

# CareerSmart

## Honour your background - Imagine your future

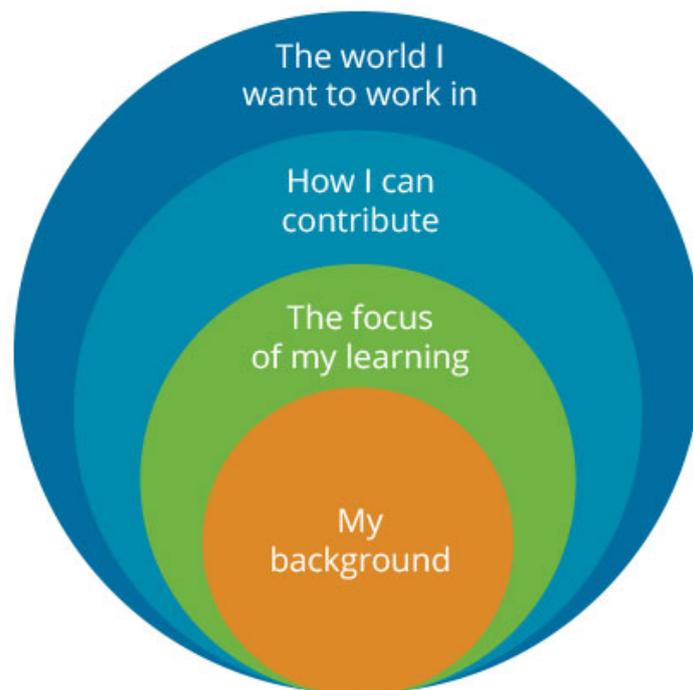
Whakahonoretia to papamuri - Whakaarohia to heke mai.

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Date: 18/01/2022

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Welcome to your CareerSmart report. Your reflections on what matters to you about the future and the evaluation of your interests and skills will provide insights for making informed career decisions.



Based on your self-assessment, this report will help you to reflect on:

**The kind of future you want to live and work in:** To give you a vision for your work in the future.

**The contribution you could make:** To align with what motivates and matters to you.

**The focus and learning you will need:** So that what you study or work in is developing your potential.

**Your background:** The whanau, cultural influences and support you can draw on.

# Introduction to your report

We believe that our world can be a good place to live and work in, and that our choices can steer us towards making a contribution that will enable us to flourish. To achieve this requires self-awareness and thoughtful action.

In completing the assessment, you took the time to think about the future you want and to evaluate your interests, motivations and skills. So, this summary report should be an accurate reflection of how you see yourself and how you think about your future. It is designed to help you to get clearer about how you want your future to be so that you can make good study or transition to work decisions.

Your report provides rich information and insights for you and your coach to work with. Although it doesn't give you all the answers to your questions about the future, it will help you to take steps toward a satisfying working life. Career development is a journey and you are embarking on this journey equipped with natural talents and interests. Your job now is to develop the skills you need to make the contribution you have the potential to make.



## Section One - Your background

Your experiences and influences will already be informing and shaping the choices you make about your future. These are the responses you made to the 3 questions about your background;

### Your cultural and family background and how this background has shaped you:

supporting each other. caring about your body and wellbeing. aiming for sustainability.

### The experiences and achievements you are most proud of so far:

Months of volunteering at the hospice shop. Fundraising and attending relay for life (a cancer funding event.) Academic excellence. 5 day Wanganui river canoeing. Abel Tasman tramp.

### The ideas you already have about your career:

I want to study psychology in university. To practice for high achievement and to give me confidence I plan on completing up to the silver duke of Edinburgh award as well as go on the spirit of adventure journey. I want to be high achieving in my career, meaning being well payed and becoming my own boss with expertise in some form of psychology. I know I want to go through university even if I end up not doing a psychology course.



## Section Two - Things that matter, and how you want to experience the future

What matters to you is unique to you and related to your personal beliefs, the influences from the important people and experiences in your life so far. In these two exercises, '**Things that matter**' and '**the experiences you want**' you have thought about what is important to you and the type of experience you want in your future.

