

Choosing a direction: Understanding ourselves

30 JANUARY 2015

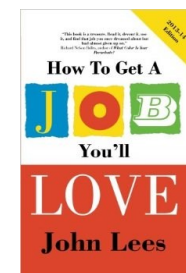


Plan for 2015

Alternate Choosing a direction with Job hunting

- Choosing a direction: Career Hot Buttons
- Job Hunting: Finding Opportunities in Cambridge
- Choosing a direction: Understanding Ourselves
- Job Hunting: Planning and process
- Choosing a direction: Fields of work
- Job Hunting: Speculative Applications

Choosing a Direction based on John Lees “How to get a job you will love”



Choosing A Direction – The Process



Exploring

Looking for ways to open up our thinking

- Linear thinking – Logical approach, great for planning and sequential tasks
- Move away from “I just want a job”
- Avoid the defeatist “Yes, but....” attitude
- Aiming to expand the scope options

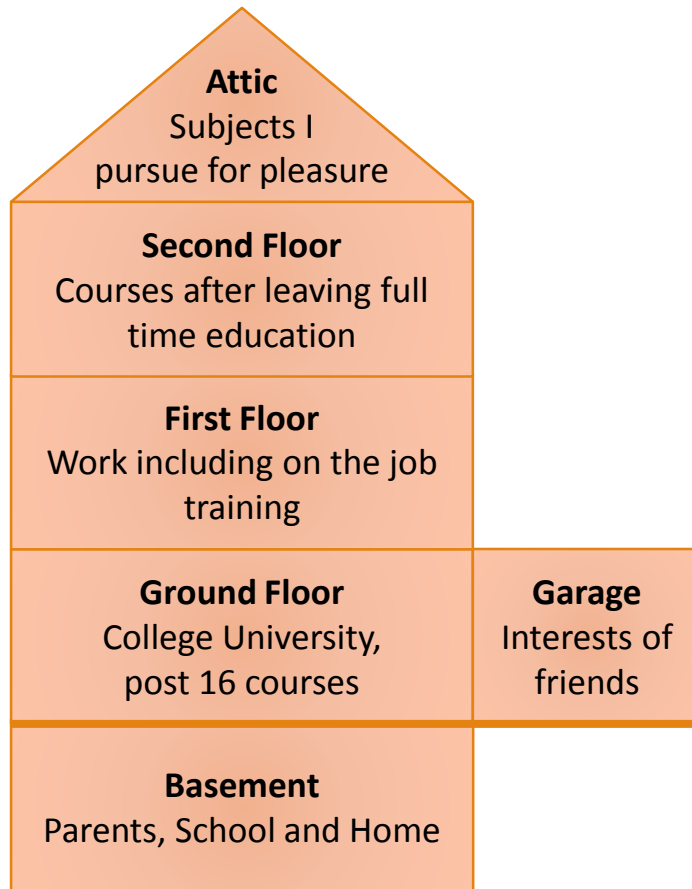
Involve exercises we do ourselves

- Not designed to produce an answer they should provoke thinking
- These require thought and effort
- May need to revisit them as our thinking evolves

We are all different

- There are no right answers!

House of Knowledge



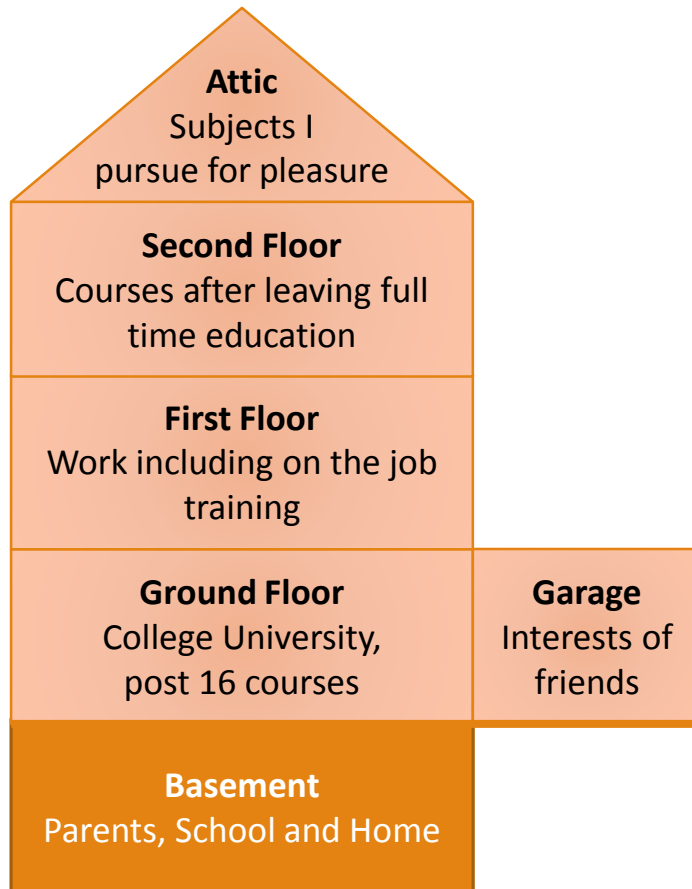
Helps you to think more widely about what you know

