



# 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.

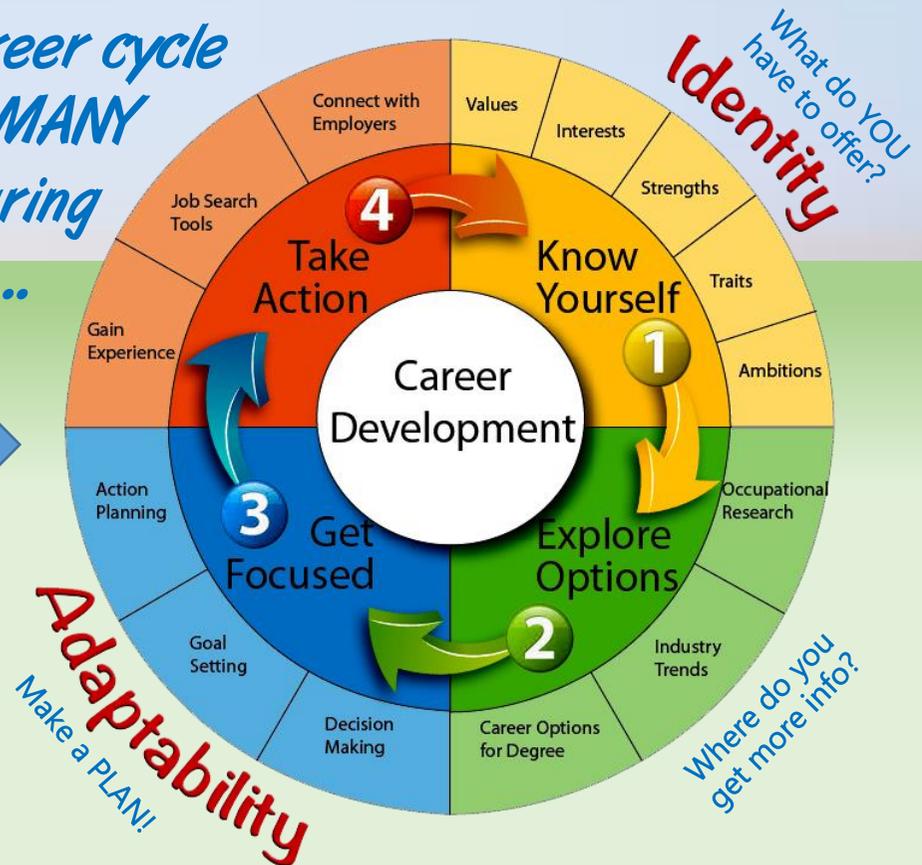
Which topics do you still need to work on or learn more about?

*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



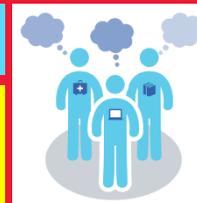
Take our Personality Test and get a "freakishly accurate" description of who you are and why you do things the way you do.

