

# **Eastern Hills SHS**

Student career exploration workbook For Year 11 - 2024

Name:	



# **Contents**

Getting started		3
Online and offline activiti	es	3
Career exploration		4
Part 1: Know yourself		5
<ul> <li>Developing your owr</li> </ul>	n career profile	5
<ul> <li>Personal characteris</li> </ul>	tics	6
Interests		7
<ul> <li>My Career profile – i</li> </ul>	nterests	9
Abilities		11
Career profile – skills	5	12
Values		14
<ul> <li>Career profile – valu</li> </ul>	es	15
Suggested occupation	ons	17
Career prospects		19
<ul> <li>Career by learning a</li> </ul>	rea	22
Career stories		25
Part 2: Know the labour n	narket	26
<ul> <li>Jobs: Training and e</li> </ul>	ducation requirements	26
Vocational Education an	d Training at your school	27
Research on university	ity admission	35
<ul> <li>Future jobs and pros</li> </ul>	pects	36
Western Australian Certi	ficate of Education	37
Part 3: Put it all together		38
My pathway planning too	ol	38
About me		38
My current career option	s	39
My WACE achievement	nlan	40

## **Getting started**

This workbook helps to prepare you for senior school course selections.

#### It has 3 sections:

- Part 1: Know yourself
  - Define your personal profile including, your values, personal characteristics, abilities, and interests. Identify possible occupations that will fit your profile.
- Part 2: Know the labour market
  - o Find out how to research possible occupations using the Internet.
- Part 3: Pull it all together
  - o Establish a WACE achievement plan.

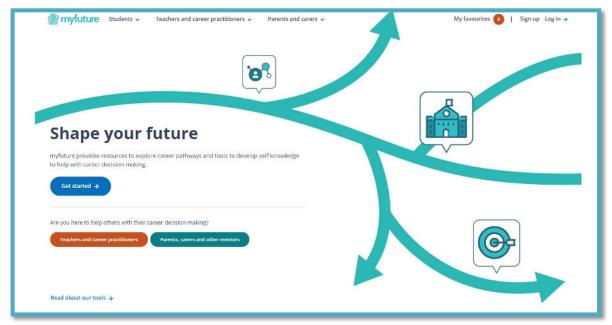
Each section includes activities that will support your career exploration. The myfuture website will support you to explore career pathways.

#### Online and offline activities

There are online and offline activities in this workbook. You can use the offline activities if a device and the internet is not available.

- Online: You will need a device and the internet for this activity.
- Offline: You will not need a device or the internet for this activity.

# 



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Go to myfuture.edu.au to take the first steps to explore your career pathways.

Sign up to create your own profile, where you can save results from your explorations.

You can find <u>user guide videos</u> in the 'Students' tab at the top of the website.

Once you have signed up, you will be prompted to log into your account.

Write down your username and password	
Username:	Password:

# Part 1: Know yourself

# Developing your own career profile

Start your journey exploring your interests. Click on the icon My career profile.



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You will start to gather information about yourself, explore career pathways and develop knowledge for career decision making.

There are 9 exploration tools to complete. This booklet will guide you through the first 3 and you can explore the other tools independently.

Record your progress in the below table. You can go back and repeat activities anytime.

Exploration tools	Date completed
Interests	
Skills	
Values	
Dream job	
Study	
Education and training	
Work conditions	
Career knowledge	
Entrepreneurship	

### \* Personal characteristics

Characteristics make you unique and can show your suitability for certain jobs.

Some examples of personal characteristics are listed below. Circle any that describe you. Use the blank boxes if you would like to add other characteristics.

Precise	Curious	Intuitive	Realistic
Down to earth	Determined	Cheerful	Reflective/Thoughtful
Ambitious	Disciplined	Loyal	Reserved
Likable	Discrete	Methodical	Respectful
Attentive	Dynamic	Careful	Responsible
Independent	Emotional	Optimistic	Imaginative
Innovative	Energetic	Organised	Sensible
Adventurous	Reliable	Original	Serious
Persistent	Demanding	Open	Helpful
Calm	Expressive	Passionate	Sociable
Holistic	Entrepreneurial	Persevering	Analytical
Competitive	Flexible	Perceptive	Spontaneous
Confident	Generous	Perfectionist	Sympathetic
Convincing	Honest	Patient	Tolerant
Courageous	Innovative	Positive	Brave
Creative	Honourable	Practical	Shy
Enthusiastic	Thoughtful		

Record your top 3 personal characteristics in your *About me* worksheet on page 39.



## **\*** Interests

The things you like to do can give you an idea of jobs that you may be good at.

