

Part I

Careers in a complex world

The Careers Express Model

Sometimes, it can be too daunting to contemplate your whole career in one go. In fact, it's also probably impossible, because there are just too many variables! Therefore, the Careers Express Model (Rook) focuses solely on choosing a role and getting your foot in the door. It represents the steps as stations on a train line. Station one is the starting point where you have no idea as to what to do, and Careers Central, at the other end, is where you have successfully found your first professional role and are looking to advance. You may want to start from the beginning or anywhere down the line, depending on how much career planning you've already undertaken.

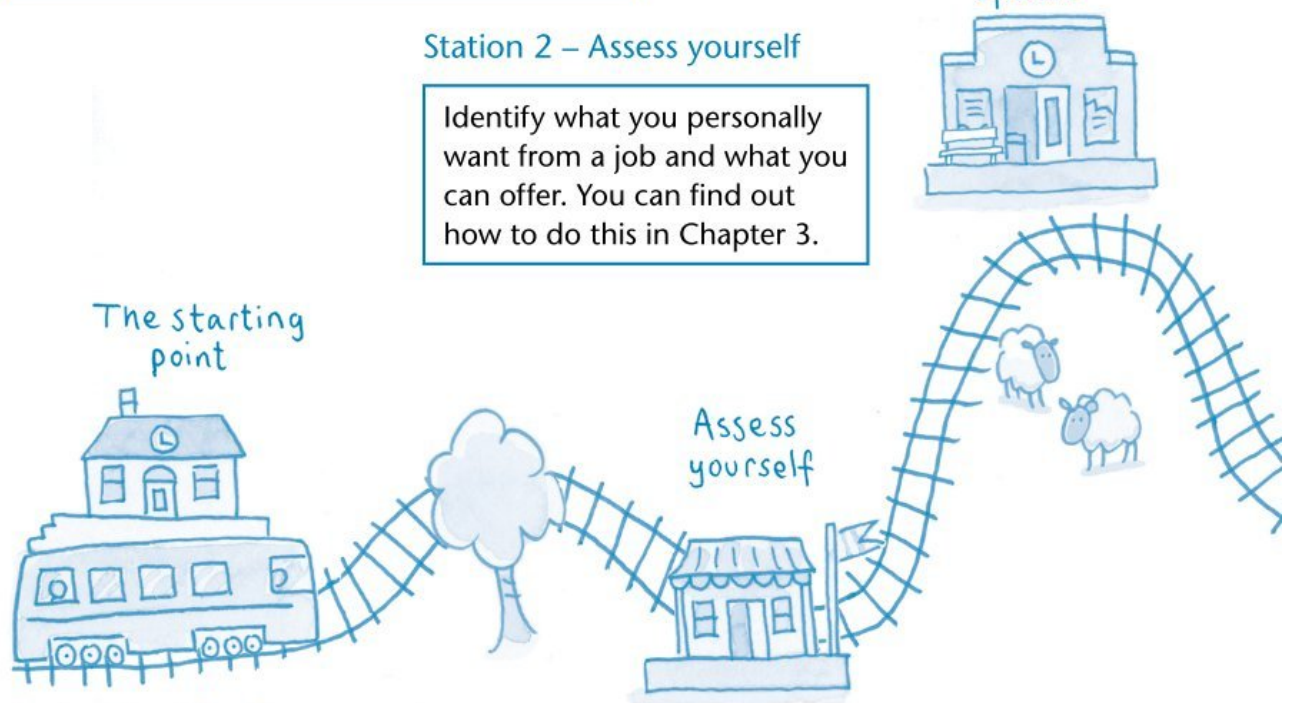
Station 1 – The starting point

At this point, get ready by making sure you have an open mind, a positive mind-set, time, energy and access to support (you may want to see a Careers Adviser).

Station 2 – Assess yourself

Identify what you personally want from a job and what you can offer. You can find out how to do this in Chapter 3.

Identify your options

**Station 3 – Identify your options**

Now you have an idea about what you want from a job, research a wide range of occupations that look interesting. At this stage, there's no need to explore roles in detail or search for vacancies, just list your possible choices and stop there. Be ambitious – these should be the life-fulfilling roles you hope to achieve one day, not what you want to do next year. This is covered in Chapter 4.

Station 5 – Plan your route

Work out the specific steps you need to take to enter your chosen role. These could involve a vast array of activities including volunteering, internships and further qualifications. Don't just automatically choose the most obvious path; identify a route that best suits your unique personal situation and establish small, manageable steps. For example, an internship may be your fourth move, not the first, after networking, a part-time casual role and volunteering. These steps are addressed in Chapters 9–11.

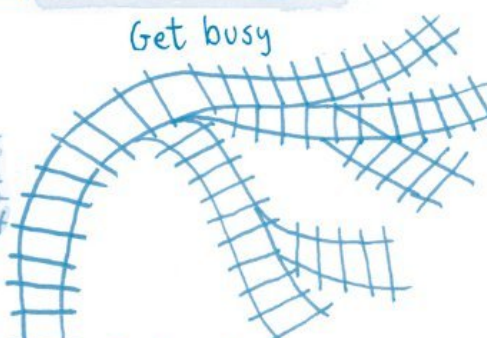
Careers Central



Plan your route



Get busy



Station 6 – Target your first step

Now you can finally focus on taking the first new step in your career journey. This could involve meeting people who can help (networking), looking for a volunteer role, taking a postgraduate course, applying for an internship or, if you're ready, going for a graduate level role. See Part IV.

Narrow down one or two fulfilling roles



Target your first step



Station 4 – Narrow down one or two fulfilling roles/sectors

Systematically match your list of potential roles (as identified at Station 2) to your skills, interests and motivations (from Station 3) in order to narrow down one or two exciting roles/sectors. Don't panic about tying yourself down as there will be ample opportunities to change your mind later on. You can find out how to do this in Chapter 5.

Careers Central – Get your foot in the door

Once you've got your foot in the door, you're at Careers Central, and can go anywhere you want. You can carry on to your original destination or take a completely fresh track to somewhere new. The world is your oyster, as your skills will be transferable into a wide range of roles.