

CAREER MALAGA

The word 'malaga' means **journey** in Pacific languages like Samoan and Tokelauan. It symbolises the **past, present and future** journeys of Pacific peoples.



The Dream ✕

The Journey ✕

The Future ✕

Name:

School:

Year:

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Steps to plan my journey

Got a dream? Follow these steps to help you plan your journey.

Need ideas?

You can read about successful Pacific Island work stories and experiences from a range of sectors at www.careers.govt.nz. These stories could help shed light on your own career.

Call Careers New Zealand on **0800 222 733**
Webchat at **www.careers.govt.nz**
Email **careers@careers.govt.nz**

Know yourself

Think about your strengths, your interests, cultural identity (where is your family from?) and what motivates you before making plans.

✂ Do this in **My personal qualities**, **Career idol** and **My personal shield**

Stay on track

Keep an eye on your goals. Talk it over with your school career adviser, teacher, mentor, youth leader, friends and family.

✂ Do this in **Our Review**

Imagine your future

Get some goals to aim for! What do you want to be doing in one, two or even five years' time?

✂ Do this in **Fast-forward**

Make things happen

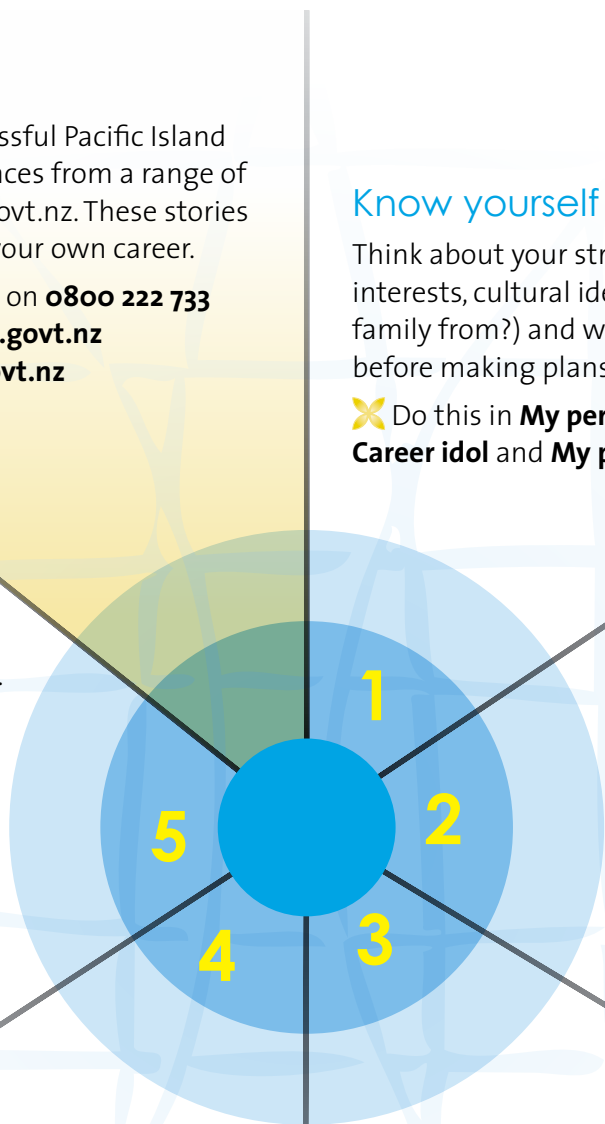
This is the hard bit. Work out what actions you need to take and by when.

✂ Do this in **Balancing my time** and **Staircase to my future**

Explore your work interests

Think about what you might enjoy doing for a job. See if you can try volunteer or part-time work to get a feel for what it's really like.

✂ Do this in **Love it or hate it!** and **My dream job**



My personal qualities

Here is a list of personal qualities. Highlight the ones that best describe **you**.

