

# Build a Working Future

## Session Four | Making Decisions



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.





# What are your options?

Time to identify some options. Consider the roles that the e-career counsellor has provided you in your feedback. You have now heard about what it is like to do that role, and the pathways to get there. You can also consider unpaid roles like parent, volunteer or carer. Think about the roles you already hold in life and those that you have imagined having. Then complete this activity.

**What skills or qualifications will you need?**

**Where could you do this? Think of a place or company.**

**Who do you know in this industry or role?**



**Write 3 roles below that you can imagine yourself doing or being. Then write why you chose these roles. Consider what companies do you know that employ these roles? Do you know anyone in this industry or job?**

**1. Career Pathway, job or life role**

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**2. Career Pathway, job or life role**

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**3. Career Pathway, job or life role**

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## Examples of Pros and Cons



### Role:

#### Pros

e.g. Qualifications for this will take a long time.

#### Cons

### Role:

#### Pros

e.g. doesn't pay well

#### Cons

### Role:

#### Pros

e.g. I would have to work weekends

#### Cons

So far, you've explored different jobs and considered the skills and experience you have or would like to gain.

Now it is time to weigh up your options so you can make informed decisions. There are always positives and negatives to any role or job.



Look at the 3 roles you listed above and write down the pros and cons for each role/ career pathway.

You can use the pros and cons listed above or write your own.

# What worries you about all this?

It is important to be able to name a worry or any thought or idea that makes you feel upset or uncomfortable. It can be helpful to write it down, or to share it. When you are considering building your future you will likely think about your worries, things that could go wrong, or that you assume will go wrong. This is a space to write them, so that you and the email career counsellor can identify risk management strategies and practical tools or activities to increase your chances for success.

Common things that show you are worrying can be sweating, increased heart rate, an upset tummy, feeling nervous, restless or tense, feeling weak or overtired, having trouble concentrating.



**Identify what worries you about building your future and answer the questions below.**

**What do you think could go wrong?**

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**Who do you think would not be helpful in your plans?**

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**What could stop you from moving forward successfully?**

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## What Can You Control?

Some things are worth worrying about, but only those things that we can control. Check out the image below to see things we can control, and those we cannot control. Often we worry A LOT about things we cannot change



Choose 2 things in your control that you would like to work on in your future. Then write a sentence or 2 about why these things are important to you.