Use this quiz to note your interests and see how they may help you find the right career pathway. Answer yes or no to the statements.

	Interests	Yes	No
1	I'd rather make something than read a book.	0	0
2	I enjoy problem-solving games and working at puzzles.	0	0
3	I like helping others when they need it.	0	0
4	I enjoy reading and learning about new topics.	0	0
5	I like working with my hands.	0	0
6	I like being the leader in a group of people.	0	0
7	I prefer to know all the facts before I tackle a problem.	0	0
8	I like to take care of other people.	0	0
9	I enjoy designing, inventing or creating things.	0	0
10	I enjoy expressing myself through art, music, or writing.	0	0
11	I would like a job where I can deal with people all day.	0	0
12	I like working with materials and equipment.	0	0
13	I enjoy learning new facts and ideas.	0	0
14	I find co-operating with other people comes naturally to me.	0	0
15	I like finding out how things work by taking them apart.	0	0
16	I would rather work with machines and things than with people.	0	0
17	I can usually persuade people to do things my way.	0	0
18	I enjoy building and repairing things.	0	0
19	I enjoy the research part of my projects.	0	0
20	I like being with people.	0	0
21	I enjoy thinking up different ideas and ways to do things.	0	0
22	I like hearing other people's opinions.	0	0
23	I enjoy learning how to use different tools.	0	0
24	I find it easy to follow written instructions.	0	0

To find out areas of work that may interest you, compare your answers to the numbers in the following groups.

If you responded yes to numbers from each group, you may not have a clear preference for a specific type of job and may be suited to a job that combines multiple interests.

#### Numbers 1, 5, 9, 12, 15, 16, 18, 23.

If you have responded "Yes" to most of these numbers, you are probably a hands-on person.

You like to work with tools and machines, make things with your hands, fix and maintain equipment, or find out how things work.

Jobs you might like are found in engineering, product manufacturing, construction, repair and servicing, transportation, trades and technology.

#### Numbers 2, 4, 7, 10, 13, 19, 21, 24.

If you have responded "Yes" to most of these numbers, you are probably an information person.

You like to express yourself through writing, music or art, perform experiments or research, solve puzzles and problems, or study and read.

Jobs dealing with information are found in arts and entertainment, business and finance, scientific research, sales and services, tourism, law and government.

#### Numbers 3, 6, 8, 11, 14, 17, 20, 22.

If you have responded "Yes" to most of these numbers, you are probably a people person.

You like to care for and help others, encourage people, work as part of a team, and lead and supervise others.

Jobs dealing with people are found in health care, education and training, social work and counselling, and religion.

Record your top 3 interests in your *About me* worksheet on page 39.



# My Career profile – interests

Go to <u>myfuture.edu.au</u> and click on **My career profile** and then click on **Interests**. This activity will help you to identify what you may like doing at work.



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#### You will be asked some questions:

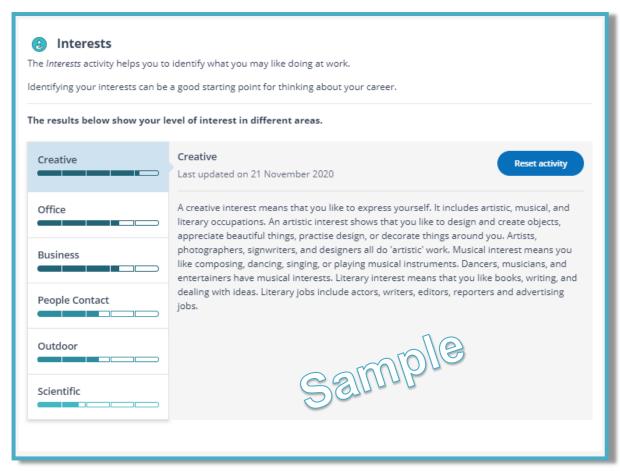


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Finish the quiz and click submit.



You will get a results screen with a list like the one below:



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Your highest result for this activity (e.g. Business):

It is important to think about this list and understand how your interests may be able to work together. For example, you may be interested in being creative but prefer to work independently, or you may prefer to work outdoors doing scientific endeavours.

#### \* Abilities

You will develop abilities at home, school, work, and in your leisure and volunteer activities. You will do some things better than others, and it is important to recognise what strengths you bring to a job.

Below are some examples of abilities. Circle any that you have and write any additional abilities you may have in the blank boxes.

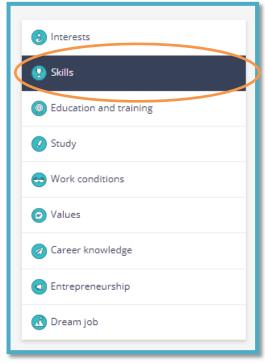
Record your top 3 abilities in your *About me* worksheet on page 39.