**These are the things that matter or are important to you and how you could imagine a future where this is a reality.**

<b>The things that matter most</b>	<b>How you imagine a future would be like if it is aligned with this</b>
1. Connected	Being connected to myself is very important for balance in life, work, progressing and also with my wellbeing. I would like to be connected to myself and maintain healthy habits in my future. Being connected in my future also looks like being able to balance social time with work and self improvement.
2. Prosperous	Financially capable and stable. I would like for money not to hold me back from anything I want to do in the future. Prosperity would be good for me to be able to look after my family if they ever need. It would allow me to feel more relaxed because I don't want to spend my whole working section of my life with stress.
3. Caring	I would always like to be cared for in my future and also care for other people. I could definitely help the community by caring and sharing support in some way in the future if I go into psychology.

### Work experiences you want in your future:

Choosing a career that fulfils the experiences you want will help you define the 'guiding' criteria for career decisions. The following three experiences matter most for how you want to work in the future. Identifying these will help ensure that the study or work you do will potentially give you this experience and help you to make the contribution you could make in the way that would feel natural to you.

**These are the 3 experiences you want in your future work.**

<b>Experiences you want in your career</b>	<b>How this might be experienced</b>
1. Helping and supporting others	I naturally want to help and support others and If I have a career in psychology it would feel fascinating and fulfilling to me to be practicing that.

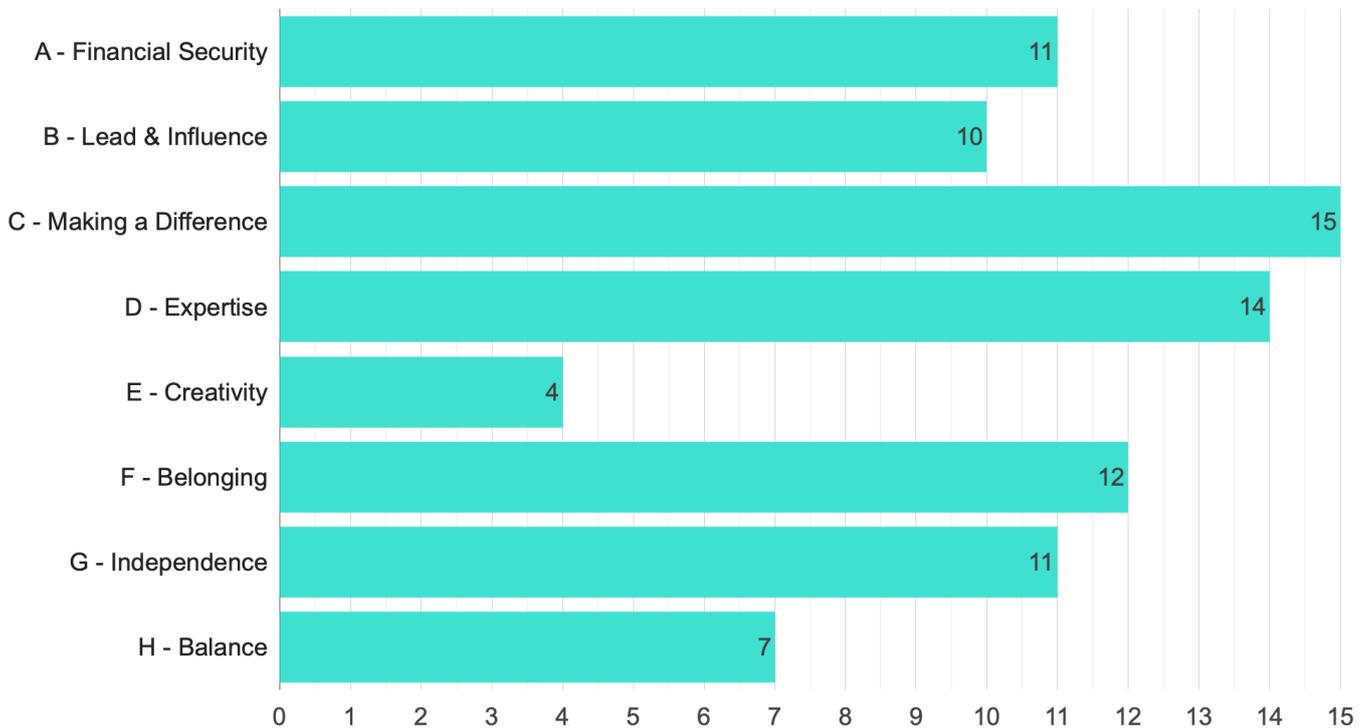
2. Creating positive change	In the aspects of career, work, and study I would like to practice this all throughout. Creating positive change is a huge motivator for me because I can see reasoning behind the effort I put in. Knowing that the end goal is for something positive to manifest from what I've done allows me to work harder and care more about what I'm doing.
3. Communicating and building relationships	I love being social and creating new connections with people and I'm good at it too. It would be fitting for me to work in a team environment for work. I would also like to make friends in work and it matters to me what kind of people would work with me.



