

# Build a Working Future

## Session Two | All About Me



Each activity will have the symbol on the left next to it. Please complete at least 3 activities in each booklet. The more the e-career counsellor gets to know you, the more they can help you find options that work for your life and future.



Know yourself and see your value



Understand pathways to build your opportunities



Understand the world of work and what employers expect



Plan NOW for your working future

Name: \_\_\_\_\_

Date Due: \_\_\_\_\_

## Acknowledgement

The University of Southern Queensland acknowledges the traditional custodians of the lands and waterways where the University is located. Further, we acknowledge the cultural diversity of Aboriginal and Torres Strait Islander peoples and pay respect to Elders past, present and future.

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Here is a space to write or draw any responses you might have to the feedback provided to you from your e-career counsellor.



# Story of Self



Please follow  
the numbered  
tasks below.

1.

Choose a favourite activity, something you enjoy doing. It does not have to be a recent activity.

2.

On the next page draw or write your favourite activity in the middle of the page.

3.

Answer each question by providing details

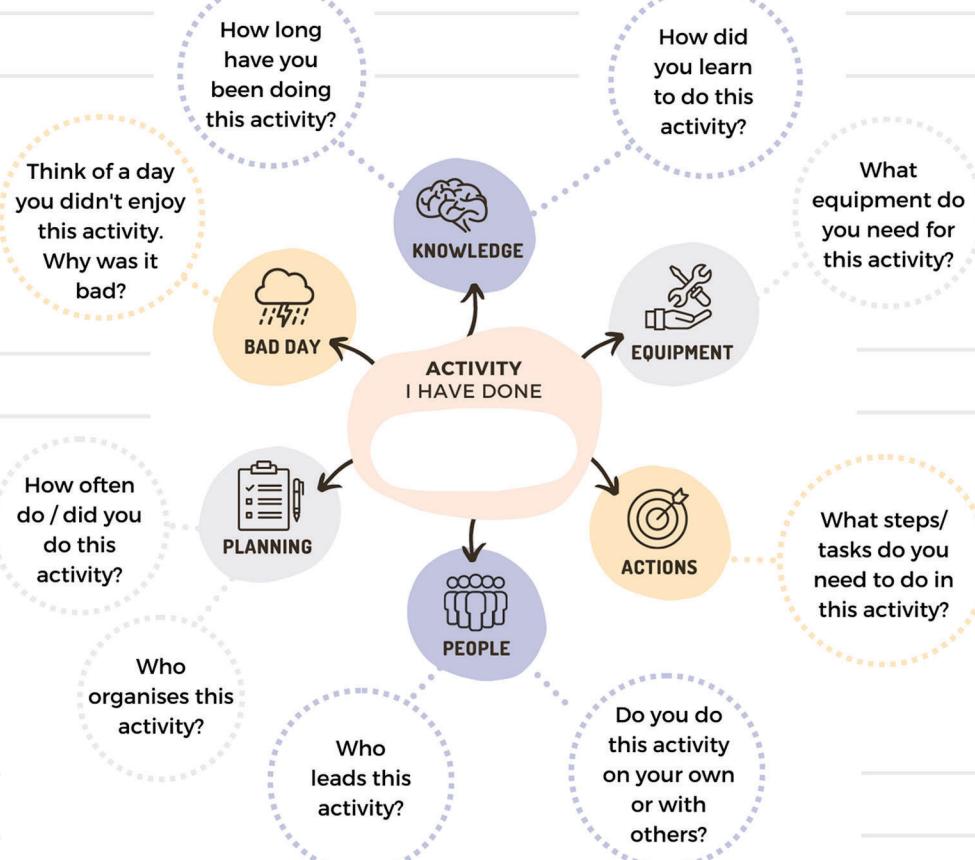
An example of this activity is shown below.