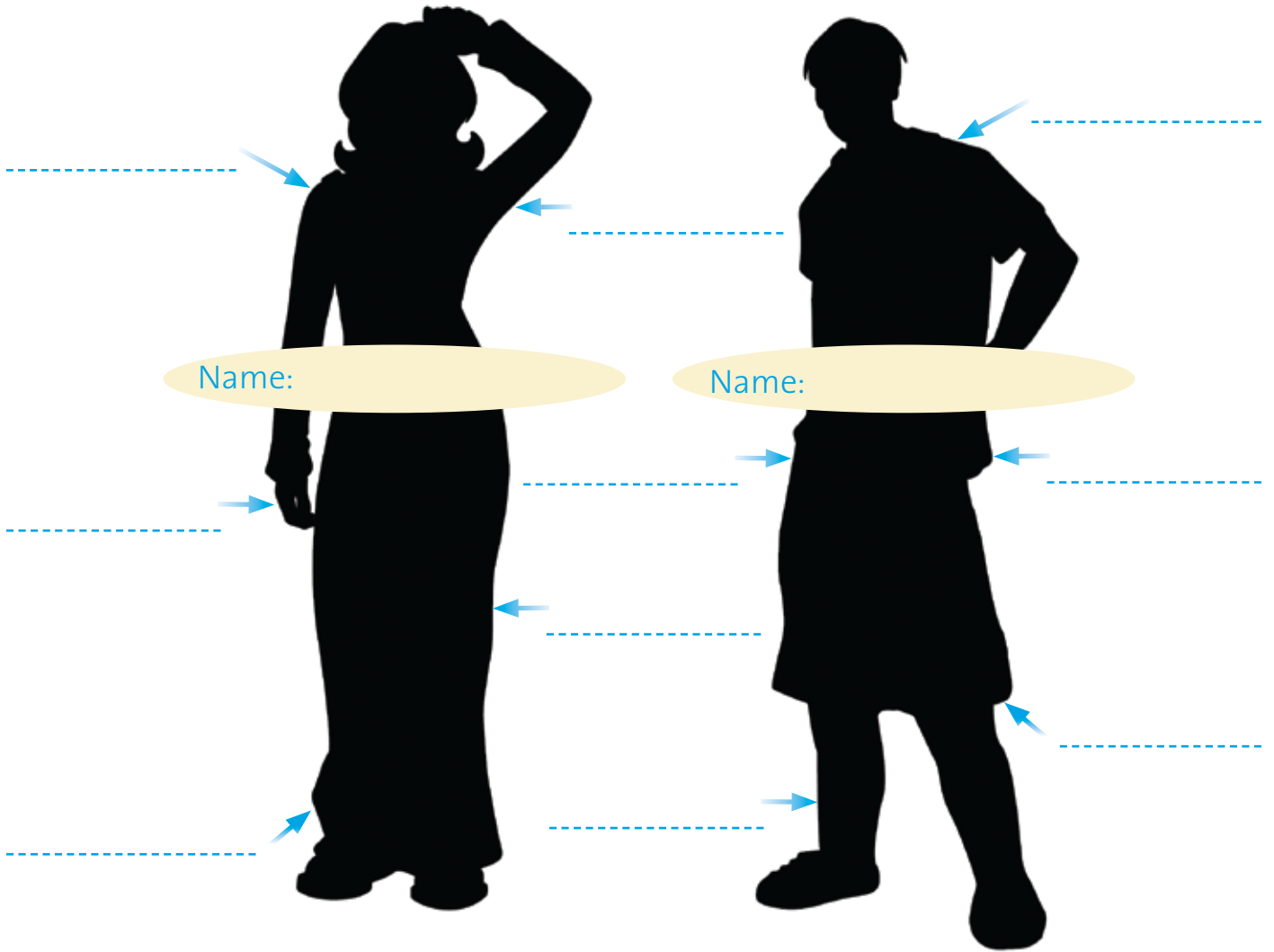
- honest
- friendly
- kind
- organised
- tolerant
- outgoing
- flexible
- energetic
- co-operative
- loyal
- practical
- polite
- caring
- shy
- dependable
- enthusiastic
- patient
- sensitive
- generous
- creative
- reliable
- punctual
- sociable
- happy
- serious
- determined
- ambitious

Now think of some examples where you have demonstrated those qualities.

| Personal qualities | How I have shown these qualities |
|--------------------|----------------------------------|
| | |

Career idol

Think of someone you look up to or **admire**. The person could be **famous** or someone in your **family**. What **values** do they display that you most admire and **respect**? Write some words below that describe their **qualities** in either English or your first language.