## Section Three - Your Career Motivators

Your career motivators need to be fulfilled in the work or study you choose to do. If they are you are likely to be interested, engaged in what you are doing and motivated. It is important to take personal responsibility for making sure these motivators are present in the conditions and focus of your study or work. It's about identifying what you need in order to do your best work or study.

### Motivation Score



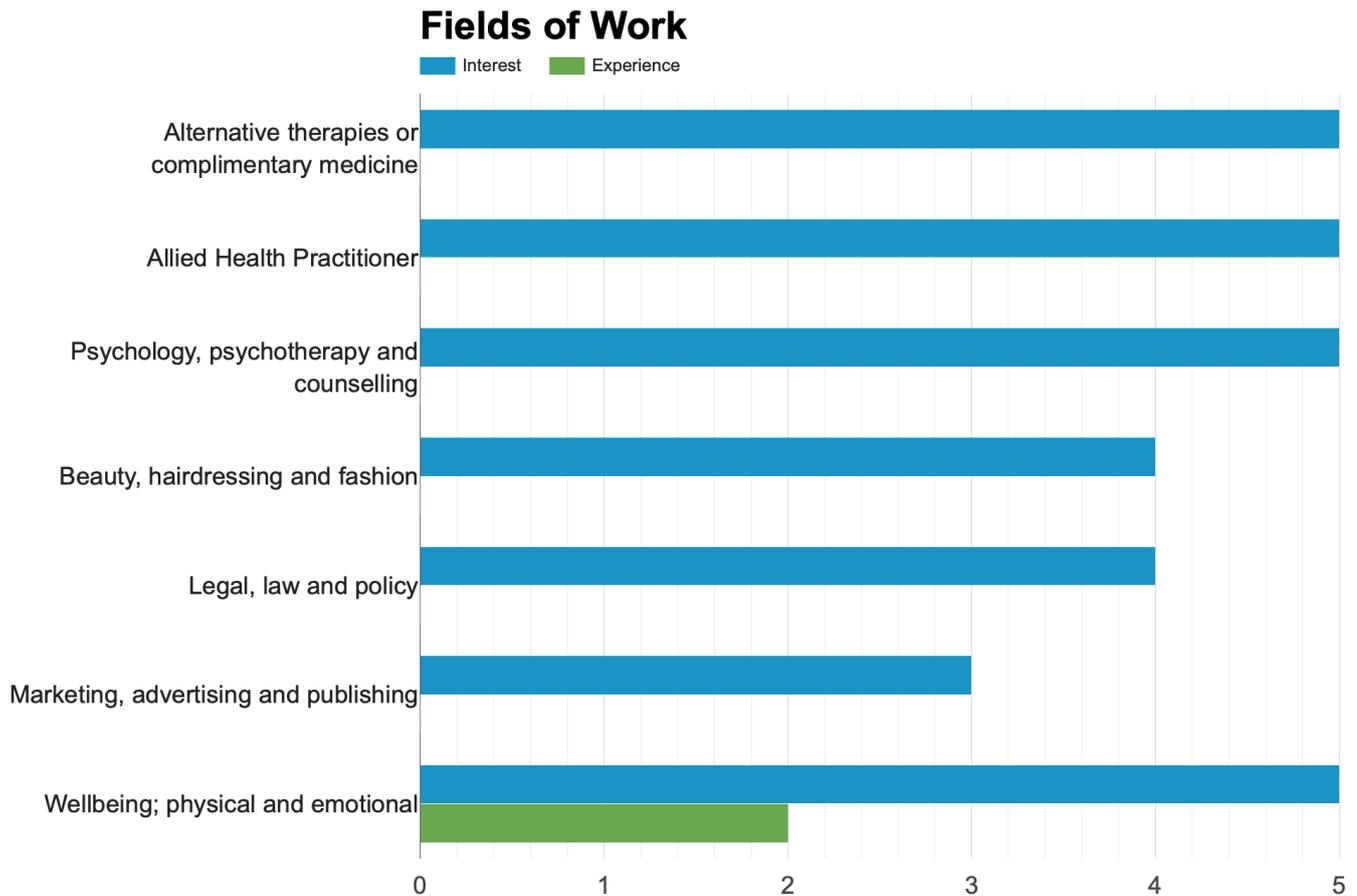
**Notes to self:** Write here how your motivators could be expressed in a career of interest:



