



Workshop 2 Interests and Aptitudes

Student Summary

This workshop will seek to provide you with the following:

- An assessment of student interests and aptitudes.
- Identify specific career area(s) that coincide with the interest and aptitude assessments for each student for further exploration.

At the end of this workshop you will take with you:

1. Student interest and aptitude assessment to take home.
2. A written assessment of at least three career fields for student consideration and at least two specific careers for student consideration.



Workshop 2 Interests and Aptitudes

Introduction

This workshop is for anyone who is looking to find a direction or areas in which to focus their career research. We will seek to provide you with the following:

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Setting the Context

In this workshop we are going to focus on your interests and aptitudes. We are going to complete an assessment of your Interests and Aptitudes and we are going to tie that in to your career focus. This will give you a good start towards your next step, which will be the research stage of development in your career planning process. You will use this information to research global issues, trends, the labour market, specific careers, specific educational paths and programs. All of this will be tied into your interests and aptitudes. What you will be is linked to who you are and though this will change over time this will allow you to find a starting point. You will also understand the process and have some of the tools and resources to repeat this and to make sure your plan continues to be linked to who you are.

OH1 - Career Development Process

Knowing you makes all the difference

Understanding yourself is crucial to being able to plan, make choices, find satisfaction and succeed. Without understanding who you are, what is important to you and where you want to go you cannot make informed decisions, you will not make the link between what you do and personal satisfaction and if you are not inspired, it is unlikely you will excel or succeed.

So what is there to know? Well let's talk about some of the things you need to know about yourself.

What do know about you?

Values are those things that are fundamentally important to you; these form the bedrock of individual actions. Values cannot be right or wrong; they simply exist. They are unique to each person and reflect what's most important to the particular individual. Some examples of values include:

- people
- creativity



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- growth and development
- family
- health
- spirituality
- work

Then there are **Beliefs**. Beliefs are ideas or world-views that guide a person's actions. Some sample beliefs include:

- belief in God
- belief that people are inherently good
- belief that money brings happiness

Next there are **Interests**. Interests are things that the person enjoys or simply gets a kick out of. Interests often overlap with values, but they need not. For example, someone who values children highly may not necessarily want to work with children. Some examples of interests include:

- interacting with people
- using your hands
- solving problems
- playing with kids
- organizing information
- being creative
- leading a team

Finally there is **Personal Style**. Everyone has a different personality and it's important to identify what makes us unique. You will grow and change over your lifetime and the key to being happy in your career and life is to choose jobs that suit who you are. Example: If you're shy, you might not want to work with the public.

Being able to fulfill these four elements in yourself (living according to your values, beliefs, interests and personal style) enhances meaning in your life and will ensure that you are in a career that is fulfilling. Remember these things can change over time and you will continue to go through exploring, defining and reviewing the process regularly. Most people review this formally or informally, often without knowing it, every three years. It will be more frequently (at least every year) when you are younger.

Assessment

Now you will complete an assessment using the Psycan Interests and Aptitude test. Remember there is no right and wrong answer, so answer honestly and fully.

Tie it together

On the poster handout we have given you there are some codes and clusters or areas of interest. These areas of interest have some descriptions of what types of people work in that field and what they



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do. There is also a column on work values, and one on the types of high school courses that relate to the career. These are all things that you can use to check in with what you are doing now. In other words, if you are not doing well in those types of courses or you don't like them you may want to think about whether this is the career area for you. Also, look at the work values, see if those fit with what you hold as values.

Remember this is a very general overview. There are a lot of careers that cross over, or are a hybrid of different categories. It is important for you to really look at the specifics as well as the general fields and take into consideration regional, country and global issues as they apply. But these provide a good starting point. Also, you will notice a code that is attached. The code ties in to the National Occupation Codes by the government of Canada. The last letter explains the future outlook for that career within Canada.

Activity

Break into groups and later on your own, review your results and the areas that are highlighted as related to your interests. Brainstorm some careers under those fields you would be interested in using the large sheet with the various fields that tie into your results. You can also think of other careers that you feel may fit into that category as well.

The codes provided can be searched for related occupations on the Job Futures Web site www.jobfutures.ca. You should know that this provides good information about careers, a profile, and the education requirements. However, sometimes the compensation information is very general and you should use the other resources provided to research salary details. You should also use other resources to find out global trends and demands in that field if you are planning or considering studying, or pursuing a career outside of Canada.

Review Results

You should now all have a couple of employment or career fields such as health, construction, business, technology, science or others that we have chosen and a few careers we have identified within each cluster or area.

Do these fit with some of the things you thought were important to you at the beginning or before the workshop? Did you find out anything about yourself, your interests, and aptitudes that was surprising? Finally, did you find any relationship to what you are good at in school and the highlighted career area?

Research

Use your goal sheets to identify some goals around exploring your career choices, or doing further exploration about you, as this might not be in depth enough for you. Put some time lines around your goals. Think about specific steps to take to reach those goals. There are further tests you can take through your local school, online, and by purchasing books or even through local service providers.

HO1 Goal Sheets



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HO2 Questions for a Career Profile

Closing

Remember to take a look at the resources and remember there are a lot more tests that can be taken. Some of them are free, some of them are not, but it is crucial that you understand where and who you are before you take a step or two or too many in the wrong direction. Change is constant, but you don't have to make it a more difficult process than it has to be – know yourself and make choices based on who you are, what is important to you and your strengths, and you will be more likely to be happy with them and succeed.

Remember find something you are passionate about and the rest will be easy!