

Build a Working Future

Session Five | Build a Working Future



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: _____

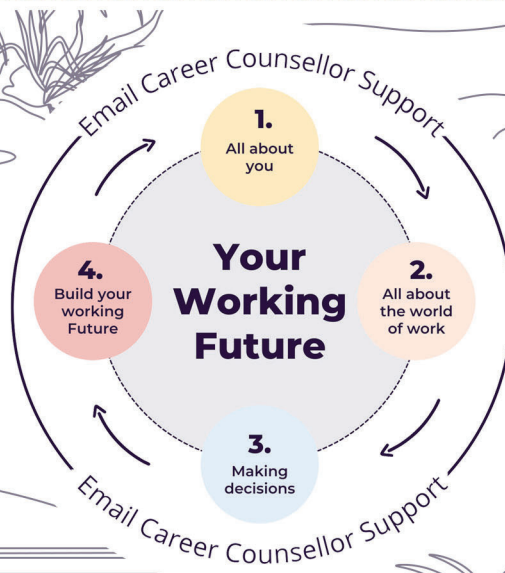

Acknowledgement

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.

Build a Working Future (Facilitator's Handbook and the five Session Booklets) by the University of Southern Queensland is licensed under a Creative Commons Attribution Non-commercial 4.0 International Licence, except where otherwise noted. All images contained within this guide retain their copyright or original Creative Commons Licences and can only be re-used under their respective licences.

Note that corporate logos and branding are specifically excluded from the Creative Commons Attribution-Non-commercial International 4.0 Licence of this work and may not be reproduced under any circumstances without the express written permission of the copyright holders.

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





My Career Readiness



Read through the following lists. Can you check off each item on the list? If not, it may be helpful to revisit that Section of the booklet series before making your plan.

1. Self Knowledge

I understand myself in the context of a career choice

- ☐ I have considered what is important to my family
- ☐ I have considered my cultural roles
- ☐ I have identified my strongest skills and abilities
- ☐ I can speak about my experiences and how they demonstrate my skills
- ☐ I have identified my personal values
- ☐ I have identified my interests
- ☐ I can describe my preferred work setting
- ☐ I have identified the type of lifestyle I want
- ☐ I have considered how my criminal record might impact my career choice

2. Knowledge of Careers

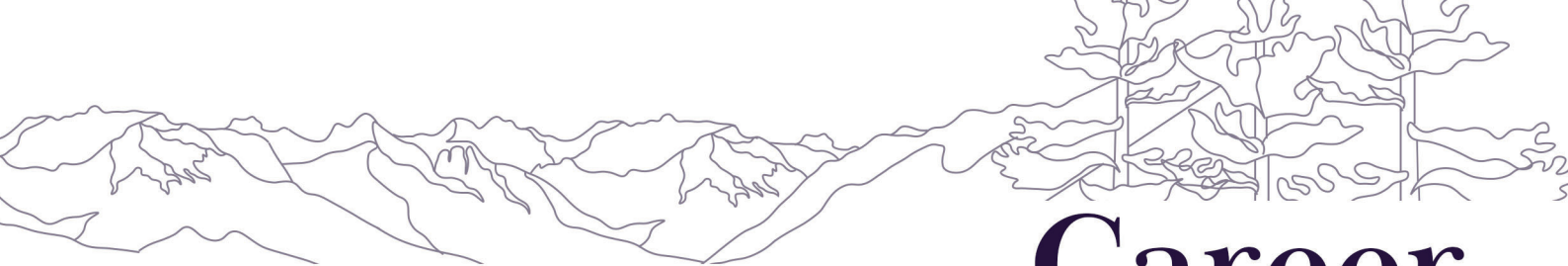
I understand my career options

- ☐ I understand the world of work is changing rapidly and new skills are required
- ☐ I have identified careers where I would be best suited
- ☐ I understand what skills I need to develop so I can work in these careers
- ☐ I have a plan for developing these skills

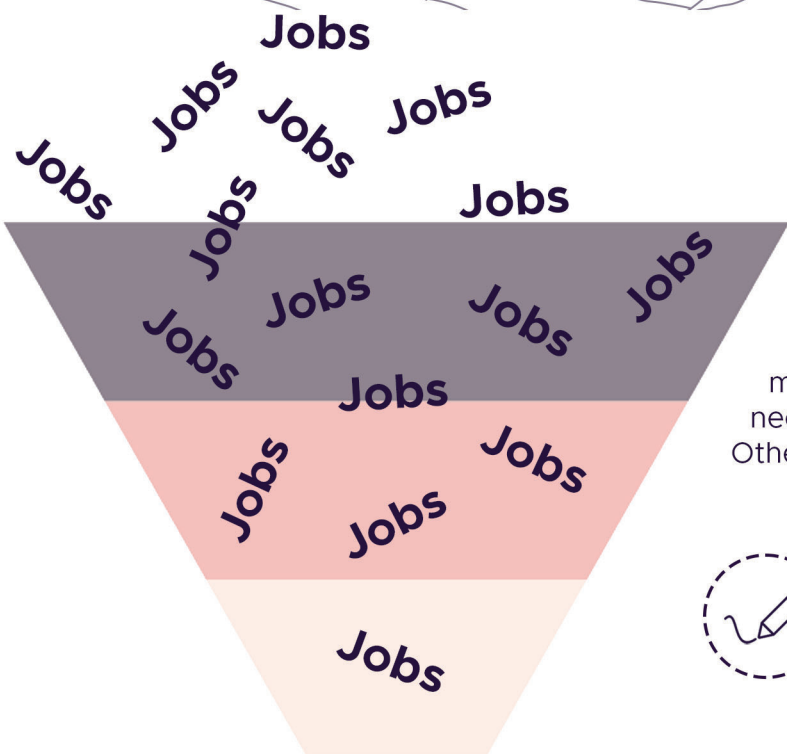
3. Knowledge of Pathways

I know what direction I am heading

- ☐ I understand how skills are developed through completing further education
- ☐ I understand that learning is like building a house, you first start with the foundations
- ☐ I know my education options



Career Filter



From the activities you've completed so far, you may have some career options in mind.