Helping others (listening,	Giving instructions, information	Operating heavy equipment
understanding)		, , ,
Learning new things	Negotiating	Public speaking
Working with others	Developing strategies	Making decisions
Assembling things	Writing (grammar, spelling)	Preparing text, documents
Singing	Explaining or teaching	Predicting consequences
Classifying objects, documents	Researching	Selling
Understanding/Speaking other languages	Planning	Repairing (computers, things)
Composing (text, music)	Improvising	Summarizing
Driving	Manual labour	Problem-solving
Editing/Correcting text	Managing stress	Working with numbers
Creating/Inventing	Establishing systems/processes	Using camera equipment
Working independently	Interviewing people	Using different software
Consulting with people	Playing a musical instrument	Using laboratory apparatus
Drawing/Reproduction	Reading comprehension	Using tools (saw, hammer)
Leading a group discussion	Navigating online	Training animals
Giving good advice	Analysing (text, data)	Making lists (of things, priorities)
Comparing (things, data)		



# Career profile – skills

Go back to <u>myfuture.edu.au</u> and complete the **Skills** activity to help you identify your skills that can assist you when planning your career pathway.



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Here are some of the questions you will be asked:

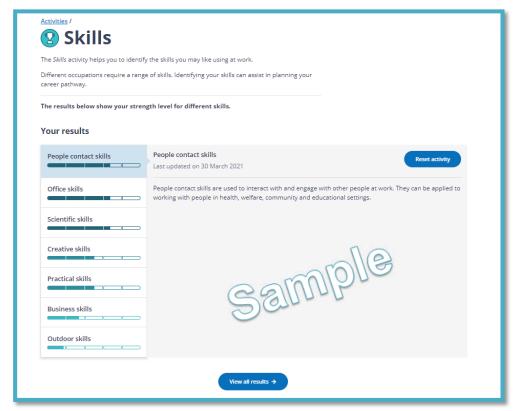


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To help identify some of your current skills, complete ALL the questions and click submit.



You will get a results screen with a list like the one below:



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Look at your results and choose your highest scoring Skill from this activity.

Your main skill is (e.g. persuading skills):

## \* Values

Most people are happiest doing work that allows them to live according to their values.

Circle the values in the list below that apply to you. You can use the empty boxes to add others that you can think of.

Friendship	Harmony	Prestige/Recognition
Money	Honesty/Sincerity	Progress/Innovation
Autonomy/Independence	Humour	Promoting peace
Beauty	Integrity	Human relations
Competition	Justice	Respect of self and others
Physical comfort	Freedom (to act and express views)	Personal achievement
Contributing to society	Leisure/Having fun	Health
Creativity	Loyalty	Personal satisfaction
Culture/Language	Modesty	Career security
Reaching my full potential	Optimism	Belonging
Education/Knowledge	Order	Social status
Cooperation	Openness	Work
The environment	Perseverance	Variety/Change
Excellence	Punctuality	Love
Family	Power	

Write down your top 3 values in your *About me* worksheet on page 39.

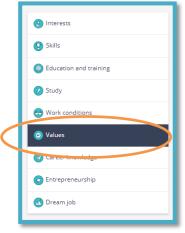


# Career profile – values

Values are what we place importance on. Everyone has personal values, or things that they regard as important and useful to them. What we value should help determine our working style, our work preferences and the satisfaction gained from work.

The values activity identifies what you find important and gain satisfaction from at work. This can be the core of your decision making.

Click Values on the activities menu on the left.



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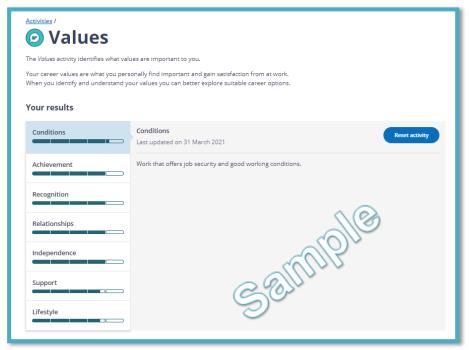
Complete the questions scale selecting a response from the range **Not important** to **Very important** and then click **Submit**.

Remember that you will have a set of values, not just one, and these may change over your lifetime.

