



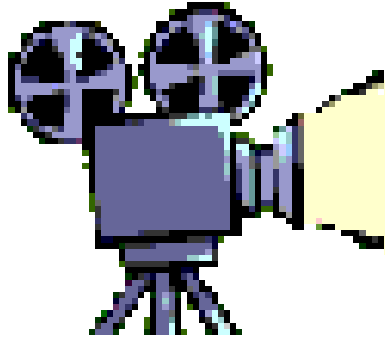
What Career Suits Me?

Rowanna Smith, Careers Consultant

Aims Of The Session

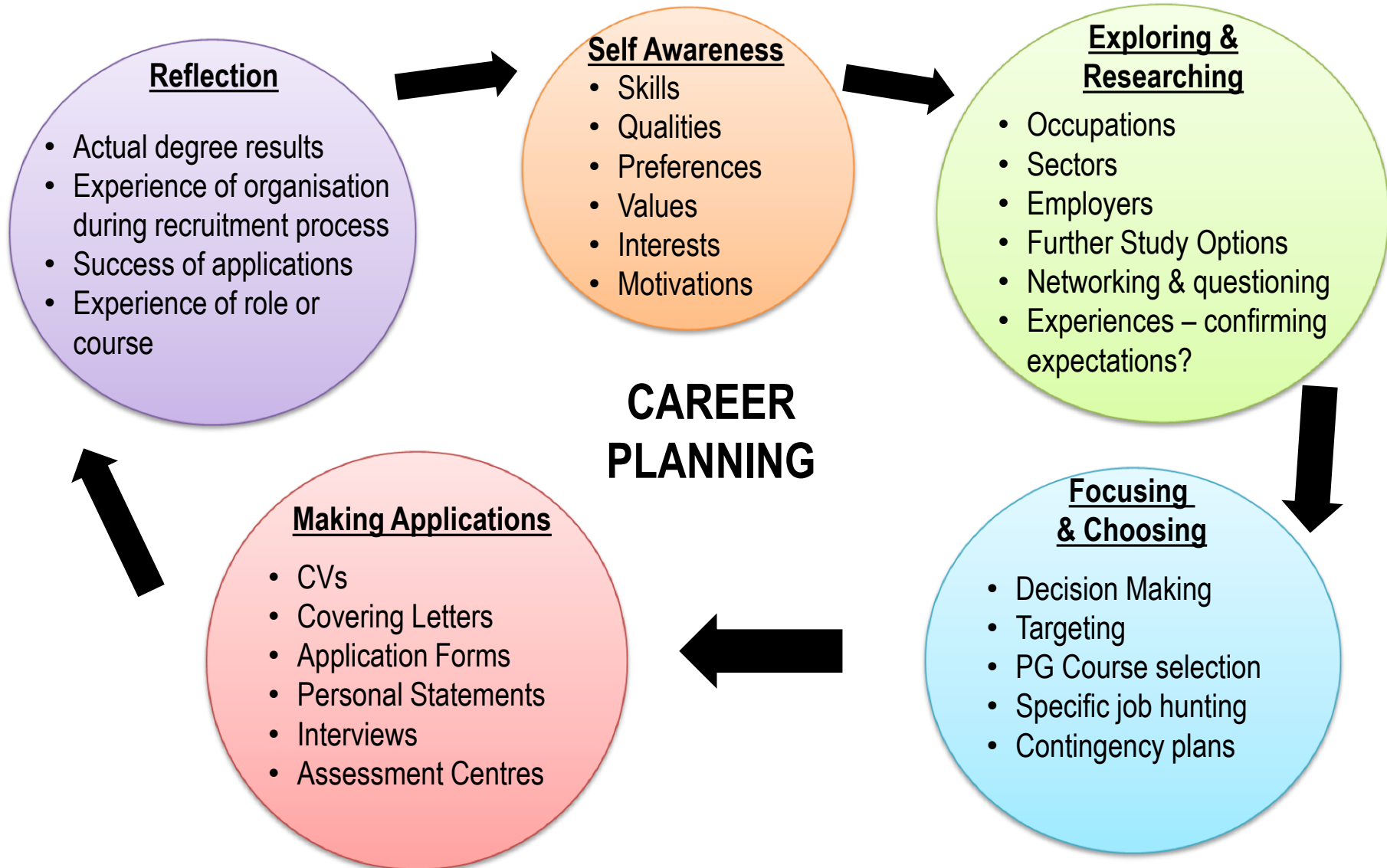
- Understanding the Career Planning Cycle
- Improving self-awareness through the identification of strengths, skills, interests, values and preferences
- Reflect on the features of a job that would appeal, in light of improved self-awareness
- Identifying resources to support the exploration and research into occupations that match
- Create an action plan

Thinking About Careers



[Wondering Where Your Degree
Might Lead You?](#)





Our focus during this session is on:

Self Awareness

- Skills
- Qualities
- Preferences
- Values
- Interests
- Motivations

Exploring & Researching

- Occupations
- Sectors
- Employers
- Further Study Options
- Networking & questioning
- Experiences – confirming expectations?