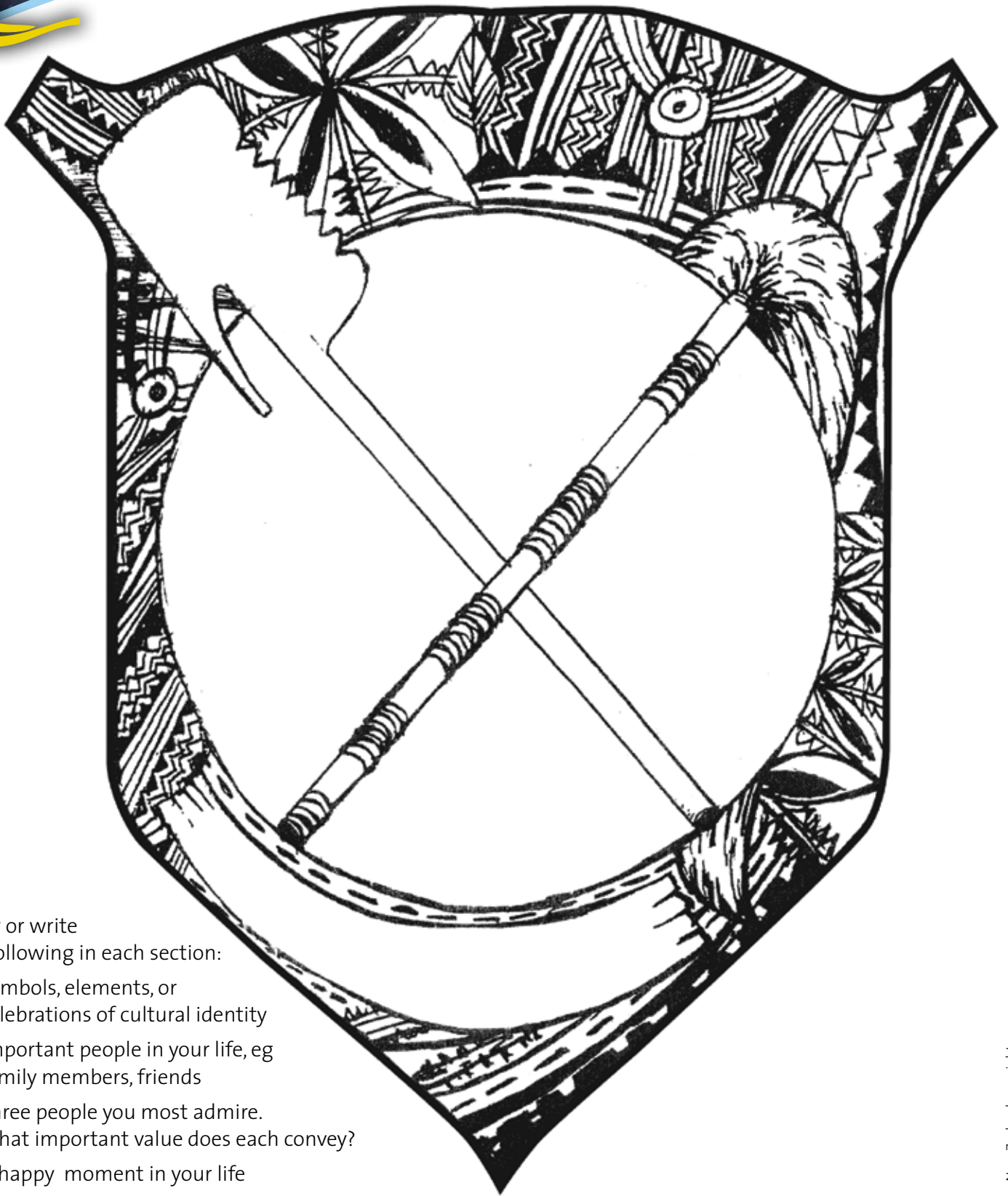


The image shows two black silhouettes of a woman on the left and a man on the right. Blue arrows point to various parts of their bodies: the woman's head, shoulder, back, waist, and legs; the man's shoulder, back, waist, and legs. Below each silhouette is a yellow oval containing the text "Name:". Horizontal dashed blue lines are positioned above and below the silhouettes, providing space for writing.