- Not just academic qualifications
- Knowledge from all stages in your life/career
- Remember what you were interested in

Discover what you are passionate about

- What you actively pursue

House of Knowledge: Basement

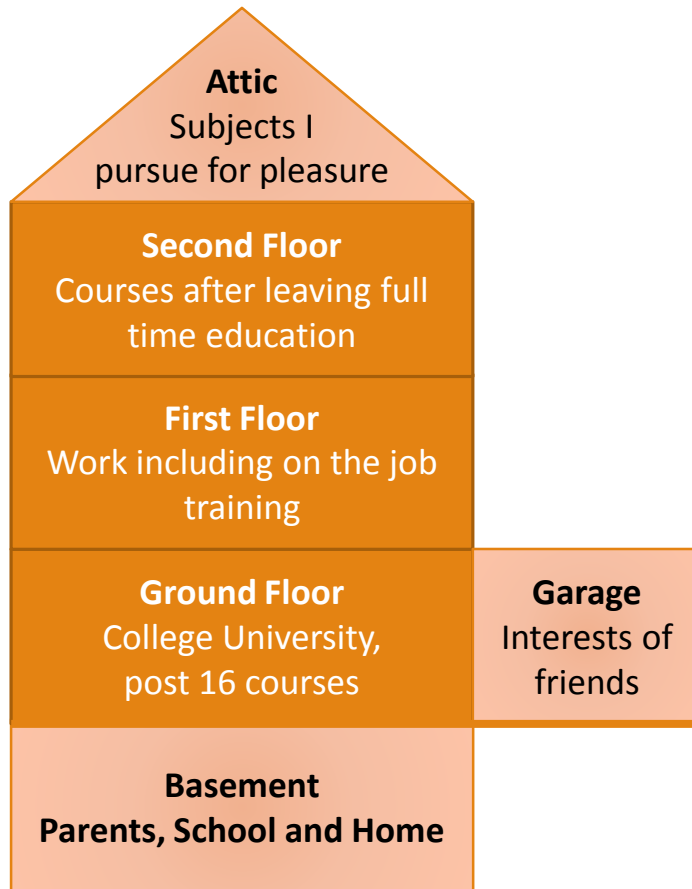


Your foundations

Think about

- What you learned from your parents
- Favourite subject at school
- Projects or activities outside the classroom
- First thing you wanted to read when you put down the textbooks, what was it about
- What subjects did you follow-up outside school

House of Knowledge: Ground 1st and 2nd floors

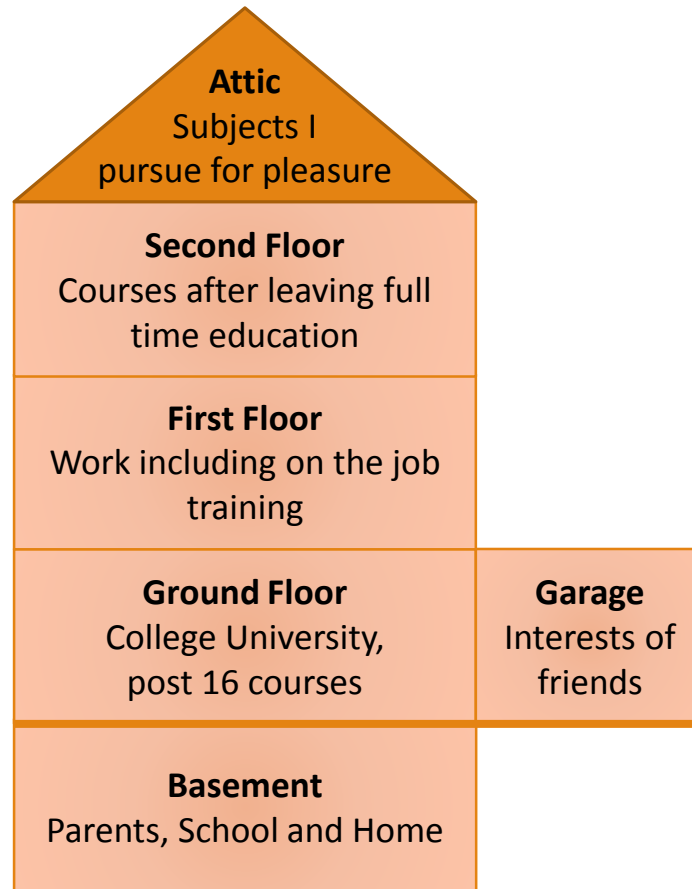


Start with the basic information in your CV

Think about

- Training courses that you got the most out of
 - What were they about
 - What did you learn
- What subjects led to turning points in your life
- What job or course have you enjoyed the most
- What subjects have you enjoyed training others in