What Are Your Skills & Qualities?

Generic skills developed during your degree

[Skills framework.pdf handout](#)

Specific skills & qualities that you are developing

[Skills & Qualities Audit handout](#)

verbal-reasoning
commercial-acumen
IT
written numeracy
decision-making
problem-solving

What are your Preferences, Values & Temperament

<http://www.careerperfect.com/content/career-planning-free-tests/>

<http://www.lifevaluesinventory.org/>

<http://www.keirseey.com/sorter/register.aspx> - free Temperament Report



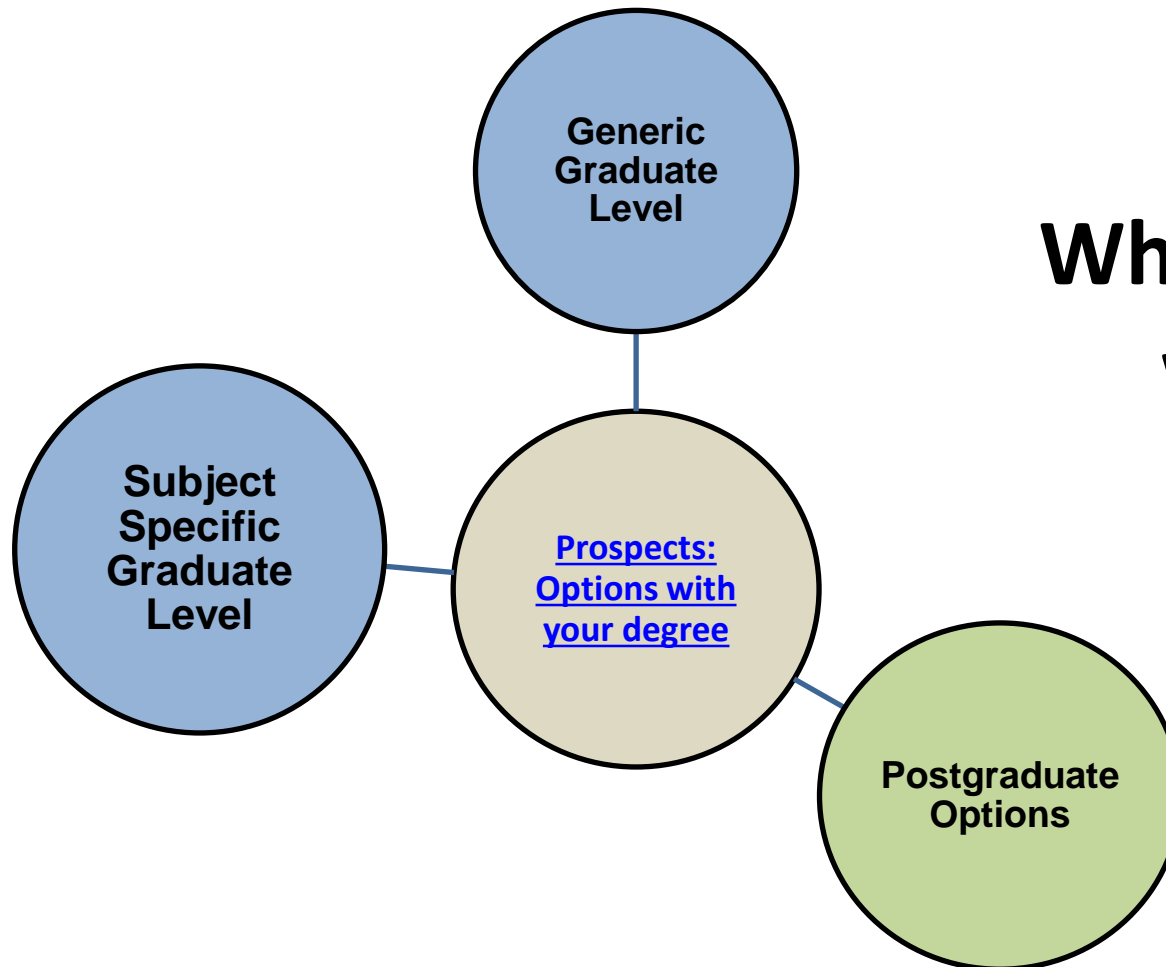
Specialist V Generalist

Specialists

- Focus is on **what you know** and **specific** abilities
- Higher entry levels
- Vital to know what to specialise in
- Potential to earn high rates of pay early in career
- Easier to identify recruiters
- Clear selling points
- Perceived as a valuable asset
- May have less competition in the market place
- **Low job security e.g. Market demand can quickly change**
- Essential to keep ahead of change
- Advancement may be restricted

Generalist

- Focus is on **how** you work and **range** of abilities
- Jobs available without further study
- High number of career options to try
- Steady increase in salary
- Harder to focus on career criteria
- Harder to market your abilities over someone else
- Greater competition in the market place
- Greater job security e.g. Flexible and transferable in a changing market
- Opportunity to become Specialist later



What's possible with your degree?