### Out of my control

How other  
people feel

what happens  
around me

If others  
forgive me

someone  
else's decisions

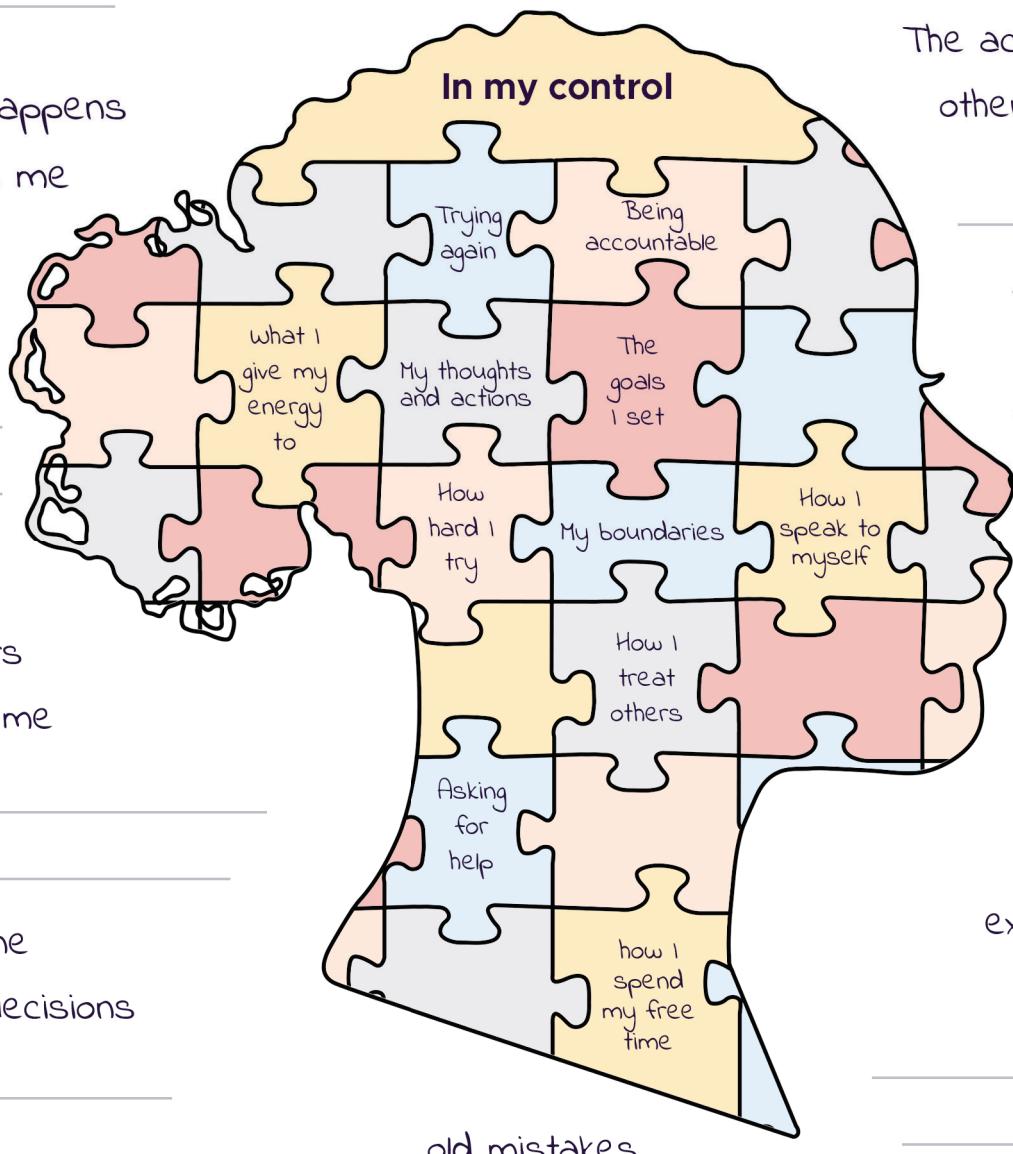
others being honest  
others being kind

The actions of  
other people

the  
past

cultural  
expectations

how others take  
care of themselves



### Out of my control

# When you were stressed

The activity on the next page will encourage you to reflect on a time where you were stressed. Below is an example of how this activity could be completed.

## Think of a time you made choices while stressed. What decisions did you make?

I was driving and I had my 2 year old daughter in the car. This car cut me off at the round about. I beeped a lot. I shouted out the window. I then followed them and tailgated them for more than 5km until they drove into the local police station.

## What emotions did you feel?

Fear that I would get hit. Anger that they were driving dangerously.  
Frustration that they didn't stop so I could yell at them. Shame afterwards, I made my daughter cry.

## How did your reaction affect your life?

I felt bad all day after that. I realised I had driven just as dangerously as they did.

## What would you do differently next time?

I'd let it go because people make mistakes and my reaction did not help anyone. I'd stay calm and think: thank goodness I drive better than them!

## What did you learn?

It didn't help. I was embarrassed that I could do that. I learnt to manage my anger better.



Stress occurs in our families, in day to day life, and at work. These decisions can effect our lives in positive or negative ways. Consider a time when you made decisions while stressed and write about it below.

**Think of a time you made choices while stressed.  
What decisions did you make?**

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**What emotions did  
you feel?**

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**What would you do  
differently next time?**

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**How did your reaction  
affect your life?**

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**What did you learn?**

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# It's a miracle: Time to Dream

If all went well, if the world was perfect for YOU, what would it look like?



If you had everything you wanted and you were everything you wanted to be...what would that look like?