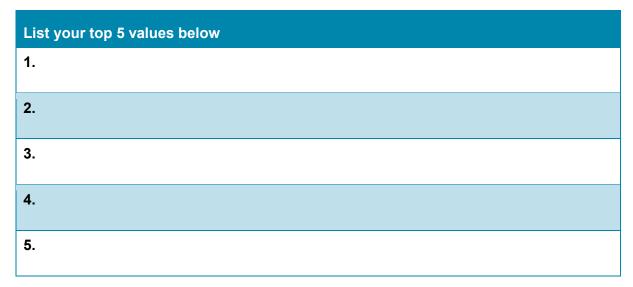


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You will get a results screen with a list like the one below:



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#### Well done! You have completed 3 of the 9 exploration quizzes.

Continue with the remainder 6 quizzes listed on page 5 to add information to your profile.

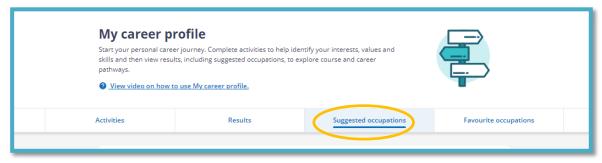
As you update and complete the activities, your results will refine your list of suggested occupations.

Now that you have a clearer idea of your personal characteristics, interests, skills, and values, you can look at occupations that might suit your profile.

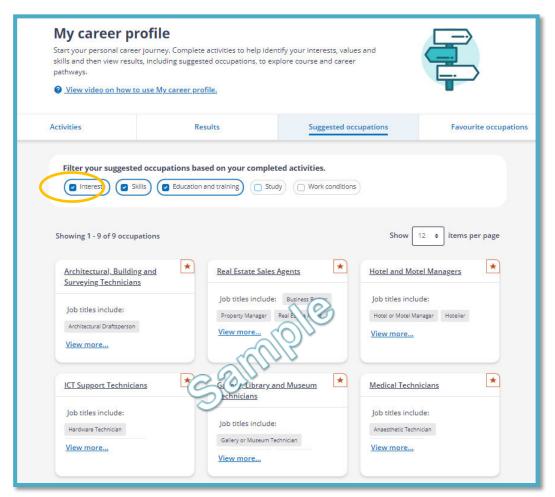
# Suggested occupations

As a result of your choices, you have generated a list of suggested occupations based on your interests, skills and values.

#### Click Suggested occupations.



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Adjust the suggested occupations by turning the activities filter on or off.

Find out more about your suggested occupations by clicking on the job name.

Add the listed occupations to your favourites by clicking on the star.

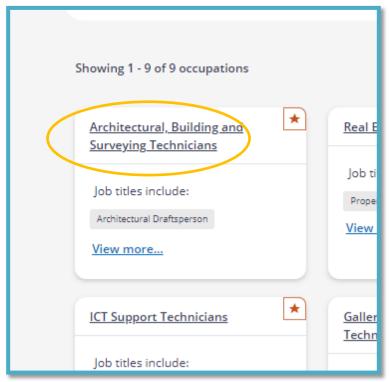


Write your top 5 favourite suggested occupations, for example architectural, building and surveying technicians.

1.
2.
3.
4.

Explore the average salary, average weekly hours and job openings for your top 5 favourite occupations.

Click on the **Occupation name**.



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# **₹** Career prospects

Scan through the information on each job to understand more and use the tables below to create a summary of your top 5.

Job 1	
Average salary	
Average weekly hours	
Overview of the job: what does the job involve?	
Work conditions: outdoors, indoors, standing, sitting, lifting, hands-on, driving.	
Types of companies or sectors where this occupation is found	
Education and training required	
Related opportunities	
What interests me about this job and its related tasks?	

Job 2	
Average salary	
Average weekly hours	
Overview of the job: what does the job involve?	
Work conditions: outdoors, indoors, standing, sitting, lifting, hands-on, driving.	
Types of companies or sectors where this occupation is found	
Education and training required	
Related opportunities	
What interests me about this job and its related tasks?	

Job 3	
Average salary	
Average weekly hours	
Overview of the job: what does the job involve?	
Work conditions: outdoors, indoors, standing, sitting, lifting, hands-on, driving.	
Types of companies or sectors where this occupation is found	
Education and training required	
Related opportunities	
What interests me about this job and its related tasks?	
Job 4	
Average salary	
Average weekly hours	
Overview of the job: what does the job involve?	
Work conditions: outdoors, indoors, standing, sitting, lifting, hands-on, driving.	
Types of companies or sectors where this occupation is found	
Education and training required	
Related opportunities	
What interests me about this job and its related tasks?	

Job 5	
Average salary	
Average weekly hours	
Overview of the job: what does the job involve?	
Work conditions: outdoors, indoors, standing, sitting, lifting, hands-on, driving.	
Types of companies or sectors where this occupation is found	
Education and training required	
Related opportunities	
What interests me about this job and its related tasks?	

# Career by learning area

Return to the myfuture website.

