

## Careers and Employability Service

You may find this leaflet useful if you are at the start of your career development. Maybe you are not sure what career you want to pursue? Or perhaps you have some ideas but would like to explore your options further? The activities below will help take your thinking forward. If you have booked an appointment with a Careers and Employability Consultant please take your notes from this leaflet to the meeting for discussion.

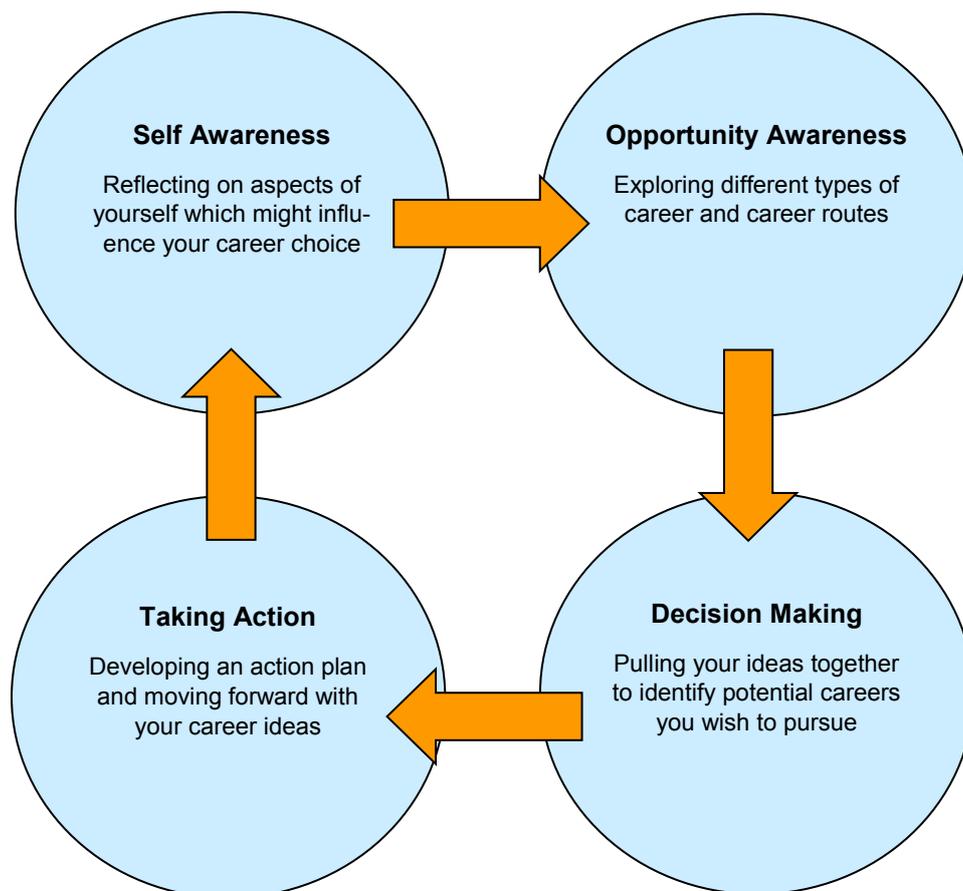
Best wishes

Careers team

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### Career Development Overview

There are lots of different theories of career development. One straightforward approach is to recognise that developing your career involves the following elements (based on the DOTS model, Law and Watts, 1977):



## Self awareness

This leaflet focuses on self awareness because career development is one activity where you are not only allowed but positively encouraged to think about yourself! Reflecting on who you are and what you are looking for in a career can produce invaluable insights so self awareness is a good place to start in developing career ideas.

### 1. Personality (or temperament)

There are no right or wrong answers when it comes to analysing your personality, but some of your characteristics may influence the type of career(s) which would suit you.

- If you had to describe your personality in 3 words – which words would you pick?
- Now try getting 3 friends, family members or colleagues to pick 3 words to describe you. We suggest that you pick people who you trust and whose opinion you value. Now have a look at all of the findings – are there similarities? Anything unexpected?