Exploring & Researching

CAREER ZONE

www.exeter.ac.uk/careers

1) Understanding Who I am:

- What are you seeking? What are you offering?
- www.prospects.ac.uk : what jobs would suit me tool called 'Prospects Planner' – **matches** with 500+ graduate level occupations
- www.targetjobs.co.uk 'Careers Report'
- Refer to your career planning booklet for additional 'paper-based' exercises

2) Exploring what's out there:

- ❖ Industry Insights www.prospects.ac.uk
- ❖ Employability website – employment sector information www.exeter.ac.uk/employability/careerplanning/sector/
- ❖ Careers information room (Reed Mews) – takeaway/reference information
- ❖ Speak to someone who works in the industry – try using the 'Exepert' Scheme www.exeter.ac.uk/employability/careerplanning/exepert
- ❖ Go to talks and relevant events on campus
- ❖ Speak to a Careers Consultant

3) Making Choices:

- ❖ Put together step 1 (self) + step 2 (opportunities) to find a **match**
- ❖ Talk to friends / family
- ❖ Undertake work shadowing / placements to 'try out' careers of interest
- ❖ Talk to a Careers Consultant
- ❖ Probably unrealistic to be 100% certain that any career is the right one for you!



When decision making is difficult:

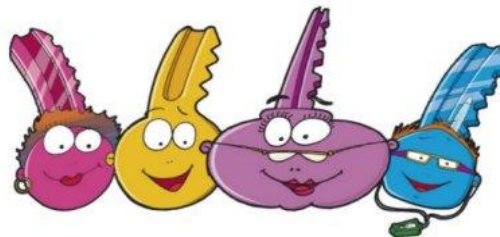
- Constraints e.g geographic, health etc
- Lack of self-confidence or assertiveness
- Fear about the outcomes of any choice you make
- Opinions, ideas or assumptions which may affect your judgement
- Unrealistic expectations of what job you ought to or should do
- Pressure (whether perceived or actual) from peers, family or other sources
- Avoiding a decision as the career you are interested in is too competitive or difficult to get into

What else is out there?

- ❖ 60-70% of all graduate job roles are not discipline specific
- ❖ Students progress from all degree subjects to a broad variety of careers *e.g accountancy, banking, marketing & sales, computing, retailing, social work, personnel, Civil Service, teaching etc*
- ❖ Further study / training?
- ❖ Time out?
- ❖ Volunteering / work experience / internships as a route in?

Keys to success:

- Don't plan – navigate
- Shorten your time-frame (40 years v 2 years?)
- Start with **you**, not your degree
- Be bold
- Look for good people – not the 'perfect' job
- Whatever you do, do something
- Take responsibility – no one can choose for you!!



Your Key to Success

Resources for career planning:

- www.prospects.ac.uk – Prospects Planner; Industry Insights; Postgraduate Study etc
- www.exeter.ac.uk/employability - employment sector information, My Career Zone, work placements, employer events/fairs etc
- www.targetjobs.co.uk – Careers Report
- Inside Careers www.insidecareers.co.uk
- CEMPS employability pages on ELE (Amy Boylan)
- Careerplayer – useful video on how to make a career choice
www.careerplayer.com/tips-and-advice/general-advice/start-your-career-hunt.aspx
- IMA Travels in a Mathematical World – podcasts etc
- Institute of Physics – useful career profiles for physics related roles
- Relevant professional body for your branch of Engineering
- Other professional bodies relevant to your sector(s) of interest

Where to start?

- Start reflecting on your own skills, interests and priorities
- Start researching the variety of options available to you
- Book on to any relevant courses / workshops on offer at Exeter
- Visit a Careers Consultant for 1:1 advice and guidance.....

Appointment with a Careers Consultant:

- 1:1 confidential careers advice and guidance
- 20 minute appointments available Mon-Friday
- Phone us to book: (01392) 724493

or

- Visit Reed Mews / the new Forum building to book an appointment in person

or

- Book on line through 'My Career Zone'
- All appointments are bookable 24 hours in advance

Some facts about career choice:

- Uncertainty is normal
- Procrastination is normal - it's natural not to have a clear idea of what you want to do and put off thinking about it
- But you can't be natural forever!
- Graduates often change their job after graduation
- You don't have to do a job related to your degree
- You are more likely to be employed by a small-medium sized employer
- Remember to look inwards as well as outwards
- Career planning is a process.....so keep going, even if you go round in circles a few times!

Any questions?

