

Session V: Career Exploration

# Career Development & Career Skills

# LEARNING OBJECTIVES

**By the end of this section, you will be able to:**

- ❖ Describe the stages of career development, and identify the stage you're currently in
- ❖ Identify career development resources in your school, community, and beyond

Desire! That's the one secret  
of every man's career

Johnny Carson, entertainer





# What is Career Development?

- ❖ It's a lifelong process in which we become aware of, interested in, knowledgeable about, and skilled in a career.
- ❖ It's a key part of human development as our identity forms and our life unfolds.

# Stages of Career Development



The diagram illustrates the five stages of career development as a horizontal sequence of five boxes. Each box consists of a dark blue rounded rectangle with a lighter blue rounded rectangle inside it, containing the stage name. The boxes are arranged from left to right: GROWING, EXPLORING, ESTABLISHING, MAINTAINING, and REINVENTING. Decorative geometric shapes are present in the corners: a yellow triangle in the top right and a blue triangle in the bottom left.

GROWING

EXPLORING

ESTABLISHING

MAINTAINING

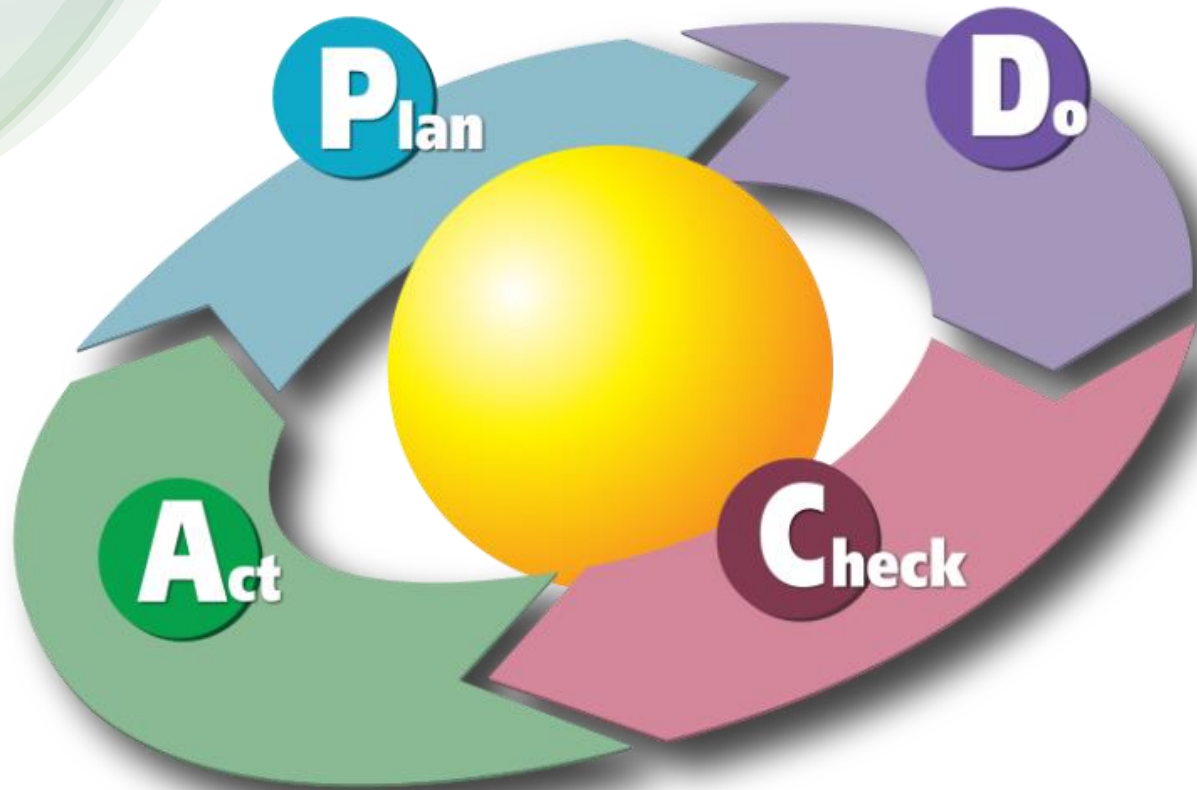
REINVENTING



# Career Roadmap

The road map identifies the following four cyclical steps:

1. Know yourself
2. Explore and choose options
3. Gain knowledge and experience
4. Put it all together: the job search process



Plan, Do, Check, Act

# PDCA (plan–do–check–act)

- **PLAN:** What are your goals and objectives? What process will you use to get to your targets?  
You might want to plan smaller to begin with and test out possible effects.
- **DO:** Implement your plan. Sell your product—which is YOU and your skills, talents, energy, and enthusiasm.
- **CHECK:** Look at your results so far. Are you happy with your job or wherever you are in the career-development process? How is your actual accomplishment measuring up next to your intentions and wishes?
- **ACT:** How should you act going forward? What changes in planning, doing, and checking do you want to take? The PDCA framework is an ongoing process. Keep planning, doing, checking, and acting. The goal is continuous improvement.