Now try doing the same for yourself!

Four sets of horizontal dashed blue lines for writing.

My personal shield



Draw or write the following in each section:

- ✘ Symbols, elements, or celebrations of cultural identity
- ✘ Important people in your life, eg family members, friends
- ✘ Three people you most admire. What important value does each convey?
- ✘ A happy moment in your life

Fast-forward

Look at where you are **now**.

Imagine yourself in the **future**.



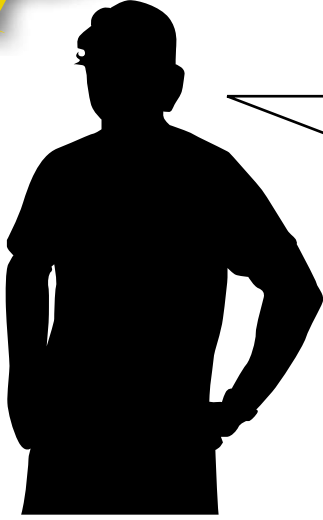
| About me | Now | In Year <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> |
|------------------|-----|---|
| Age | | |
| Family | | |
| House | | |
| Interests | | |
| Qualities | | |
| Possessions | | |
| Responsibilities | | |
| Skills | | |
| Achievements | | |
| Qualifications | | |
| Job | | |



Now pause and **rewind**.

What **steps** will you need to take to meet your **future**?

Love it or hate it!



Jobs I'd love!

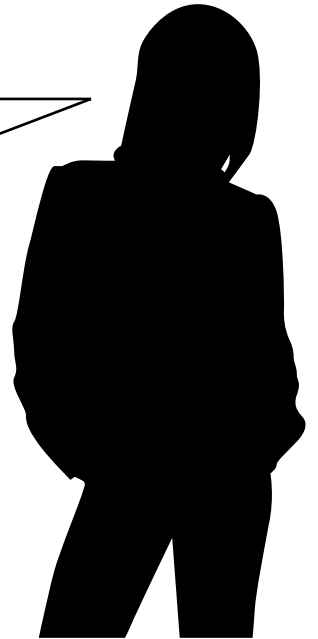


Why?

Jobs I'd hate!



Why?



My dream job

If I was a...

Things I would do

People I would work with

Hours I might work

Equipment I might use

Places I would work at

Clothes I might wear

Reality check!

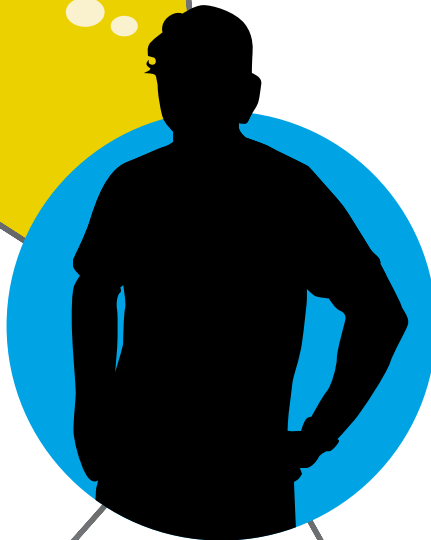
What is it really like?

My job

If I want to be a...

.....

This type of experience would be useful to get



I must do well in these subjects

I need to get these qualifications

I should develop these skills/abilities



Reality check!

How can you make this happen?

Balancing my time

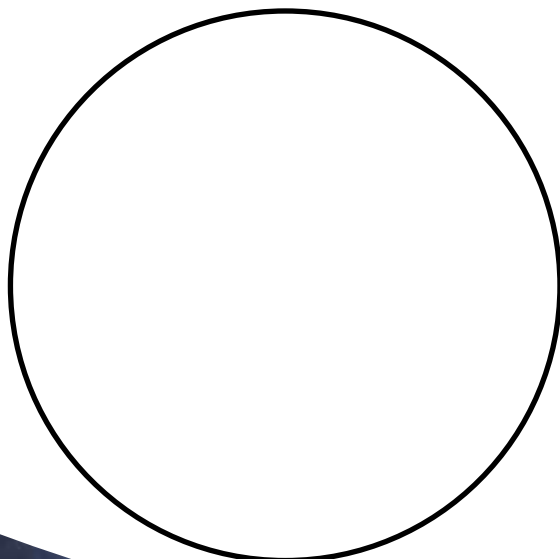
Take a look at how you spend your time now.
How could you organise it better?