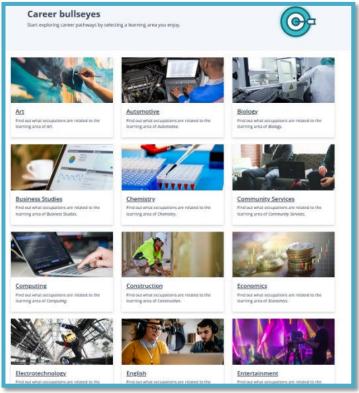
Think about the career exploration activities you have completed.

Go back to your welcome screen and click on the Career bullseyes tab.



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Have a look at the learning area and select the area of your choice.



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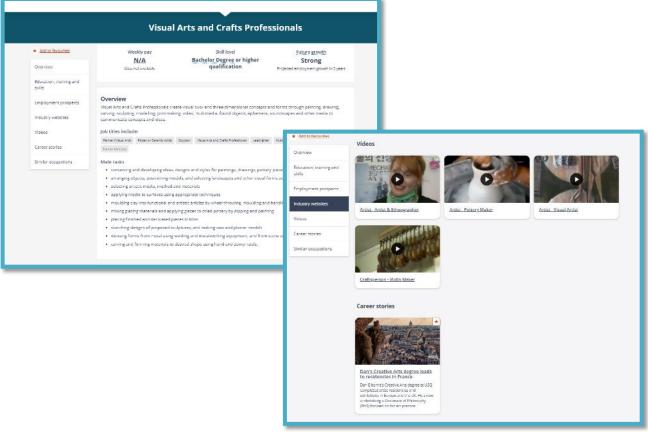
Read the information in the banner to understand the levels. Select an occupation inside the bullseye.



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Each occupation has detailed information, including:

- an overview
- required education, training and skills
- the employment prospects
- inspirational videos
- career stories
- similar occupations.



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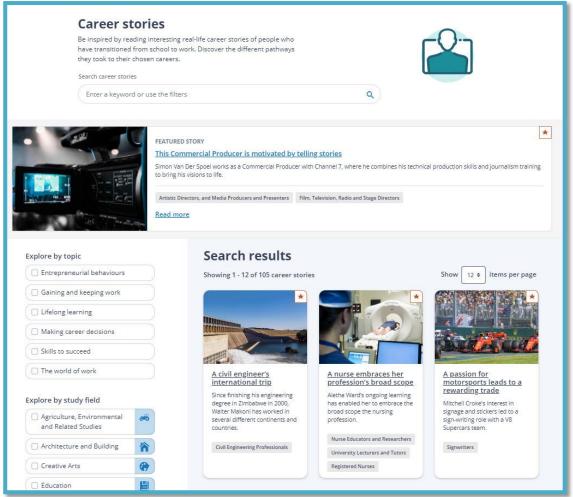
Choose 3 occupations that you find interesting and explore them further by clicking on them in the bullseye. In the chart below list some tasks you may perform in this occupation, the training levels and requirements and the prospects for each occupation.

	Occupation	Overview	Pathways	Prospects
1				
2				
3				

	3						
What	What about these occupations interests you?						

#### 

Go to 'Students' in the banner of <u>myfuture</u> and click on Career stories, where you can find inspiring stories in the learning areas that you are interested in. Explore by topic or study field.



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You have completed Part 1. You now have clarity about your values, characteristics, skills and interests, and have a list of occupations that interest you.

Without thorough research, you may invest in training or a job search only to find out:

- the wages are not sustainable for your lifestyle
- the training is only offered out of state
- there are duties that you were not aware of and really don't like.

Part 2 will help you make a well-informed choice.

#### Part 2: Know the labour market

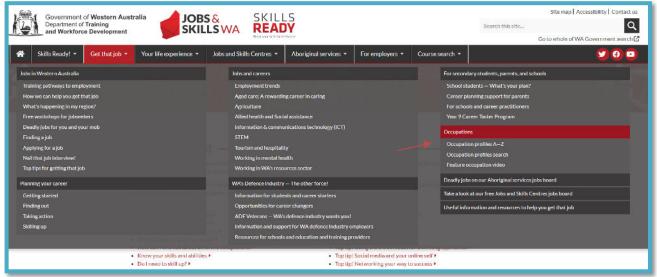
## Jobs: Training and education requirements

Go to the Jobs and Skills website: https://www.jobsandskills.wa.gov.au



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Click on the **Get that Job** tab and then **Occupations** to search various occupations that may be of interest to you.



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Scroll down to the A-Z list. List 4 occupations from the list that you would like to research further. Use the table below to note the training listed and whether you can do an apprenticeship or traineeship.