## Section Four - Your Career interests

**This section reports on the Fields of Work you are attracted to.**

Job satisfaction and positive study engagement happens when your interests are aligned to the industry or sector you are studying or working in. In this exercise you have evaluated your interest and any experience you have had in each field. All experience is valuable, regardless of the level of responsibility and satisfaction you had.

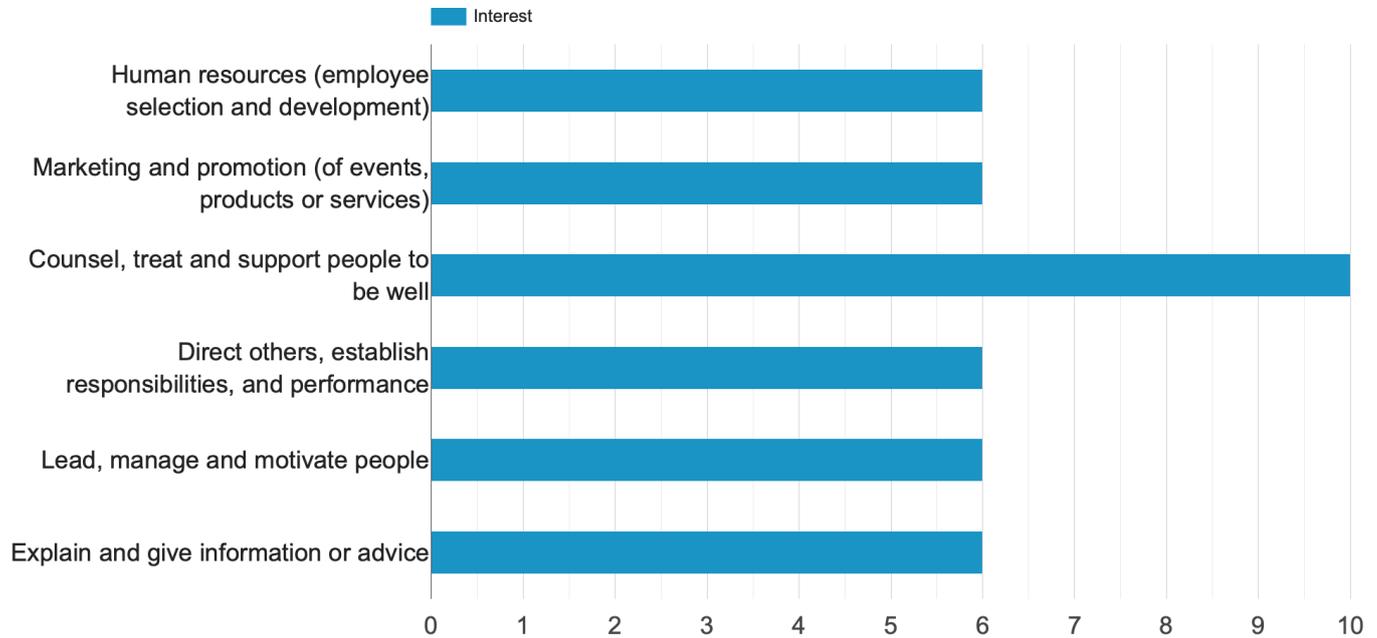


**Career Interests also include the skills and work functions you are interested in.**

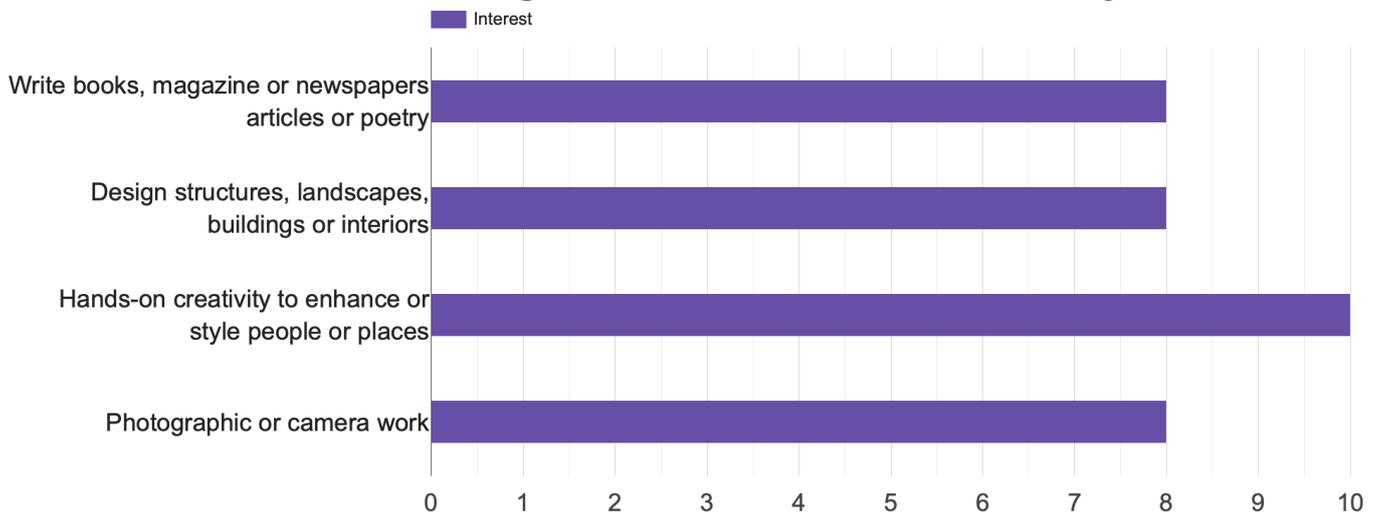
These are categorised into 4 areas: Working with People, Working with ideas, Working with data and information and Working with Things.

