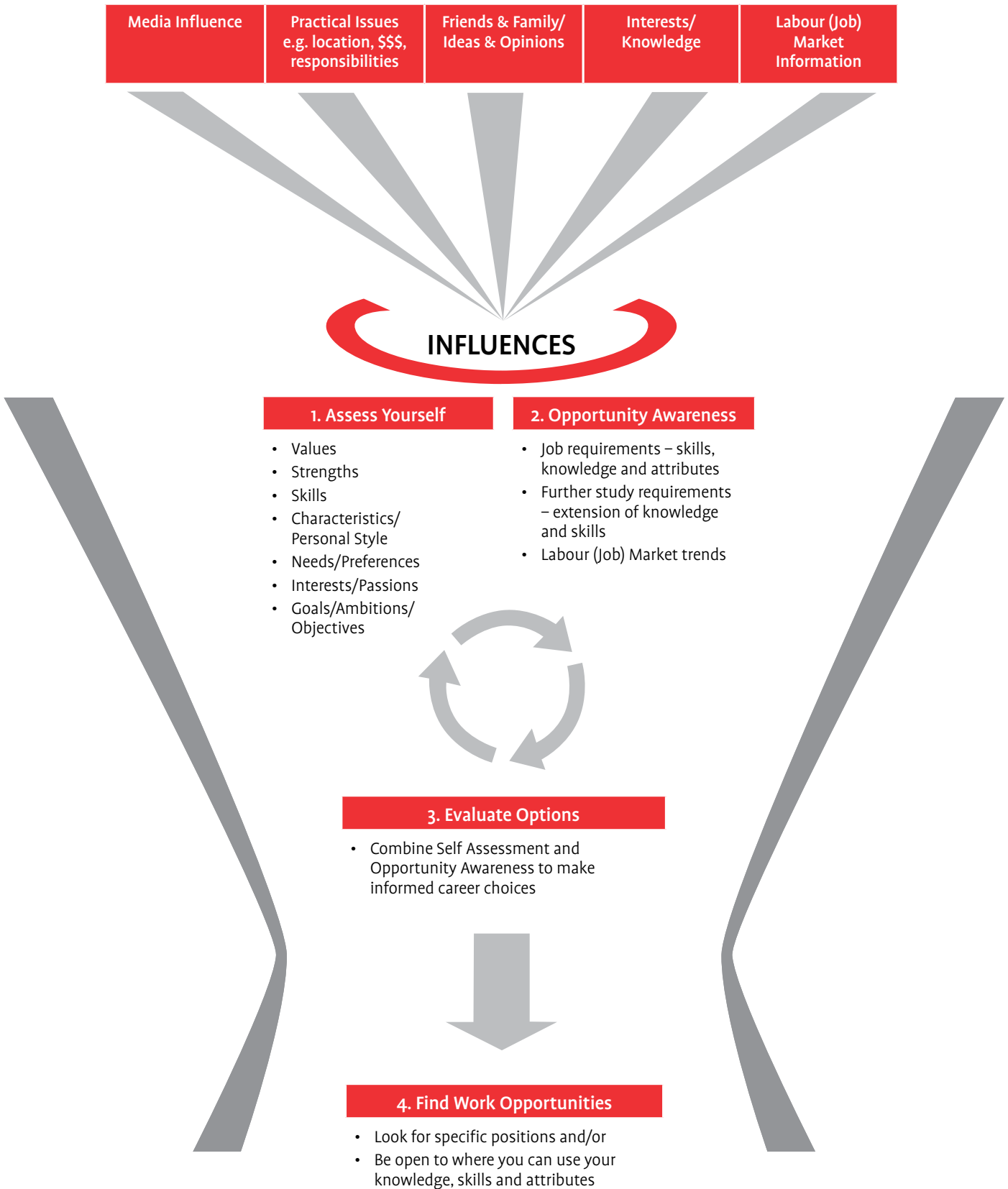


# A Career decision making model



# Resources to help with the career decision making process

As a university graduate, you will have a range of career choices. Through academic study you will have developed valuable knowledge and skills, including the ability to think and communicate effectively and a proven ability to learn.