This filter can help you in your career decision making. If a job gets stuck in the filter, you might need to take some steps to push it through. Otherwise, consider if the job would really suit you.



In the boxes below write the careers that pass through this filter.

	Strengths	Your top skills, what you are good at, what you find easy.
	Values	What you value in others, what you value in yourself, what values you strive to demonstrate.
	Context	Your placement regarding family, finance, beliefs, age and stage, and geographical location.
	Interests	What do you like? What do you enjoy? What you would be interested in learning more about?

YOUR CAREER OPTIONS

A	B	C	D
?	?	?	?

Plan it Out: Big Picture

Now we bring together the puzzle pieces.

You have worked on:

- All about you,
- Understanding the world of work,
- Understanding ways to support your working future.

The next activity will look at the steps needed within this plan to make it happen.



Answer the questions below, if you are missing answers ask your e-career counsellor for more information.

The jobs I am most interested in are:

eg. Chef

1. _____

The skills and/ or education I will need are:

e.g. Year 10 English, Apprenticeship

1. _____

I can access this education through:

e.g. Prison Programs, TAFE, University

1. _____

This could take me _____ months/ years.

2. _____

2. _____

2. _____

This could take me _____ months/ years.

3. _____

3. _____

3. _____

This could take me _____ months/ years.



Plan it Out: The Little Picture

What can you do this week?

e.g. Plan the next month, attend prison education, talk to people that can help you, exercise for 30 minutes 3 times this week.

-

-

-

-

What can you do this month?

e.g. Register for education that helps step you towards careers or jobs you are interested in, contact people who help you feel safe, successfully manage your anger. Investigate roles in prison I might be able to do that could help me build skills and confidence.

-

-

-

-

What can you do by the end of this year?

e.g. Be studying towards a qualification that leads to future job opportunities. Have exercised regularly for 3 months. Be able to speak about yourself in a positive way to others.

-

-

-

-



Moving forward when things go wrong

Be the Banksia tree

The Banksia tree has existed since before the dinosaurs and this awesome tree can live in many different places. It bends in the wind, flowers and seeds after fires, and puts down deep roots to help it stay strong. This wonderful tree nourishes birds, supports ecosystems and reminds us that hardship can lead to new growth and gorgeous flowers.

This activity can help you be the Banksia tree.



Identify something that could go wrong in your plan. e.g. when you failed an assignment because you misunderstood the question. How would you deal with it?



Circle the strategies in the coloured boxes that you would use when things go wrong, and add one of your own.

Your Own

Missed out?
Write a list of blessings. Make a list often.

Accept that S*%t happens because it does

Remember, you cannot control everything, focus on what is in your power to change

Don't blame (it doesn't help), but find a solution and how it can work

Tomorrow is another day, as tough as it is now, there will be other opportunities

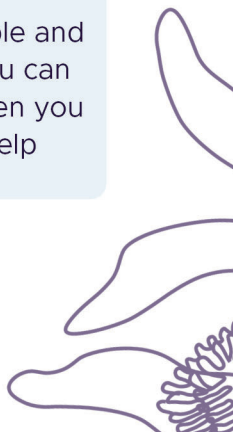
Have a plan of ways to deal when it gets really hard

On bad days think: what can I learn from this, next time what will I do differently? That way you have a good day or you learn something (which is also good)

Take a moment, breathe OUT all the way (that way you can breathe in again)

Be kind, and firm with yourself

Have people and places you can call on when you need help



Disclosing your criminal record

to a prospective employer (Volunteer or paid)

Opportunities come from relationships- and relationships are based on sharing. This activity is based around accountability and learning.

On your release you may choose to, or you may need to disclose your criminal record. You can practice here. Discussing your criminal history can be tough. Here are some words you can adapt to help explain your situation in a conversation with an employer. Practice makes perfect.

If you are at the beginning of your Sentence, then think about actions you can be doing now that will help you be in a better position on your release so you have a more positive story to tell a future employer.

During [Insert Year] time, I served a prison [Insert time] sentence. I learned important lessons from that experience:

Lesson One:

Lesson Two:

Lesson Three:

After that, I changed my life in a couple of ways:

Change One:

Change Two:

Adapt this statement for your own situation. This is a tough issue to talk about, so practice until you can say it confidently.

The world of work view



It's time for you to imagine again. Here are some questions to help you imagine a realistic future for yourself post release. You have done a lot of thinking about your future, your career and the many different roles that you have in life. What will this look like in the future?

How old will you be when you exit prison (think positive)?

What year will it be?

Draw or write what outfit you will wear as soon as you get the chance:

Where would you likely be or like to be living when you leave?

Who will you be staying with?

What industries or places of work are near the place where you will likely live (if you do not know, write this so the e-career counsellor can research this for you)?



**Who or what organisations can help you find work after your release?
(if you're unsure of organisations that could help you find work after your
release, write this so the e-career counsellor can research this for you)?**

What do you most want to do on your release date?

One month post your release, what would a good day look like?

One year past your release date, what would a good day look like?

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