## Analyzing Your Qualifications and Job Preferences

- Individual profile
  - Education
  - Experience
  - References
  - Job preferences
-

# Resources for the Job Search

- Campus career centers
- Networking contacts
- The Internet



# Resources for the Job Search (Cont.)

- Newspaper and journal advertisements
- Private or government employment agencies
- Web page profile
- Job/career fairs



## Top 10 skills of 2025



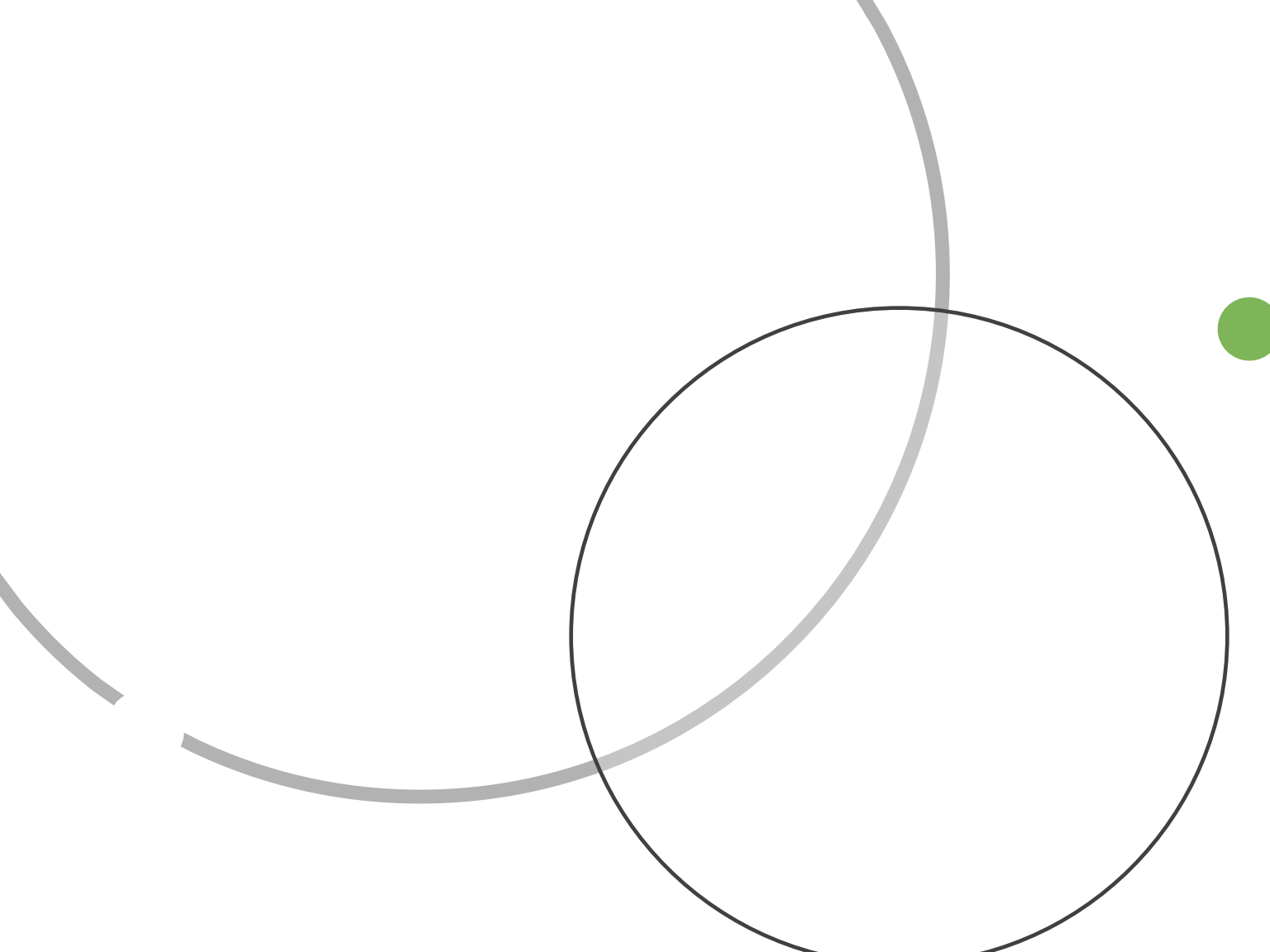
### Type of skill

- Problem-solving
- Self-management
- Working with people
- Technology use and development

Source: Future of Jobs Report 2020, World Economic Forum.

# Working in the post-COVID era: Top skills for the future

Source: <https://safety4sea.com/cm-working-in-the-post-covid-era-top-skills-for-the-future/>




"To address the substantial challenges facing the labour market today, governments must pursue a holistic approach, creating active linkages and coordination between education providers, skills, workers and employers, and ensuring effective collaboration between employment agencies, regional governments and national governments."





# ACTIVITY: CAMPUS TO CAREER

Examine two critical questions about developing your career while still in college:

1. How do I prepare myself for a career while I'm in college?
  2. How do I position myself to get ahead?
- 

The image features a motivational quote on a rectangular card with a semi-transparent white background. The card is set against a blurred background of colorful bokeh lights in shades of blue, white, and orange. The text is written in a black, serif font. The quote is: "Life has two rules:  
1) Never quit.  
2) Always remember rule #1."

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1) Never quit.  
2) Always remember rule #1.”**