**These are the skills and work functions you have shown most interest in developing.**

### Using Skills With People and Customers

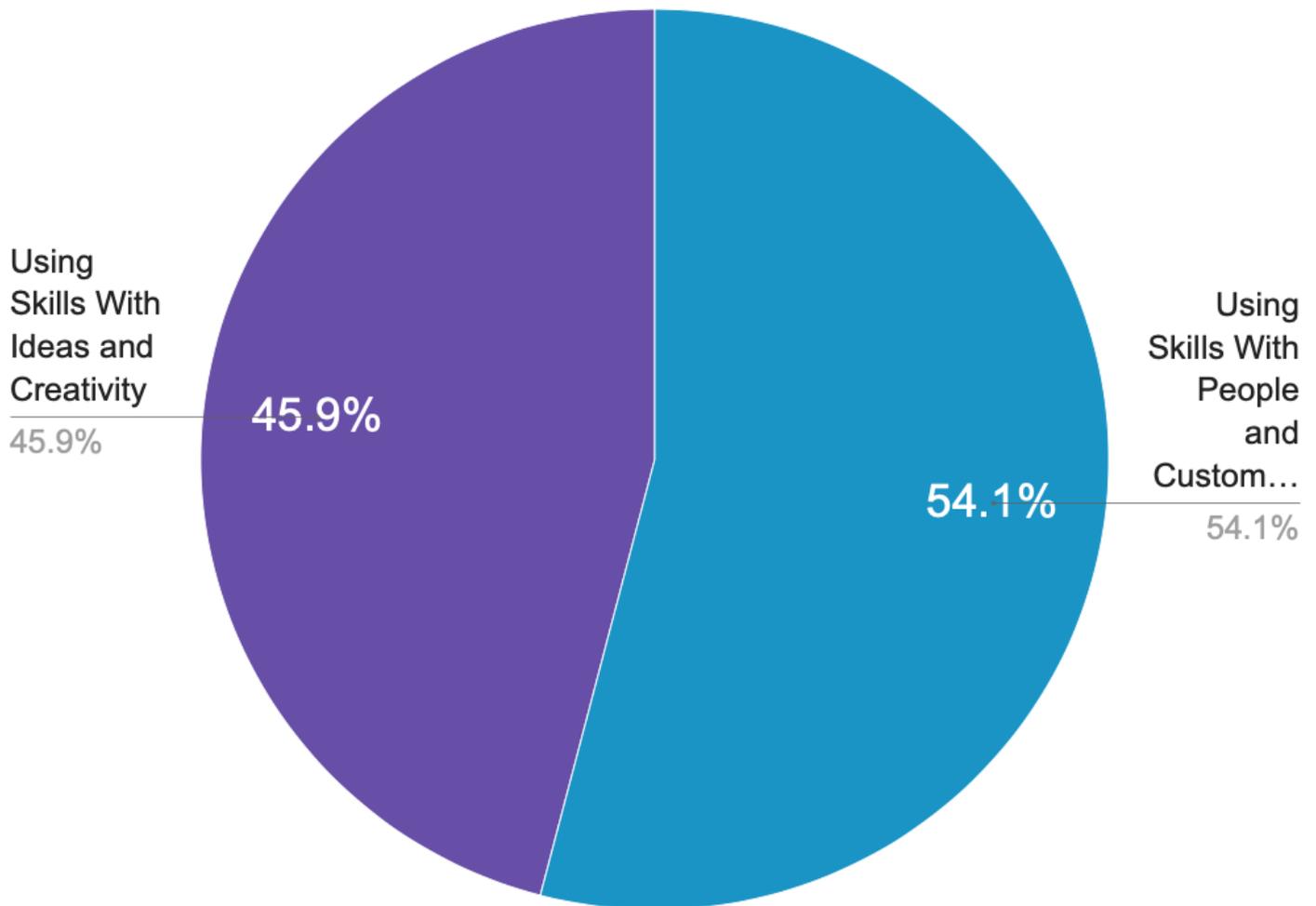


### Using Skills With Ideas and Creativity



## The Focus You Would Prefer To Have In Each Skill Or Work Function Area

This pie chart represents the combination of skills and work functions you are most interested in. It demonstrates where your work or study could be focused in order for you to enjoy your study, work or career.