Why would you love it?

Who would you spend time with?

What would you learn?

What roles in life would you hold?

How would you spend your days?

Who would you help?

What would your home be like?

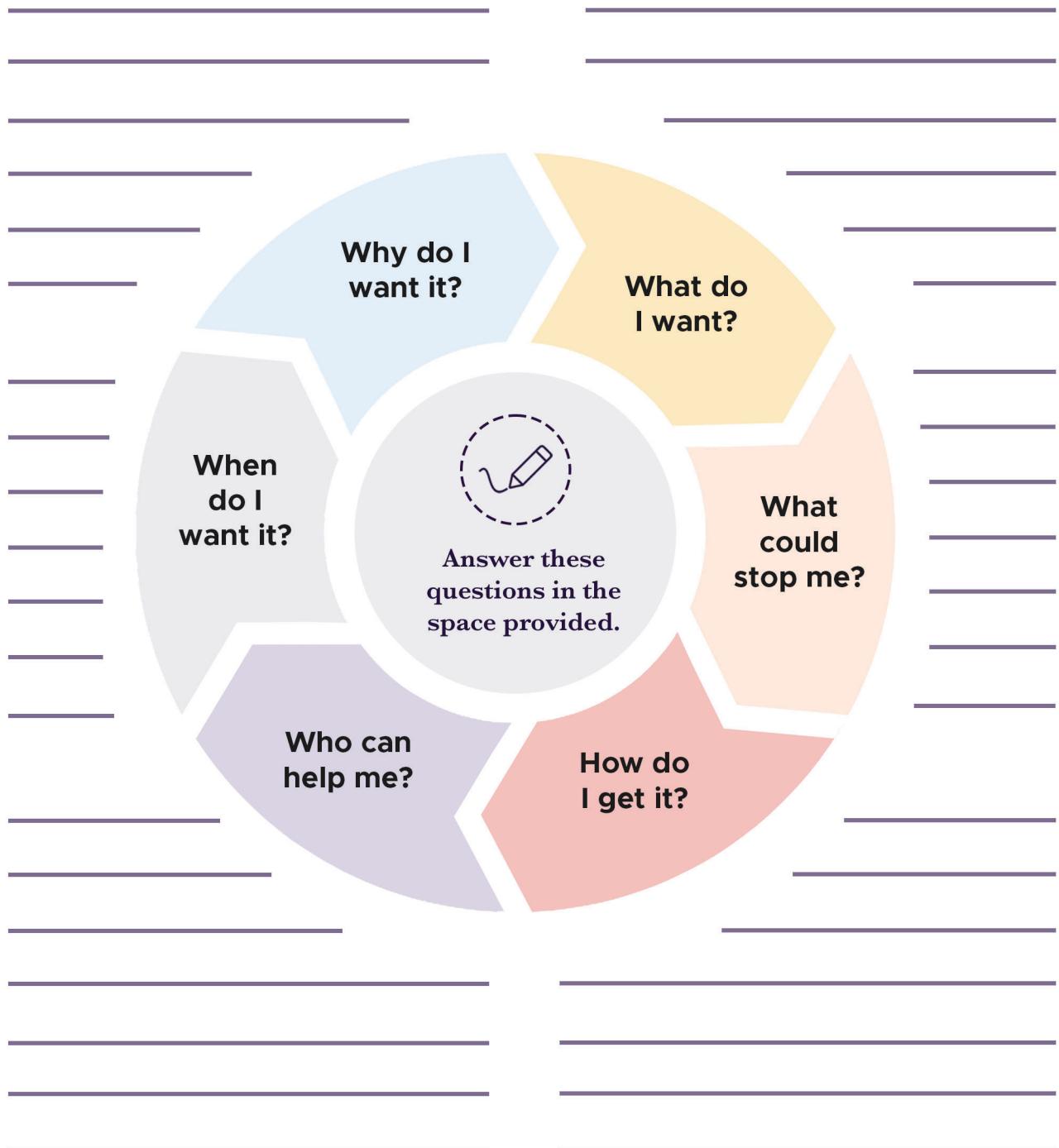
If everything were achievable, what would you achieve?

