



A CAREER is a lifelong process of managing learning, work, leisure and transitions.

Moving towards a personally determined and evolving future.

YOUR Career...

It takes effort, but it will be worth it!

Look at some of the important elements of building your career. Which aspects have you *been* doing or are working on now?

Your career develops over time, and the more you invest into it, the stronger your growth will be - the effort you put in will be worth it.

Which topics do you still need to work on or learn more about?

The career cycle repeats MANY times during your life...

WHERE ARE YOU NOW in your career development cycle?
What else do you need to be doing to get you to the next stage?

There is a **HUGE** amount of information available online to help you on your career development journey. The following pages contains links to some of this information that can help you on your way.

DON'T FORGET - you can always book a meeting with your school's **Guidance Officer** to get some extra ideas or help if you are confused.





Career Quiz



How to Write a Resume



Top 10 Interpersonal Skills



5 Ways To Nail Your Next Job Interview

Online Career Tools...

Do the research, reap the rewards

1. **Explore career options that will be a good fit for you.**
Use the Career Quiz's linked on this page to find out about your unique skills and interests - use these to sell yourself on your resume.
2. **Research to see how strong your career will be in the future.**
Use Job Outlook to find out about the strength of careers.
3. **Make a plan of how you will get there, like where to study.**
Use myfuture and other career websites to find details of courses available and where to study and how to begin various careers.
4. **Put the plan into action** - Get active and do something about it!

Burnett State College



Get help finding job options, university courses and



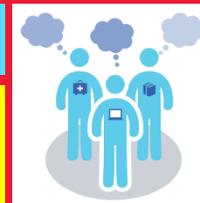
Take our Personality Test and get a "freakishly accurate" description of who you are and why you do things the way you do.

New Work Order



7 Clusters Career Quiz

Report Worth Reading



Beware: Educational Institutions often provide career quizzes that **ONLY** suggest courses that they offer.

Remember: ALL career assessments are somewhat subjective, so your result on one day might be different that your result on another day. Use them as a guide & don't base your whole life plan around them!



Does your career have a strong future?



Explore careers in demand where you live

CAREER QUIZ!