**Notes to self:** Write here how your career interests could be expressed in a career or work that could be satisfying:



## Section Five - The strengths you bring to your career development

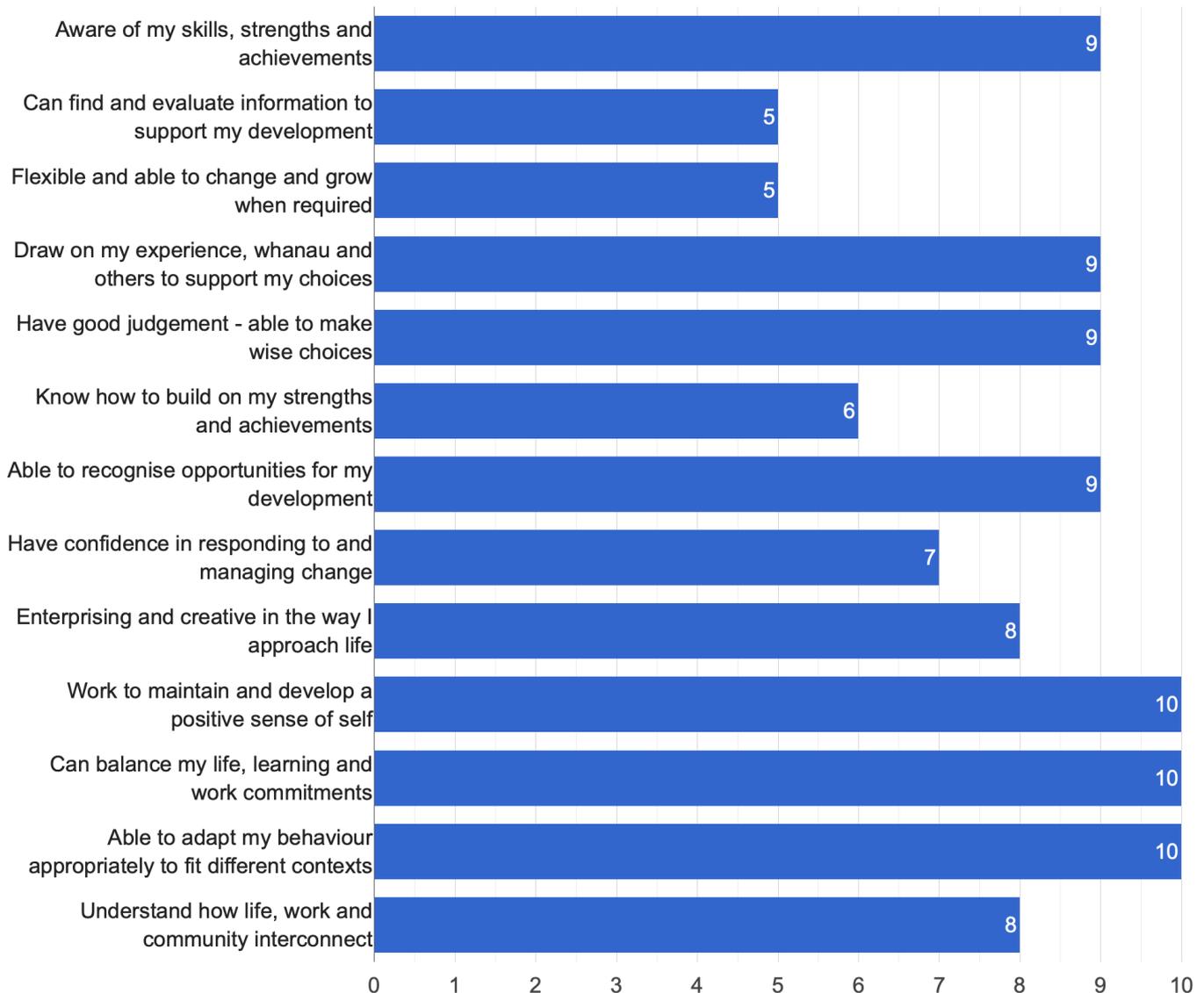
Self-awareness is key to knowing how you can grow and develop the skills needed to manage your life, study and career in the future.

We all have areas that we are better at and other areas we need to consciously develop.

Knowing these will help you to prepare for work, or to make a greater commitment for further study.

**Based on your own evaluation you have rated your career development skills:**

### Career Development Skills





## Now, imagine the kind of future you want

Use your CareerSMART self-assessment results to make study and work decisions.