# Understanding your Goals



Choose one goal you have for your future. Here are a few examples; Get fit, get a qualification, reconnect with a family member, make a decision about the jobs I could do, be able to talk about myself in a positive way.

**GOAL:** \_\_\_\_\_



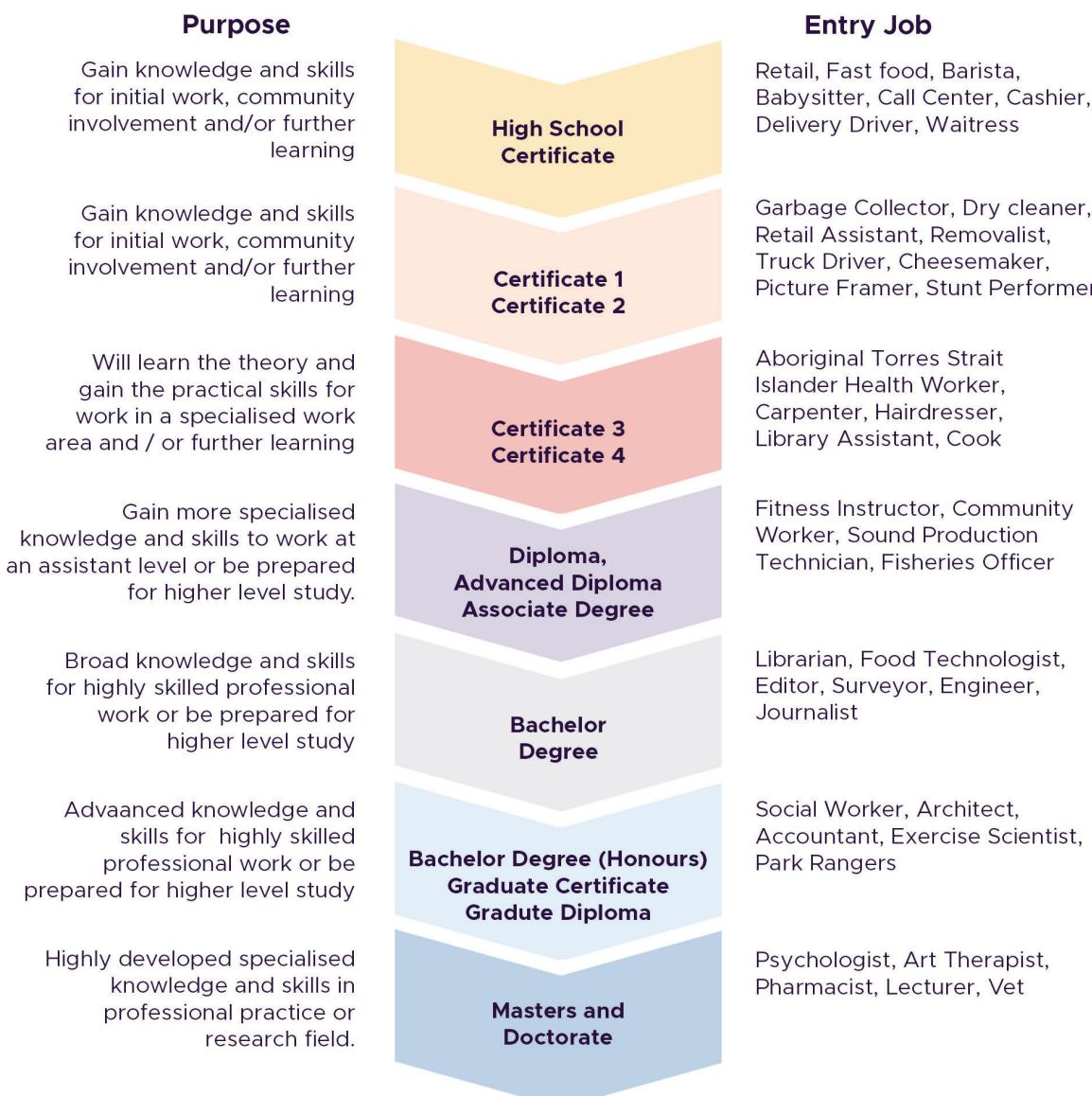
# Learning Pathways and Qualifications

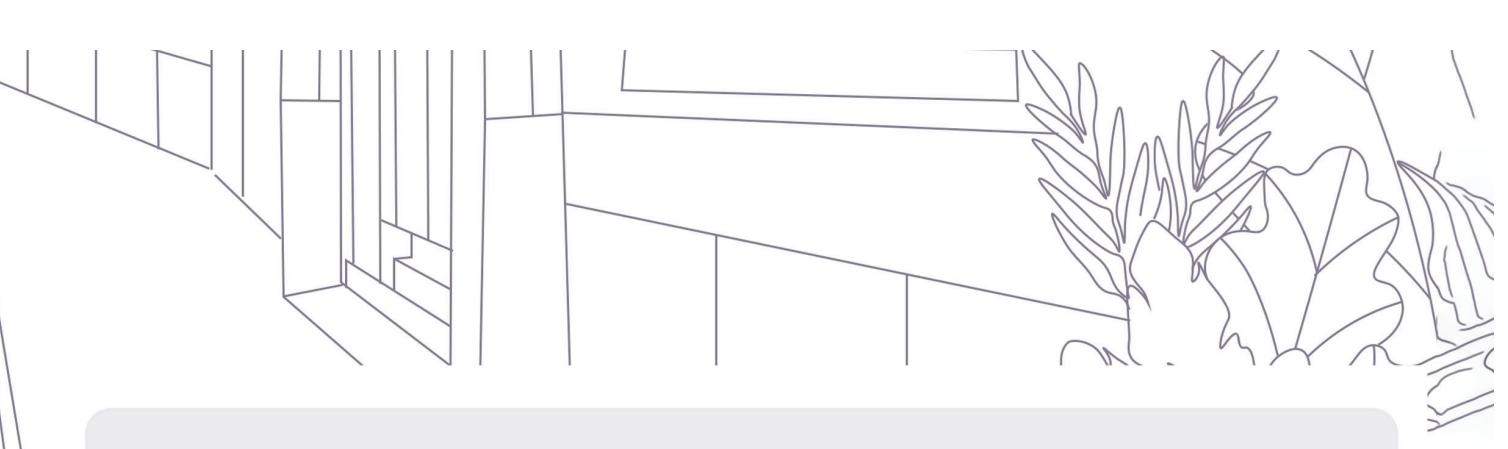
Some of the roles you have looked at may require education, experience or a qualification. This activity can help you better understand how the education process can work for you. The e-career counsellor can also point out the pathway options you have for your preferred roles.

Throughout your life you will continually learn new ways of doing things, gain knowledge and develop skills. These lessons will be gained through life experiences, formal and informal education programs, employment and conversations within your community. How you navigate this learning is your learning pathway and it will be unique to you. This pathway may at times include stairs and like any stairway you will move up, down and if you're "fit enough" you may even jump a few steps at a time.



**The many different qualifications and study pathways are listed below. You may have already completed some of these qualifications or it may be helpful for you to commence study during your sentence. The types of jobs associated with each study pathway are also provided.**





Now, write what study, experience or networks you might need (if you know, or ask questions to the e-career counsellor if you need more info). This can help you plan actions with your e-career counsellor on how to get where you are looking to go and build your working future.

What study might you need to complete?

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Highschool

Certificates

Diploma

Bachelor Degree

PhD

What experience might you need?

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Voluntary

Work Experience

The skills I have developed in my past

Who do you know or who can you meet to help you?

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Friends

Family

Volunteering

Organisations

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