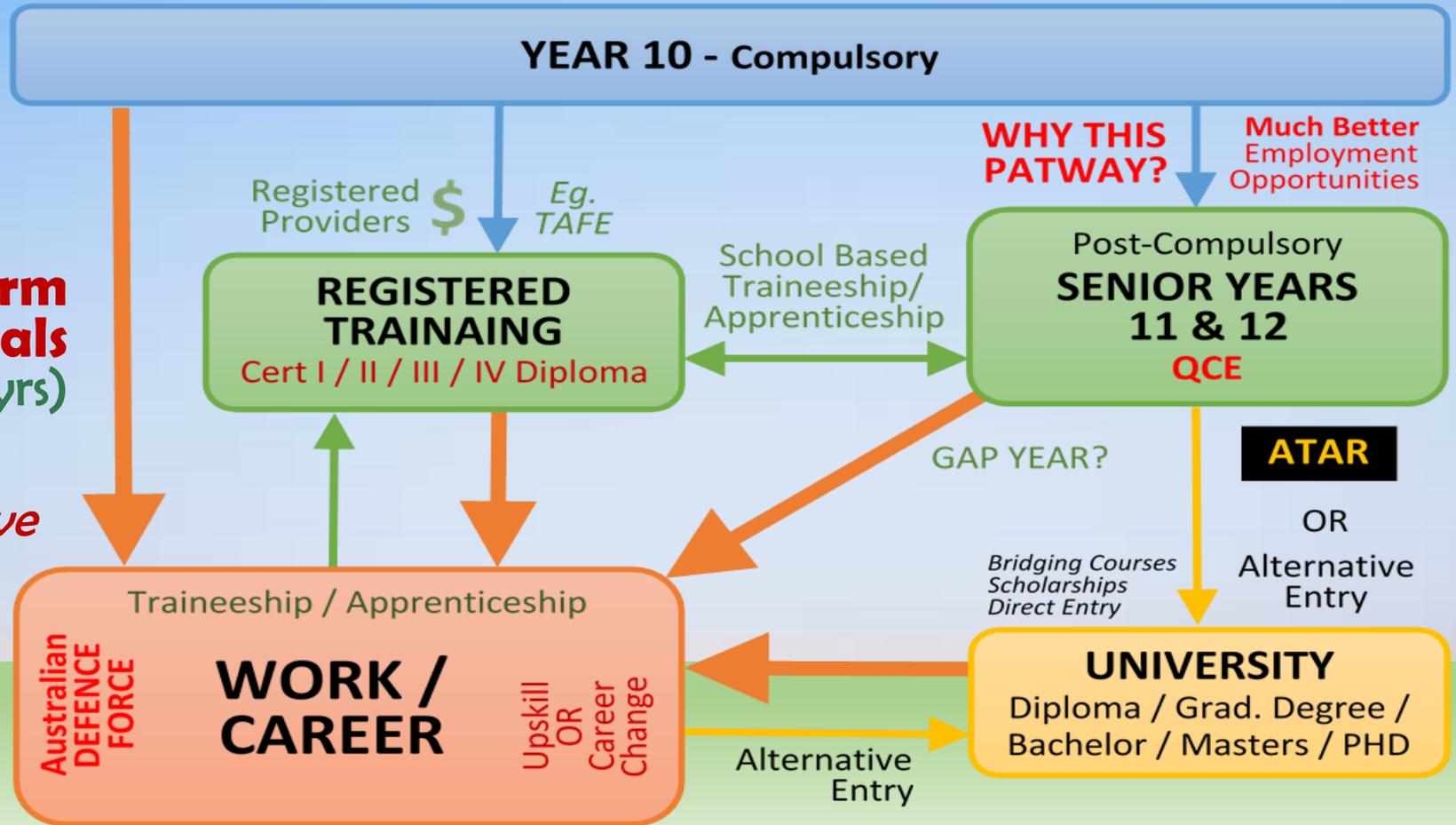
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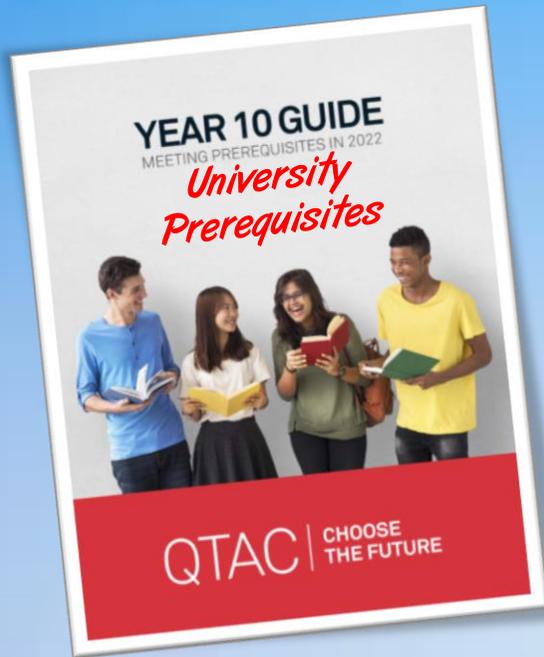
Check out their career vids:

WATCH ON YouTube

Typical Career Pathways



Know and work to your unique strengths



QTAC Guides

[Click the books to view these documents](#)

These guides support students in selecting subjects that will lead to university courses.