- The Careers and Employability Service offer you the opportunity to complete a personality questionnaire at [www.stir.ac.uk/careers/students/your\\_degree\\_what\\_next/know\\_yourself/](http://www.stir.ac.uk/careers/students/your_degree_what_next/know_yourself/)
- What have you learnt about yourself, your personality and your approach to work from your report? What does this mean for your plans?

## 2. Interests, Values and Strengths

Which subjects or issues **interest** you the most? Think about your degree and previous studies; extracurricular interests and hobbies; books or TV programmes:

Work-related **values** underlie our choices about work. Some people value creativity; others place a premium on salary or progression. Highlight 10 values from the list which you consider important to you at the moment:

Challenge	Creativity	Responsibility	Contributing	Fast pace
Leading	Variety	Power	Authenticity	Relaxed pace
Risk	Control	Influence	Flexibility	Predictability
Leading edge	Adventure	Appreciation	Deadline pressure	Location
Detail orientated	Integrity	Helping	Surroundings	Public contact
Social activism	Status	Belonging	Freedom	
Learning	Achievement	Equality	Security	
Excellence	Respect	Independence	High earnings	

Last but not least, it's important to reflect on your **strengths**. Don't be too modest! Try to identify skills/attributes which you enjoy using as these are likely to be the most useful in considering possible career options:

## Opportunity Awareness

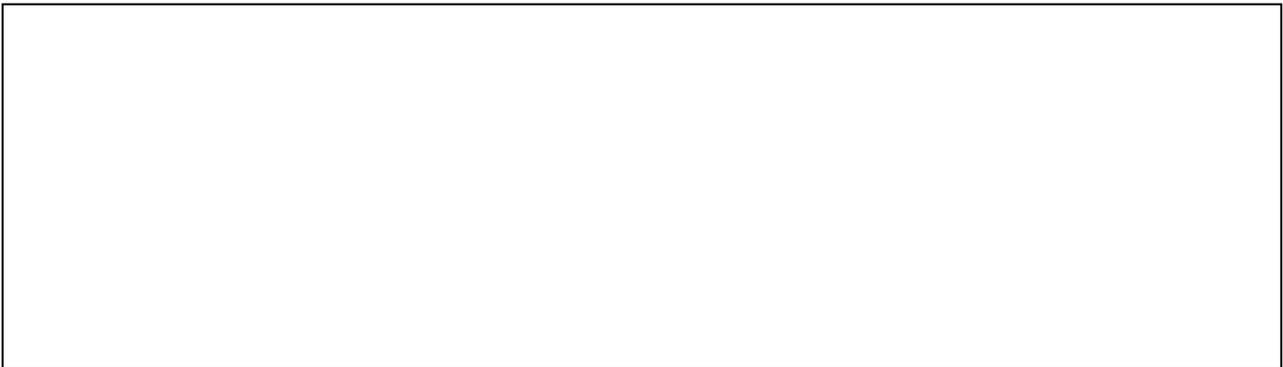
This section is about starting to generate some career ideas for further investigation.

### 3. Your ideas

Reflect on the findings from the self awareness section – did any ideas occur to you as you worked through the activities?

- Think about any work experience, voluntary work or employment you have been involved in to date – which roles have you enjoyed and why?
- Do any of your friends and family have interesting careers? If so, what are their jobs and what interests you about them?
- While it is important to be realistic, remember that you are just starting to develop your career so it is a good idea to count ideas in for investigation rather than ruling them out at this point. Be open-minded about your ideas and ambitions.

### 4. Career planner ([prospects.ac.uk](http://prospects.ac.uk))



Career planner is a tool that will enable you to consider the skills you would like to use in work and then suggests possible occupations based on the 'profile' you have built. Prospects: Select 'jobs & work experience' then 'what jobs would suit me?' from the homepage to access Career Planner.

#### Contact information

Careers and Employability Service

Got an enquiry? Visit the Student Services Hub

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[stir.ac.uk/careers](http://stir.ac.uk/careers)

StirlingUniCareers



Updated August 17 All URLs are provided in good faith.

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