Take the time to work out what your career choices are and what you really want to do, as making an informed decision will contribute to a successful and satisfying career path.

Career choice is an active process and should be a rewarding experience in its own right. Exploring the possibilities involves analysing yourself – what you want and what you have to offer – and finding out about different jobs in the labour market. The Career Decision Making Model provides a framework to help you discover your options.

The resource suggestions listed below can help you with this process.

## 1. Assess Yourself

- Interactive tools such as self-assessments are available online. See resources and tools at [www.canterbury.ac.nz/careers](http://www.canterbury.ac.nz/careers)
- Borrow a career planning book from UC Careers resource area or use available career card sorts.
- Book an appointment with a qualified career consultant via [www.canterbury.ac.nz/careers](http://www.canterbury.ac.nz/careers)

## 2. Opportunity Awareness

- Explore what you can do with your degree at [www.canterbury.ac.nz/careers](http://www.canterbury.ac.nz/careers)
- Develop effective job hunting strategies to learn more about opportunities (see page 8).
- Log on at [www.careerhub.canterbury.ac.nz](http://www.careerhub.canterbury.ac.nz) to learn more about student and graduate recruitment, and immediate job vacancies.
- Attend Employer Recruitment Presentations on campus, as advertised via Events at [www.canterbury.ac.nz/careers](http://www.canterbury.ac.nz/careers)
- Talk with people who work in jobs you would like to do. (See 'Informational Interviews' on page 11).
- Refer to New Zealand and International based career planning and job search websites including:
  - [www.canterbury.ac.nz/careers](http://www.canterbury.ac.nz/careers)
  - [www.careers.govt.nz](http://www.careers.govt.nz)
  - [www.prospects.ac.uk](http://www.prospects.ac.uk)
  - See Graduate Destination Survey [www.canterbury.ac.nz/careers/students/graduate-destination-survey/](http://www.canterbury.ac.nz/careers/students/graduate-destination-survey/)
  - [www.nagcas.org.au/resources/graduate-careers-australia](http://www.nagcas.org.au/resources/graduate-careers-australia)
  - <https://online.goinglobal.com/>

## 3. Evaluate Options

Some possible ways to evaluate your options in relation to what you know about yourself and your opportunities:

- Identify the pros and cons of each career choice.
- Complete S.W.O.T. (strengths, weaknesses, opportunities, threats) analysis exploring each option.
- Notice your 'gut feeling' and tap into your intuition to guide your decision.
- Think about what decision making strategies you have used successfully in the past to make important decisions and try to apply those strategies now.
- Visualise yourself having made the decision. Imagine yourself in the type of jobs you might like to do. Notice how this makes you think and feel.
- Talk with people you trust to help you make the decision e.g. parents, siblings, lecturers, career consultants, friends etc.

## 4. Find Work Opportunities

- Browse job websites and notice any skill shortages, demands or gaps.
- Identify an area you could contribute to, or niche in.
- Scope the news for employers /organisations.
- Talk to industry professionals for advice (see page 11).

## Co-curricular Record (CCR)

Develop your work-readiness skills by participating in the Co-curricular Record (CCR). The CCR prepares you with the skills employers seek from graduates and provides a record of your involvement in pre-approved activities outside of your academic study. By participating in the CCR you'll not only improve your chances when looking for job opportunities, scholarships and study abroad experiences, but you'll also have fun while developing your skills in teamwork, leadership, communication, problem solving, etc. Every 12 quality hours of active participation in an activity can be claimed. The CCR is a great way to show employers how you have gone beyond study and engaged with UC and the wider community.

**Career Activator** is a CCR activity option that focuses on increasing your employability and career management skills. The programme offers one-on-one appointments, seminars and online modules to suit individual needs. Participants are also encouraged to seek work experience.

Full details on CCR, available activities, how to register, and how to apply and claim recognition for activities are found on CCR webpages:

[www.canterbury.ac.nz/ccr](http://www.canterbury.ac.nz/ccr)