## Here are some of examples of activities:

fishing, exercising, camping, going to the movies, cooking, drawing, singing, parenting, shopping, gardening

**Choose one, or pick anything you enjoyed doing.**



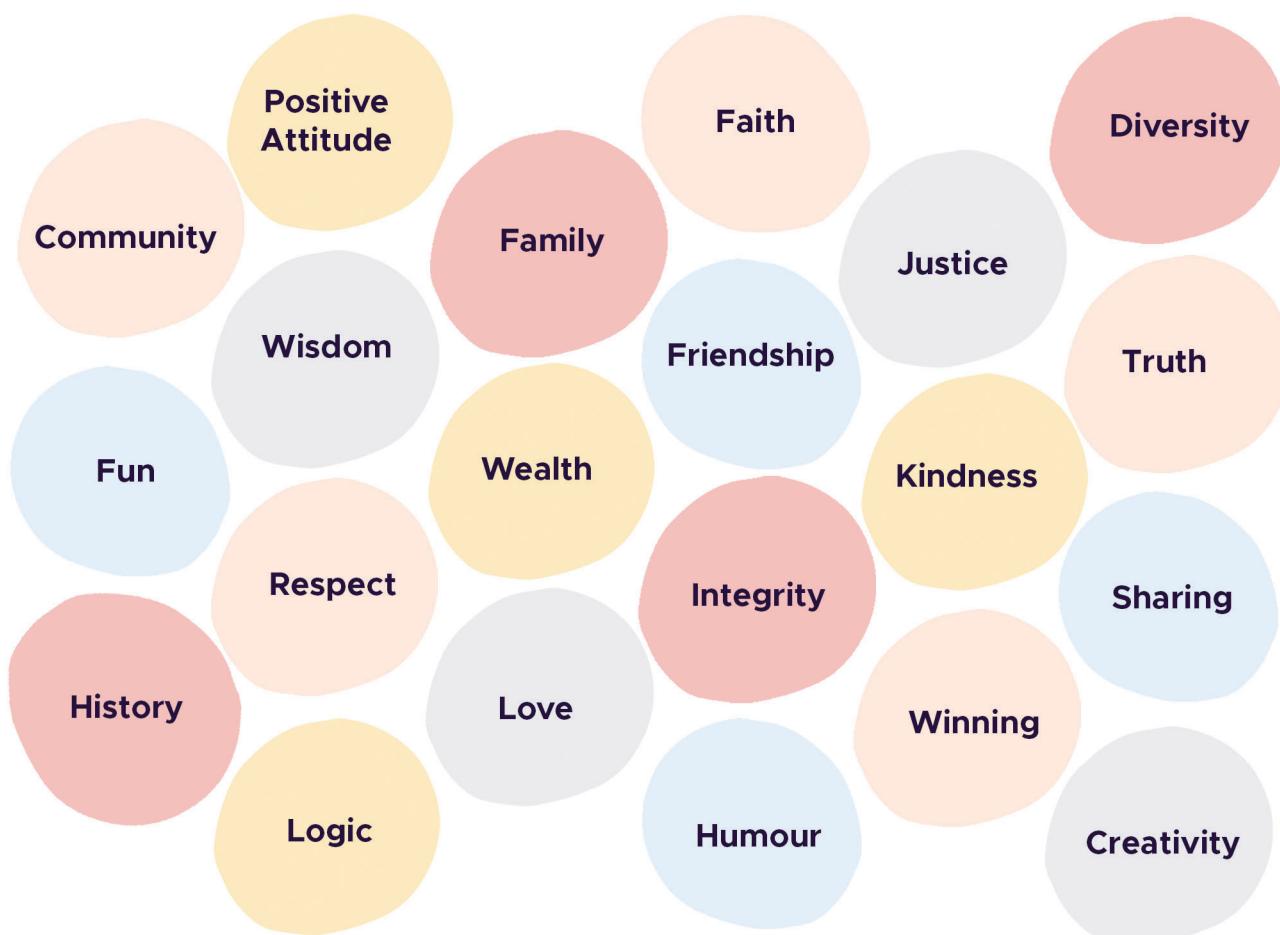
# What is Important to You?

## Why are values important in career decision making?

People tend to like their lives and jobs if they are doing what is important to them. Identifying what's important to you is one more step to finding options for your future.



Circle the words (values) that describe the things that you care about most. You can circle up to 5.





**Write the 5 values you chose on the previous page. Write below why they are important to you.**

### **Here are some example answers:**

Humour. Why? I love to laugh, and I can deal with most challenges if I can laugh about it.

