they have, and the income at their disposal. It impacts on the social and economic contribution they make in communities and societies of which they are a part.

Making the best career choices involves:

- Knowing yourself - what you like (your interests), what you are good at (your skills and abilities), what is important to you (values)
- Getting to understand the world of work - what's out there
- Learning how to make informed decisions
- Finding out how to achieve objectives.

Don't leave your work and life to chance. Take your career development seriously. Through a formal process of self-assessment, research and discovery, goal setting, and performing you can create the work and life you desire.