To make up a chart of how your typical day looks now:

- ✕ **Step 1** Write in the number of hours you usually spend on the tasks below.
- ✕ **Step 2** Convert the number of hours you spend into a percentage of your 24-hour day.

| Task | Hours | % of 24-hour day |
|--|-------|------------------|
| School eg homework | | |
| Sleep | | |
| Hobbies eg sport, gaming, music | | |
| Leisure eg catching up with friends | | |
| Chores/jobs | | |
| Daily routine eg shower, meals | | |
| Community eg church, cultural activities | | |
| Total 100% | | |

- ✕ **Step 3** Now create a pie chart showing the time you spend for each task.



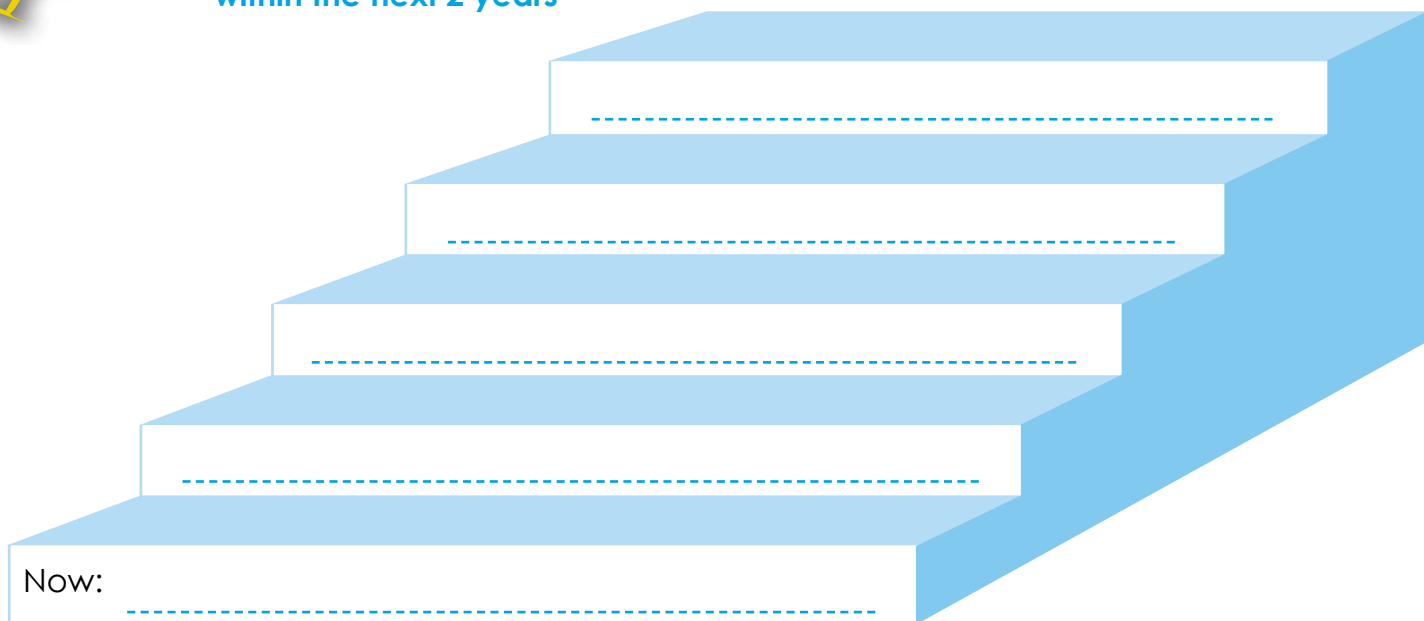
Think!

What would your ideal day look like?
What could your day look like when you leave school?
Try making other pie charts to show what these days could look like.