Occupations to research further	Training available	Apprenticeships or traineeship available? (Yes or no)

# **Vocational Education and Training at your school**

Vocational Education and Training (VET) focuses on providing skills for work. It covers a large number of careers and industries like trades and office work, retail, hospitality and technology. Qualifications range from Certificate II to Certificate IV, Diploma and Advanced Diploma. For many students, your school is the beginning of your training journey.

#### **Certificate courses**

Find out about certificates that are offered at your school. The VET Coordinator or Career Practitioner at your school is the person who will be able to help you.

If your school offers many certificates, list 3 certificates which interest you.

Certificate I or Certificate II	Certificate III or higher

Which certificate is your first preference? What skills might you develop in this course?

First preference	Skills you might develop in this course

Consider the following questions:

Vhy did you choose this course?		
Vhat makes it interesting to you?		

#### Training through public and private Registered Training Organisations (RTOs)

Consider courses available outside of school. Some of these may be accessible to you whilst you are still enrolled in school. Other courses can be kept in mind for the future or as a full time alternative to Years 11 and 12.

There are 5 TAFE colleges in Western Australia, with campus locations across the state. Information can be found on each TAFE college website below:

- North Metropolitan TAFE: <u>www.northmetrotafe.wa.edu.au</u>
- South Metropolitan TAFE: www.southmetrotafe.wa.edu.au
- Central Regional TAFE: www.centralregionaltafe.wa.edu.au
- South Regional TAFE: www.southregionaltafe.wa.edu.au
- North Regional TAFE: www.northregionaltafe.wa.edu.au

On their websites, you can search for a course and use industry words to filter the search results, such as hairdressing, technology, construction.

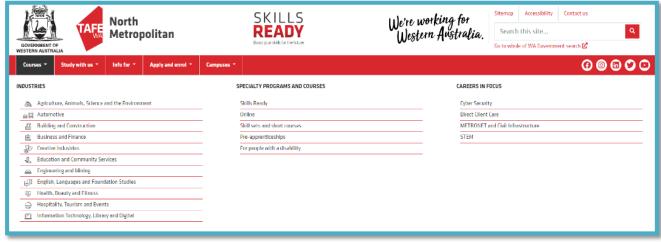
In the industry area click a specific course you think might be right for you, for example Certificate III in Hairdressing. This will bring up a screen with information about entrance requirements, location and employment opportunities.

A very important piece of information is the entrance requirements. Entry to TAFE is quite different from university admission. There may be a need to demonstrate or prove your skills, experience or academic achievement for competitive courses.

If you meet the entrance requirements for a course that interests you, it is worth pursuing further information. If you do not meet the entry requirements, consider how you might acquire them (for example, if you would like to do a Certificate III, but it requires a Certificate II to enter, then look at the Certificate II course first).

#### Course information by industry area

Another way to explore TAFE course options is by industry. Go to the **Courses** tab and click on an industry.



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When you find courses that interest you, and you meet the entry requirements, or are building toward meeting these requirements, focus on these courses and find out more detailed information. You can download and print the course flyer.
Find and note details about 2 specific courses, for example, Certificate II in Workplace Skills.
Course preference 1:
What campus/campuses is the course available?
Information about the course (for example, length and topics covered):
Entrance requirements:
Job opportunities:
Course preference 2:
What campus/campuses is the course available?
Information about the course (for example, length and topics covered):
Entrance requirements:
Job opportunities:

Note an industry that interests you:

#### **Admission to TAFE**

Complete a qualification through TAFE, online or face-to-face on campus.

As part of the application process, you may be required to collect and present documents in a portfolio, such as:

- a reference from work
- your school reports
- workplace learning feedback or report
- practical or artistic samples (usually photographed)
- evidence from other experiences, such as qualifications, volunteering.

If you want to apply for a course, it is a good idea to seek the assistance of a school representative, such as a VET Coordinator, Career Practitioner, course counsellor, or you can contact the TAFE directly using the online contact us form.

#### Apprenticeships/Traineeships

Investigate the following:

- Apprenticeships and traineeships
- · How to get an apprenticeship or traineeship
- How to be prepared
- How to find an employer
- Starting an apprenticeship or traineeship

Visit the Jobs and Skills website at <a href="www.jobsandskills.wa.gov.au">www.jobsandskills.wa.gov.au</a> and click on the **Skills Ready** tab to access up-to-date information about apprenticeships and traineeships and answer the questions on the following page.



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Questions
What is an apprenticeship?
What is an Australian School-based Apprenticeship?
What is a pre-apprenticeship?
List 3 interesting facts about school-based traineeships or apprenticeships.
List 2 ways to find an employer.