House of Knowledge: Attic

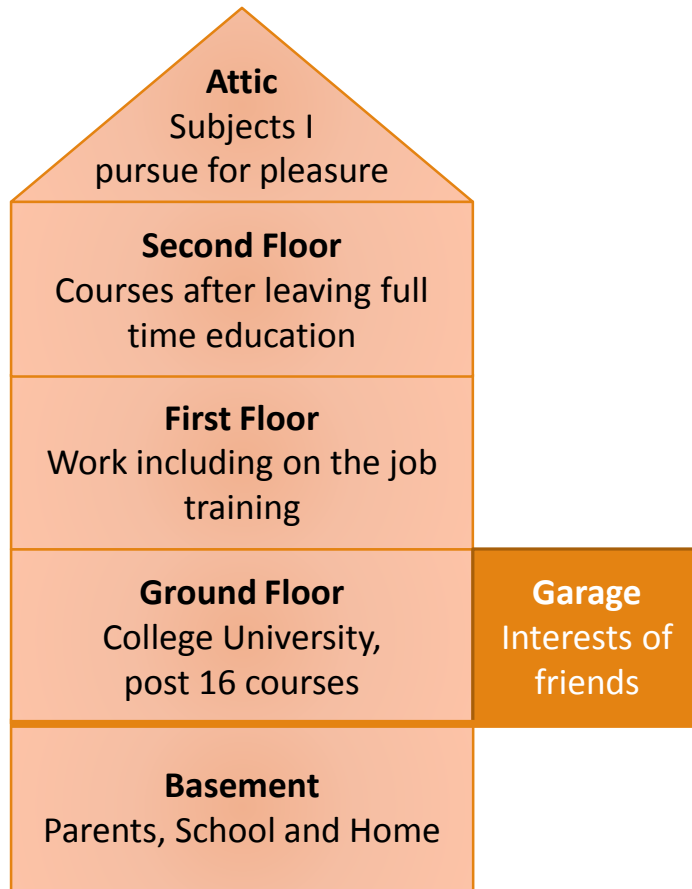


Areas of personal interest that have no relevance to work

Think about

- Which bit of the Sunday paper do you turn to first, which second?
- When do you find yourself talking, reading or thinking about a subject that others have to shut you up?
- When are you so engrossed that time passes without you noticing?
- When have you enjoyed learning about someone else's hobby?
- What pages have you bookmarked?
- If you were locked in a bookshop overnight where would you go to camp out?
- If you could study any subject what would it be?

House of Knowledge: Garage

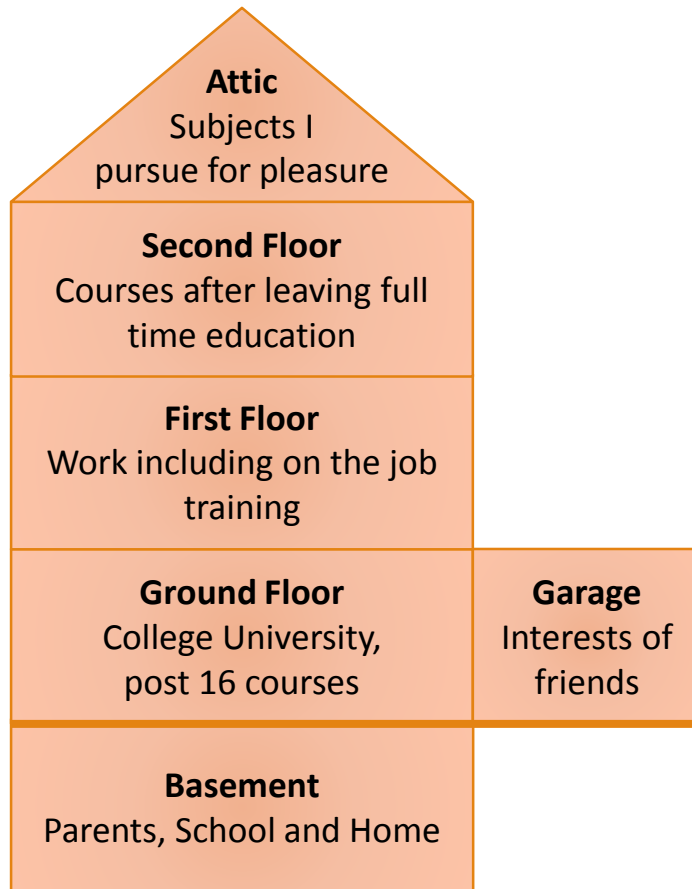


Interest that close friends have that you can share

Think about

- When have you helped out a friend with something they are interested in?
- What do I enjoy joining-in with?

House of Knowledge



Discover what subjects you are **really** interested in

What from the past do you undervalue

What subjects give you energy and enthusiasm