

MY CAREER EXPOPLANNER.

Expos are a great way to explore some of the options you have when you leave school. Going to an expo can be lots of fun, but if you go prepared you'll get more out of it.

STEP 1: Where are you at?

1 How did you choose your school subjects?

- A. I picked a mix of different subjects
- B. I chose subjects I thought I'd enjoy
- C. I took subjects I knew I needed for my future career
- D. I took the subjects where I liked the teacher or to be in class with my friends

2 If someone asks what you want to do with your life, what do you say?

- A. I say I am looking around to see what's out there
- B. I talk about whatever career ideas I've got at the time
- C. I give them an exact rundown of my career plan
- D. I tell them I have no idea

3 When you think of yourself five years down the track, what do you see?

- A. I hope I'll have a job or finished a course I enjoy
- B. I'll be doing something that I enjoy
- C. I'll be settled into my dream job
- D. I can't picture the future. I prefer to focus on now

4 If someone asked you about your job options, what would you say?

- A. I've got a range of job options
- B. There are a few different things I'd be happy doing
- C. I know exactly what job option I will be taking
- D. There are just too many job options!

5 How open are you to other career ideas?

- A. I'd be keen to look at other ideas
- B. I think I already have a fair idea of my options
- C. I have an idea in mind. I'm not looking at other ideas
- D. I don't need more ideas. I'm overwhelmed as it is

6 When it comes to deciding on a career, how will you do it?

- A. I'll keep my options open
- B. I have a few ideas but I don't know where to start
- C. I've already decided so I just need to put the steps in place
- D. I'll probably change my mind a dozen times



Understand your results

Mostly A's

You're not sure about any of the career ideas you've come across yet. You're still looking. You want to check out everything that's available before you make any decisions.

The trick is to focus on how well different options would fit you and the life you want. Get to know yourself. What do you enjoy doing? What really motivates you? Where do you want to be in five years? This will make it easier to choose options that are worth exploring further.

[Go to Step 2 A](#)

Mostly B's

You have some career ideas. You're ready to find out more about them so you can decide which one works best for you, but you're still open to other ideas in the process.

The more you know about the options you are considering, the more confident you will be to make a decision. Make a list of the things you need to find out to help you refine your ideas. This will make it easier to move closer to the options that are a good fit for you.

[Go to Step 2 B](#)

Mostly C's

You have a pretty clear idea of where you're heading and are confident about that choice. You don't want to stray much from that path because you feel it's a good one.

It doesn't hurt to explore other career ideas when you have the opportunity, just to make sure you haven't ruled out anything that might actually work very well for you. It is always a good idea to have a plan B just in case things don't go quite as planned.

[Go to Step 2 C](#)

Mostly D's

You're not feeling ready to make a decision about what direction you want to head in. You want time to think about whether you should choose a job, training or further study.

Don't stress if everyone around you seems to have it worked out and you don't. Look for information on ways you could explore different study options or plan experiences that will help you understand your strengths and firm up some career ideas, for example, a short practical course to get a skill you'd like to have, volunteering, a job or a working holiday.

[Go to Step 2 D](#)



Take a look at **Oompher** to see how other people moved on from school to study, training or work. Their experiences may help you make your decisions.

STEP 2: Visit careers.govt.nz



Try using tools that match what you like to what different jobs involve

- Try the simple tools **Skill Matcher tool** and **Subject Matcher**.
- Try out **Career Quest**. Spend a bit of time using the features of this tool, for example, look at why certain jobs are suggested for you and revise your questionnaire answers to see what difference this makes.



Get the facts about your career ideas and find out how people working in those areas have built their careers

- Find out how to get into a job, what kind of skills you would need, what the employment prospects are, etc.
- Check out related jobs in the same or different industries. These may have many of the same things that you like.



Explore the ways you can progress your career plans through study, training or workplace learning

- Get a good idea of what you need to find out and think about before you choose one course or one provider over another.
- Find out which providers are offering what courses and follow the links to their websites to find out more.



Plan experiences that will develop your skills and your knowledge of what you like and what you are good at

- See A, B and C above. Know what lies ahead: you can't make a decision without knowing what and how.
- Try the **Skill Matcher tool** to see what jobs match your skill set. Think about what you do for hobbies, work, volunteering, travel, and school subjects.

STEP 3: Plan your expo visit

Now you have worked through Steps 1 and 2, you are ready to plan your expo visit.

Note down the areas you'd like to find out more about.

Questions you could ask
(tick the ones you want to ask)

- What are the entry requirements for this job/course/training?
- What are the prospects of getting a job in this area?
- What qualities do people need to do well in this job/course/training?
- What can I do to improve my chances of getting into ...?
- What subjects do I need to take next year to help me get into ...?
- What help is there for me when I am learning?
- Who is the industry training co-ordinator in this district?
- Do you have open days?
- How long will the course/training take?
- What are the costs and what does this include?
- How many students complete this course/training?
- What jobs do graduates get after this course/training?
- Is there practical work experience in this course/training?
- How will my course/training be assessed?

Visit www.careersexpo.org.nz to find out who this year's exhibitors are.

Make a note of which ones you'd like to go to.

Stand or seminar

Site no / time



Find out about the organisations that will be at the stands and seminars, before you go to the expo.

Visit their websites. You'll get real value out of the time you spend with them, when you know more about who they are and what they do.

STEP 4: At the expo

This space is for you to record details about courses or training you are considering:

Course or training name

Provider name and location

Entry requirements

Time to complete

Subjects to take next year

Things to follow up

Notes

STEP 5: After the expo

Here are some ways to progress the career ideas you explored at the expo.

Some you can do now, some you may not need to do until your last year at school.

Follow up the notes you made and get the extra information you need

Talk to the careers adviser at your school

Talk to your dean about choosing subjects for next year

Talk to people you know about your ideas. They maybe able to give you information or contacts

Attend open days at places that have courses you're interested in

Check out course or training application processes and dates

Find out about student allowances and loans

Find out about scholarships and awards

Collect samples of your work to put with applications

Create or update your CV and practise interview techniques

Need more help?

Contact us:

Call

0800 222 733

Chat online at

www.careers.govt.nz

Email

careers@tec.govt.nz