Visit the Australian Apprenticeship Pathways website: <a href="mailto:aapathways.com.au">aapathways.com.au</a>

In this activity you will:

- 1. explore examples of apprenticeships and traineeships
- 2. read the descriptions and gather information from the videos
- 3. decide which pathways are of interest to you.



st 3 apprenticeships that interest you.
st up to 3 pre-apprenticeship courses that interest you.

To further plan and understand requirements, you can use the job pathway charts and literacy and numeracy quizzes.

#### **Universities**

Western Australian universities have brochures and information online. Sign up to their newsletters and follow them on social media to find out about upcoming events and information about courses. Each university has a dedicated centre for guiding and advising students.

#### Websites:

- Curtin University www.curtin.edu.au \*
- Edith Cowan University <u>www.ecu.edu.au</u> \*
- Murdoch University www.murdoch.edu.au \*
- The University of Western Australia www.uwa.edu.au \*
- University of Notre Dame <a href="https://www.nd.edu.au">www.nd.edu.au</a>

#### TISC: University and the ATAR

Admission to the 4 public\* universities of Western Australia and the University of Notre Dame (optionally) is processed through the Tertiary Institution Service Centre (TISC). To find out more, go to their website: <a href="https://www.tisc.edu.au">www.tisc.edu.au</a>.

University entry requirements are also available on the TISC website. For the next activity, go to http://tisc.edu.au/static/guide/admission-req-index.tisc

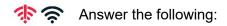
#### Click on:

- School Leavers
- WACE students
- University admissions 2024

What are the general entry requirements for public university admissions for school leavers?						

The main topics you can explore are:

- · course search
- important dates
- · entry requirements
- alternative entry
- university applications
- offers.



What is the ATAR?

https://tisc.edu.au/static/guide/atar-about.tisc

Consider the following questions when formulating your response:

- What does ATAR stand for?
- What does an ATAR do?
- Who needs an ATAR?
- How many scaled scores do you need for an ATAR to be calculated?

Will an ATAR allow you to apply for university admission?				

Make a note of things that you need to investigate further. Who do you need to talk to?

Topics I need to research further	Who can I talk to?

# Research on university admission

In the boxes provided, list the courses and universities in which you are most interested.

Record the **minimum ATAR** or other requirements needed for admission to those courses.

Check on the TISC website and the university handbooks for any prerequisites.

Option 1	Option 2
University:	University:
Course:	Course:
Description:	Description:
Option 3	Option 4
Option 3 University:	Option 4 University:

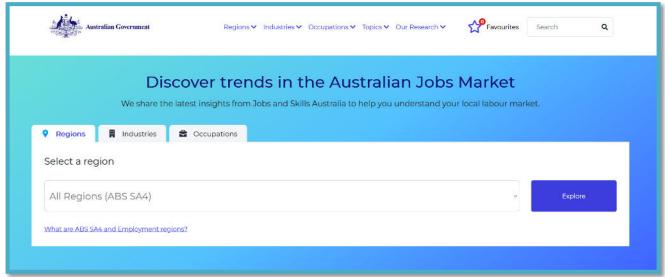
# Future jobs and prospects

For further current information about the future jobs outlook and labour relations data in Australia go to the Federal Government careers website at: <a href="https://www.dewr.gov.au/newsroom/articles/australian-jobs-report-2022-now-available">https://www.dewr.gov.au/newsroom/articles/australian-jobs-report-2022-now-available</a>



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You can also discover more about individual occupations via this link: <a href="https://labourmarketinsights.gov.au/">https://labourmarketinsights.gov.au/</a>

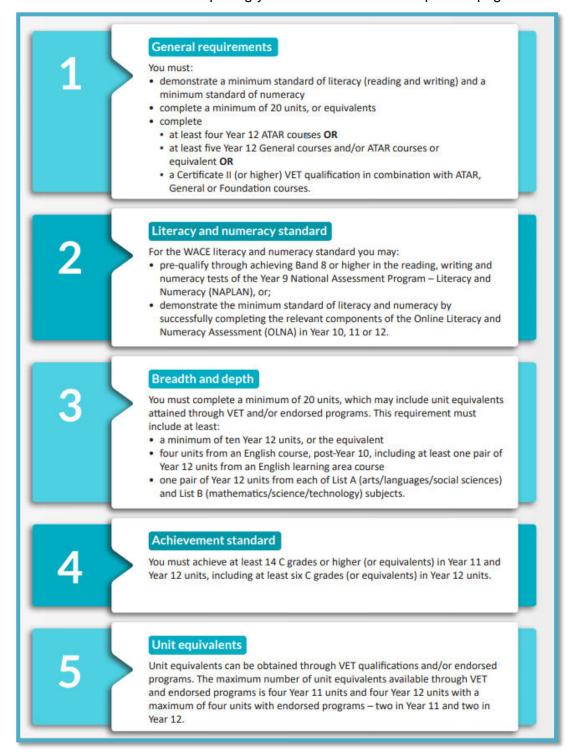


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#### Western Australian Certificate of Education

The Western Australian Certificate of Education (WACE) is awarded to secondary school students who satisfy the requirements.