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!**



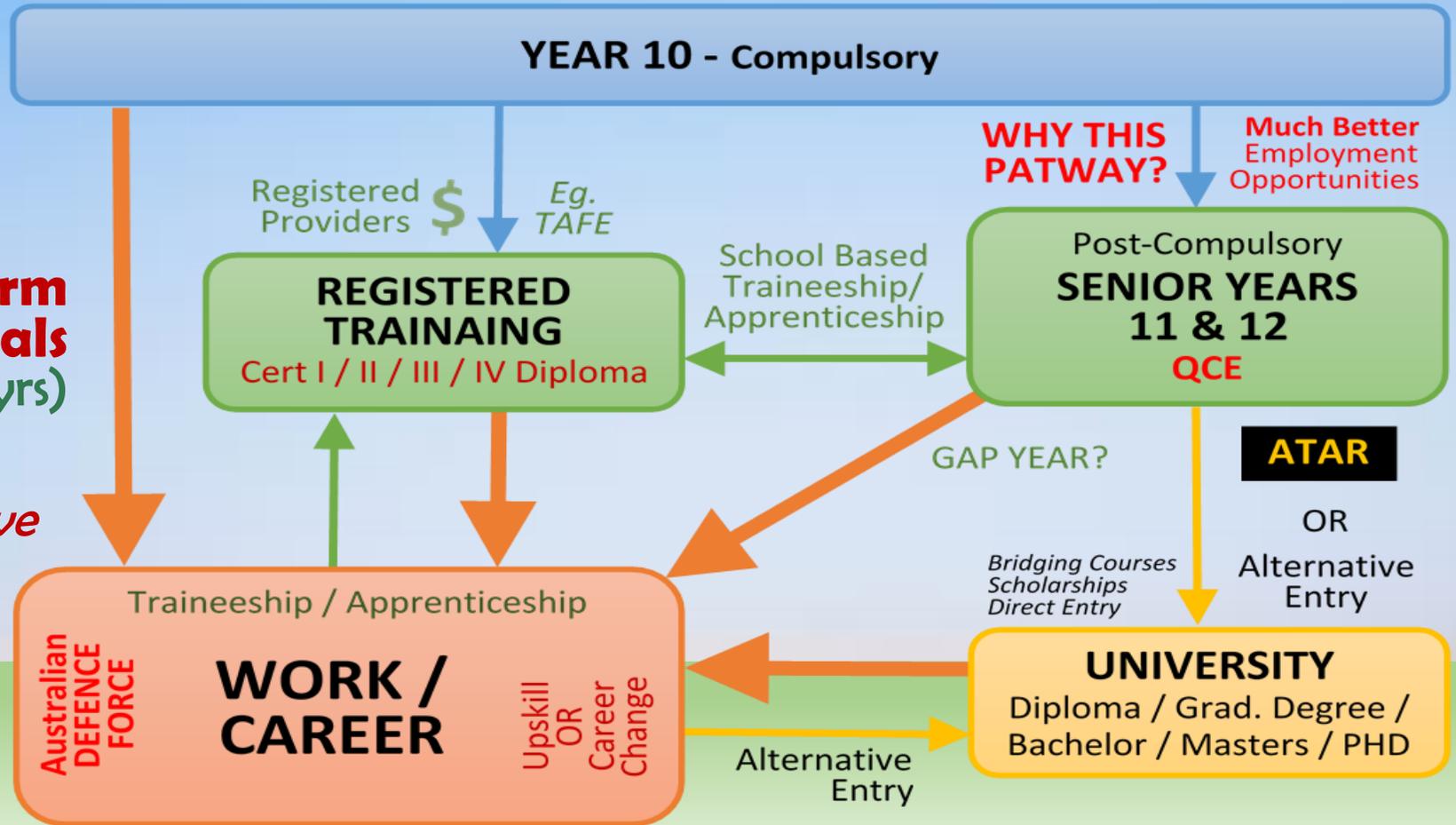
AUSTRALIA



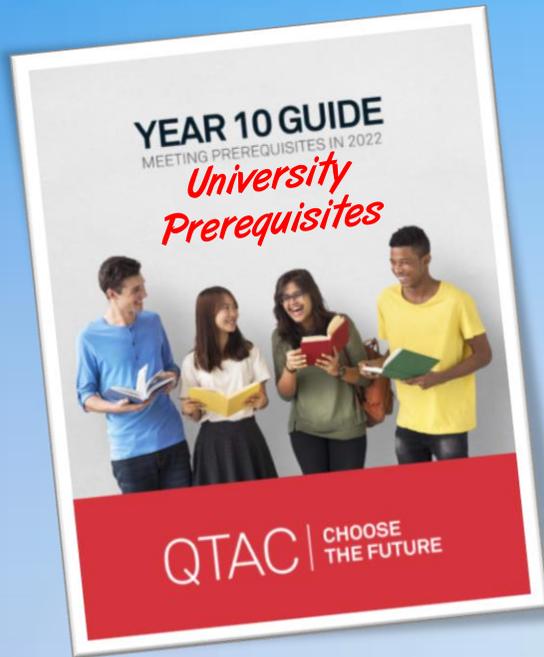
Check out their career vids:

**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.

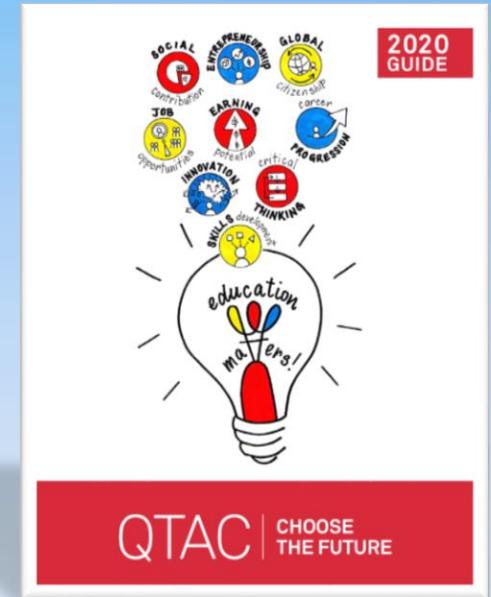
Talk to your Guidance Officer about completing a [personal CAREER PLAN](#)

**My Career Plan:** .....

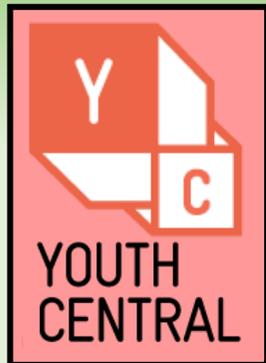
Complete as much as possible of the following table to show your best options for your career direction

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



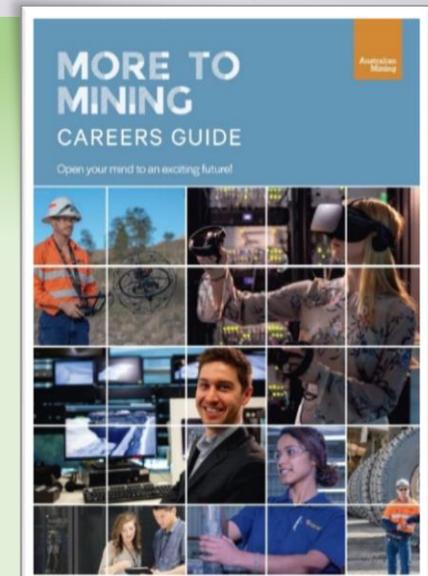
## Career Guides

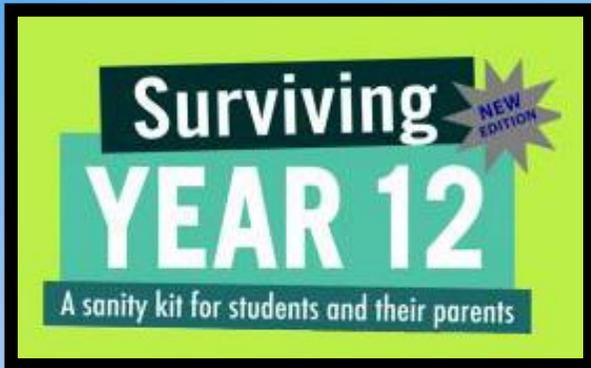


These are just a few. There are many more online Google research your career ideas!



**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.