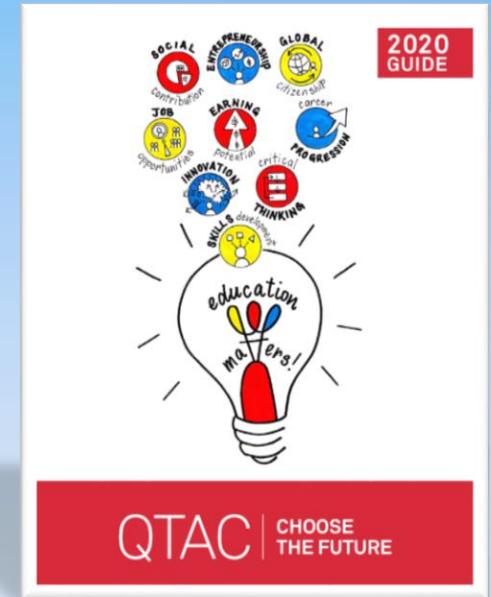
Talk to your Guidance Officer about completing a [personal CAREER PLAN](#)

My Career Plan:

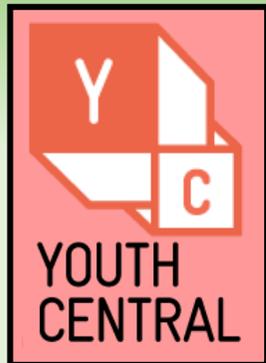
Complete as much as possible of the following table to show your best options for your career direction

JOB NAME	Skills needed	Pathway / Institution & Course	Course Entry Requirements	Senior Subjects
PLAN A:	•	1. 2. 3.		•
PLAN B:	•	1. 2. 3.		•
PLAN C:	•	1. 2. 3.		•

Complete
Year 12
Guide to
Tertiary
Study



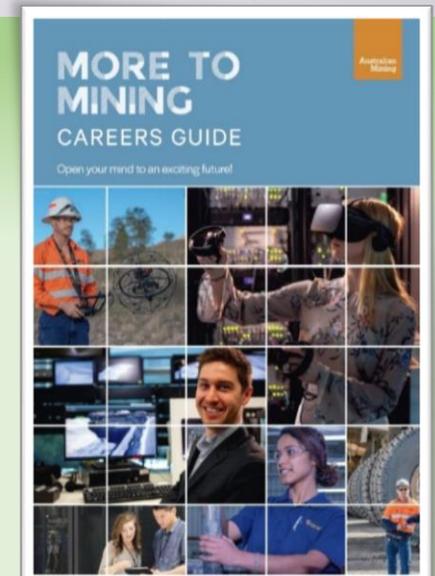
Career Guides

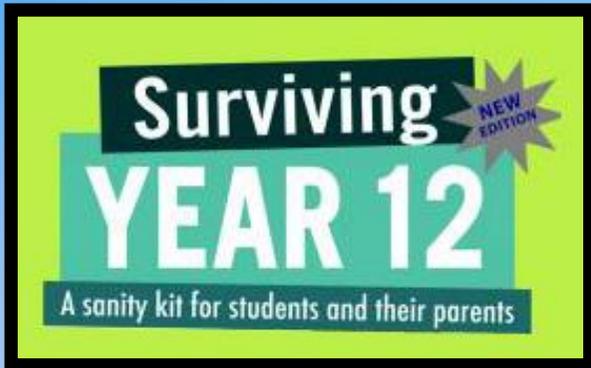


These are just a few. There are many more online Google research your career ideas!



RESERVES AND GAP YEAR ENTRY for ADF





COPING WITH STRESS



1. Support Systems.
2. Relaxation.
3. Exercise.
4. Positive Mental Attitude.
5. Keeping Balance.

David P.

Start University during High School

".....While I'm in school
I can actually start studying now
 which saves me time
 and I can have a
better flow into university when I graduate."
 - Adam, SUN Student

- [Central Queensland University Start Uni Now \(SUN\)](#)
- [Queensland University of Technology Start OUT](#)
- [University of Southern Queensland Head Start](#)
- [University of the Sunshine Coast Headstart](#)



Join our 6 Week Challenge to BITE BACK!

Challenge Ahead



Real stories Mental Fitness Power Up Snap That Thank Tank

Reduce stress.
Improve focus.
Expand Potential.



Student Wellbeing Hub



Head to Health

Do you need mental health info or support?



Worried Lonely Anxious Depressed Angry Support Unsure Info

BITE BACK program

BITE BACK is the very first online positive psychology program designed to improve the overall wellbeing of young Australians between 13 and 16 years old.