

Activity 1: The Hi 5

Name: _____

Date: _____

These concepts were developed by Human Resources Development Canada and are used in many career materials. They are a succinct way to emphasize some of the key components of career development.

A. Focus on the Journey

Life is not a destination. It is an exciting voyage that involves many decisions, many different possible directions to take, and many goals that you many want to reach.

B. Follow Your Heart

Let your dreams shape you goals. Aim for and work at what you really love to do.

C. Access Your Allies! Be an Ally

Your friends, family, employers, teachers and others can be helpers as you work to achieve your goals. You can do your part by helping others.

D. Change is Constant

You change and the world around you changes, so you need to be adaptable. Look for opportunities and make the best of them instead of fighting them.

E. Learning is Ongoing

The end of your school years doesn't mean the end of your education. Because everything keeps changing, you need to keep learning. Opportunities for learning are all around you.

Questions

1. How has your education so far shaped your career?

2. What are some changes in society that you have encountered since kindergarten? (think of changes in technology, social, etc.)

3. From question 2, how could these changes shape your future destination?

4. What steps / actions have you taken so far for your future career?

Activity 2: Finding Career Profiles that Interest You

Name: _____

Date: _____

How do people end up in their chosen career? Why is it that some people end up trying many different things before they find a career they're happy with, while other people just seem to "fall into" a career? Although being in the right place at the right time helps, finding a career is not about luck – it's about planning, and seeing opportunities. Taking the time to figure out your skills and interests and explore different opportunities can help you to focus on where you might like to be five, ten, even twenty years down the road.

There is a world of careers open to you – many that you haven't even considered yet!

1. Make a list of the careers that you can see yourself in. beside each one, list the reasons why you think each one is a good "fit" for you and why.

Career	Reasons	Why?
1.		
2.		
3.		
4.		
5.		