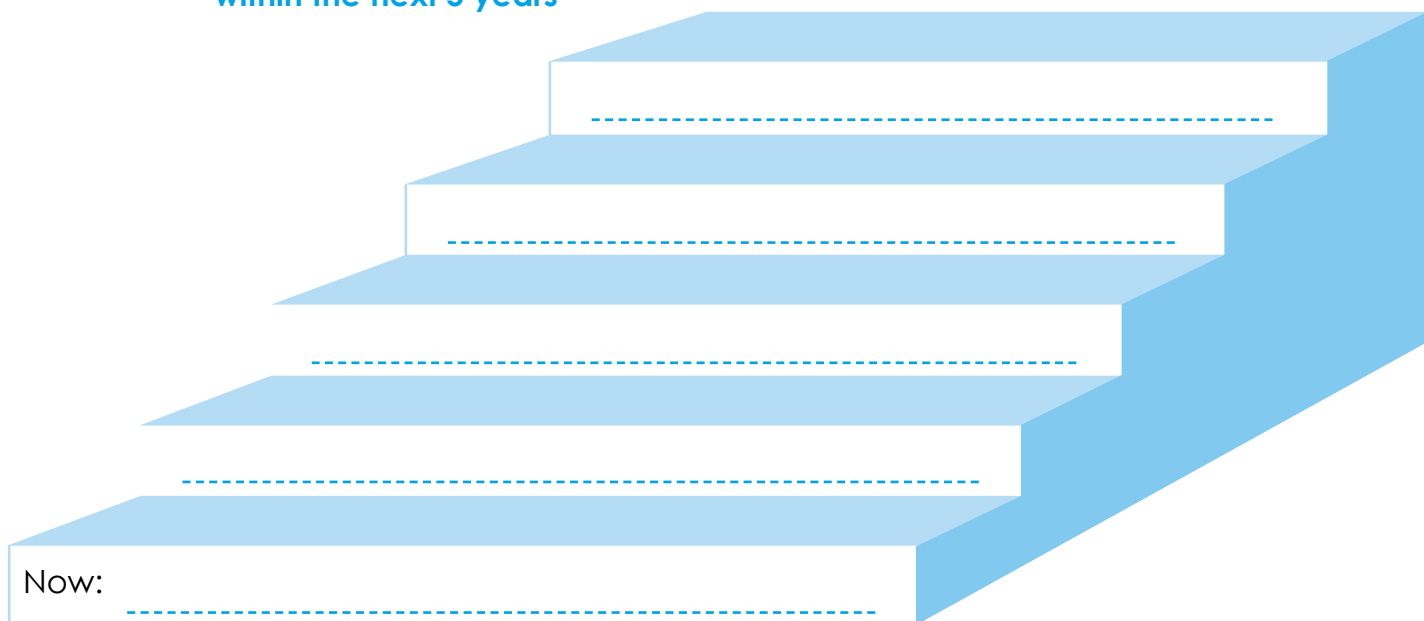
Staircase to my future



My short-term goal: _____
within the next 2 years



My long-term goal: _____
within the next 5 years



The paths you walk

Interview one of your older family members fa do this journey guide.

Please answer in English or your first languagež



The paths you walk

- ✕ What are some of the things you are proud of having achieved?



The rivers you CROSS

- ✕ What did you need to do to get the skills you needed?



The mountains you climb

- ✕ What did you have to overcome to get where you wanted to be?

Our review ... family plan

Keep a record of your goals and how you plan to reach them.

| What? My dreams and goals | Date |
|--|------|
| Short term (6 months) | |
| Long term (2 years or more) | |
| What if? Challenges | Date |
| Short term (6 months) | |
| How? Action steps | Date |
| | |
| Who? Who will help you to review your goals? This could be a family member, career adviser, teacher, dean, mentor, or church leader | Date |
| | |



O ou màrà na ✨ la po uliuli lou tino ✨ Ae malamalama ✨ Ou Ala

These are your **gifts** and **talents**.

When your **mind** and **body** seems clouded with darkness and uncertainty,
these God-given gifts and talents will help to **light** your path...
and **guide** you.