If you can print off your report and reflect on each exercise you will be able to note down your thoughts on the report in the 'Notes to Self' sections.

Next, Summarise on this page, your reflections under each of the headings.

### The kind of future you want to live and work in:

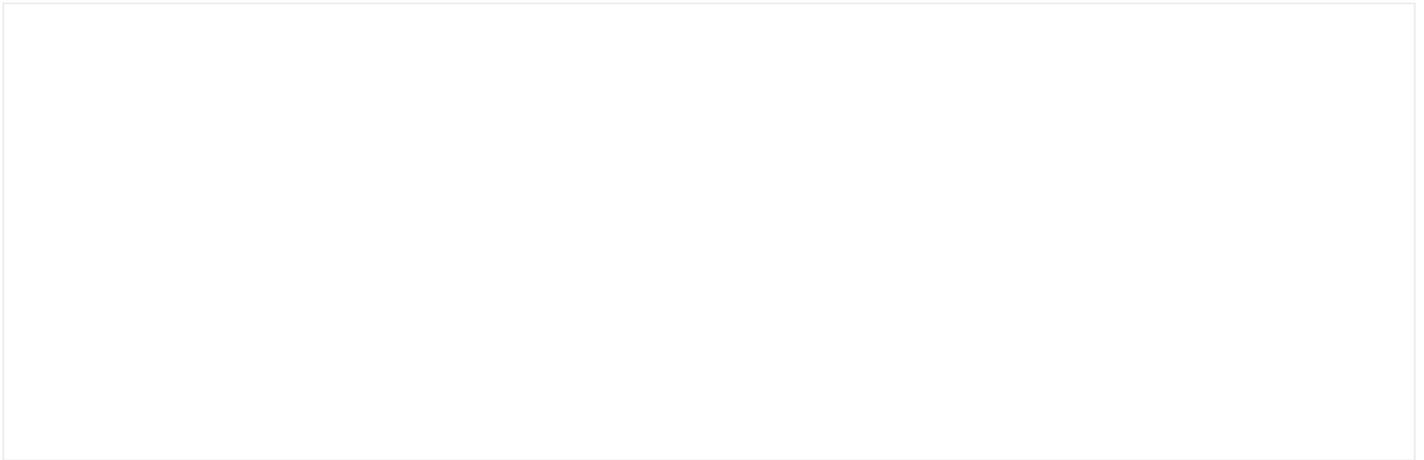
### The contribution you think you could make:

### The focus and learning you might need:

### The whanau, cultural influences and support you can draw on:

# Notes and Next steps

Use this space to write down the actions you want to take. E.g., research you still need to do, courses you could explore or other assessments that might help you make the decisions you need to make. Or, if you like, simply draw a picture of your-self as you see yourself in the future, in work that you would love



## Final Words

This has been a comprehensive self-assessment to complete - well done! Having done so, you will be clearer and more confident about developing your career potential or making a successful transition into work. Your report will become an important document for the next steps of your career journey. We hope this helps you to create your working life where you can be making the contribution that is right for you!

For further exploration you might want to use this information to explore more deeply career or study choices . These are freely available on various websites and your Career Educator or Coach will advise you on the most appropriate one.

## Important information

This report has been generated from your self-assessment and is a reflection of the information and responses you have supplied. The report should be viewed as your own thoughts and ideas about you. The CareerSMART assessment is not a psychometric test.

Career educators and coaches will need to comply with the following standards and practices:

- a. The information will be applied only to career decision-making and be used as a framework of self-understanding from which career and development objectives can be identified.
- b. The report will be stored in safe custody or destroyed once its purpose has been fulfilled.
- c. The report will not be released to any third party without prior consultation with and the agreement with you, the assessment-taker.

The above practices are recommended for the following reasons.

- Self-evaluations have a limited 'life' and are generally carried out to meet a specific purpose.
- People change over time and can frequently redress deficiencies or change previously held motivations and skills.