## **Education and career plan**

Units to refer to:

* Strategies for success
* Building my future

Weighting: 10%

**Self-Knowledge**

Refer to **Appendix E: Self-knowledge Activity Identifying your values, interests and skills** in your UFSS1504/1522 Module guide to answer the following questions:

1.1 List your top 3 study or career fields that you are interested in from the list in Appendix E?

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| Delete this grey text and write your answer(s) here. |

1.2 Why did you choose each of these 3 fields you mentioned in 1.1.

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| Delete this grey text and write your answer(s) here. |

1.3 What are your strengths (i.e. what are the things you are good at) and how do these relate to the 3 identified fields?

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| Delete this grey text and write your answer(s) here. |

1.4 How do your current studies relate to the top 3 study or career fields that you identified from the list in Appendix E?

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| Delete this grey text and write your answer(s) here. |

1.5 As you learned in UFSS, your values can influence career decisions. What are the top 3 most important work values for you from the list in Appendix E?

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| Delete this grey text and write your answer(s) here. |

**Note:** If you are unsure of whether your degree aligns with your interests, skills and values, make an appointment with a Central Academic Advisor at CTL via [advising@ufs.ac.za](mailto:advising@ufs.ac.za) (BFN) or [advisingqq@ufs.ac.za](mailto:advisingqq@ufs.ac.za) (QQ).

**Occupation Knowledge**

In UFSS, you learned that occupational knowledge is also important for effective career choices. Visit the NCAP website to **explore possible career options linked to your interests** before answering the questions below. Refer to **Appendix F** for how to access the NCAP website.

2.1 List 3-5 occupations of interest that you identified and indicate why you would consider these.

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| Delete this grey text and write your answer(s) here. |

2.2 Which occupations of interest can you pursue with your majors?

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| Delete this grey text and write your answer(s) here. |

2.3 Consider how your identified occupations address your values. What do you consider as your most suited occupation and why?

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| Delete this grey text and write your answer(s) here. |

Once you have an idea of your most suited occupation, it is important that you look into the various job opportunities and what knowledge, skills, experience, and training are needed for these jobs.

If you need help with your choices and how they align to your studies, reach out to your central advisors at [advising@ufs.ac.za](mailto:advising@ufs.ac.za) (BFN) or [advisingqq@ufs.ac.za](mailto:advisingqq@ufs.ac.za) (QQ).

**Goal setting: Bringing it back to academics**

Once you know your career choice/occupation(s) of interest, it follows that your academic goals align to that long-term career goal. For example, to become a psychologist, you need to do well in Psychology specifically. You also will need to develop additional skills and so on. For help in identifying those, contact your central advisor ([advising@ufs.ac.za](mailto:advising@ufs.ac.za)) or sign up for the Career Development Programme (email [career@ufs.ac.za](mailto:career@ufs.ac.za))

3.1 Looking at the SWOT analysis you made in the UFSS module guide, write down a specific academic goal that can maximise your strengths and opportunities.

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| Delete this grey text and write your answer(s) here. |

3.2 Aligned to this academic goal, complete the table below for this semester’s modules.

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| --- | --- | --- |
| **Module** | **Goal (mark you want to achieve)** | **Mark (actual mark you achieved)** |
|  |  | **You can populate this section as the semester progresses.** |
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3.3 What might make it difficult for you to achieve your academic goals set out above? In essence, what obstacles can you expect?

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| Delete this grey text and write your answer(s) here. |

3.4 How will you overcome the above-mentioned obstacles or challenges to ensure you reach your goal(s)?

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| Delete this grey text and write your answer(s) here. |

3.5 What support is available to help you achieve your academic goals?

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| Delete this grey text and write your answer(s) here. |

If you need further assistance, don't hesitate to get in touch with your central advisors at [advising@ufs.ac.za](mailto:advising@ufs.ac.za) (BFN) or [advisingqq@ufs.ac.za](mailto:advisingqq@ufs.ac.za) (QQ).