You will need to refer to this when completing your WACE achievement plan on page 41.



#### Note:

- 1. Information about courses for Year 11 and Year 12 students can be found at: <a href="https://www.scsa.wa.edu.au/publications/wace-manual">https://www.scsa.wa.edu.au/publications/wace-manual</a>
- 2. More information about Year 11 and 12 curriculum can be found on the School Curriculum and Standards Authority (SCSA) Student information page: <a href="https://student.scsa.wa.edu.au/">https://student.scsa.wa.edu.au/</a>



# Part 3: Put it all together

## My pathway planning tool

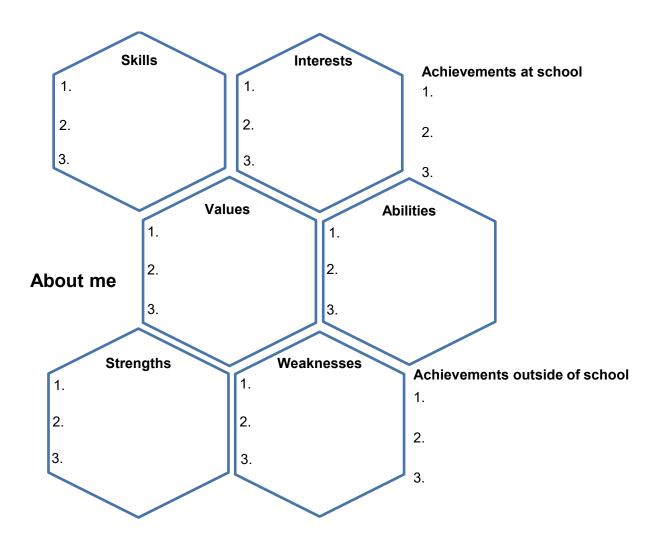
Use your pathway plan to design your future.

Hello, my name is:

Below is some information about me and my future aspirations.

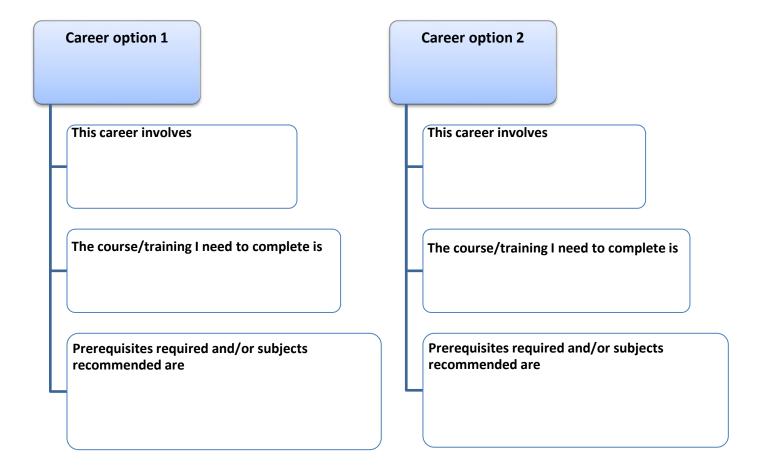
#### About me

Using the information from Part 1, fill in your top 3 responses for each of the sections below.



### My current career options

Complete the below chart for your 2 shortlisted careers. Remember, this information may change.



My WACE achievement plan

Create a selection of courses that you might consider for Year 11.

- Step 1: Read through the infographic on page 38.
- Step 2: Read through your school's directory of what courses are being offered in 2023.
- Step 3: Highlight courses that interest you based on your shortlisted career options.
- Step 4: Talk to your teachers, parents/guardians, mentors to gain their thoughts on your possible choices.
- Step 5: Write your choices down in the table on the next page.



# My WACE achievement plan

My WACE achievement plan	
Selection from list A	Selection from list B
2 reserves from list A	2 reserves from list B
ATAR, General or VET pathway? Combination?	
If VET is one of your options, what qualification/s are you interested in?	
Endorsed programs, e.g. workplace learning	

You have now completed this workbook.

Remember that building a career is an ongoing, lifelong process that will lead to work satisfaction if based on a good understanding of yourself and the labour market.