Nature. Why? The environment is important for our world, nature provides food, shelter and beauty. I care about supporting nature, especially given climate change.

Health. Why? Health both mental and physical is important to me and being healthy can help me move forward with my life.

**1.** \_\_\_\_\_

**2.** \_\_\_\_\_

**3.** \_\_\_\_\_

**4.** \_\_\_\_\_

**5.** \_\_\_\_\_



# A Time I Felt Proud



Think of a time when you were proud of what you did at home or in the community. Read the examples on the next page and then write below about a time you were proud.

**What did you do?**

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**Why were you proud?**

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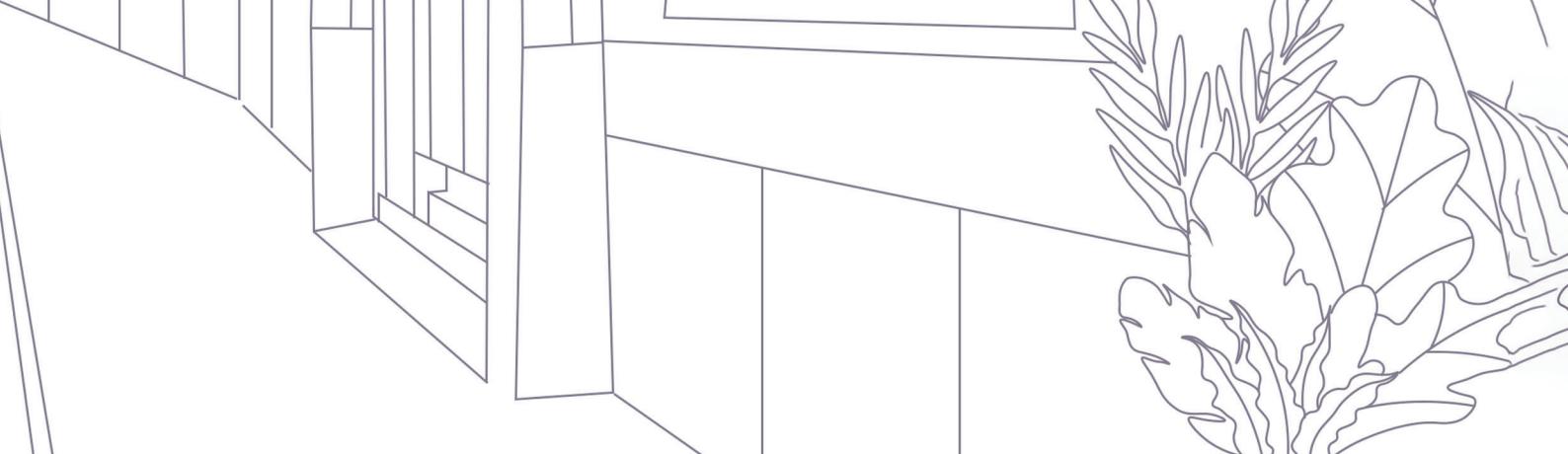
**What skills did you demonstrate?**

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## Here are some examples of answers:

1. I won Cross Country in Year 9. That was cool. I trained for a couple of months before and then I got to go to the next level.  
*Skills: Planning, Organisation and Time Management*
2. My big sister broke up with her partner and got kicked out of her flat. I asked her to stay with me, and helped her for a few months until she was back on her feet. I listened to her a lot over that time and helped her feel better. She still says thank you.  
*Skills: Communication and Interpersonal*
3. I finished high school and got a job straight away. I was really proud because I was the first girl in my family to finish year 12, and then I got a job working at Myer.  
*Skills: Focus, Drive and Learning*
4. I looked after my grandpa when he was getting dementia. I helped him with his groceries, cleaning and looking after his dog.  
*Skills: Patience, Organisation and Thoughtfulness*
5. My son was starting school, and on his first day I made sure he had his uniform, and all of the list that the school gave so I knew he was ready.  
*Skills: Planning, Learning, Enthusiasm, and Caring*

## Extra Notes:

Here is a space to write or draw any extra notes.  
Please add any questions you have for the e-career counsellor.

