



# CareerMate



A Career Solutions career counselling/coaching tool.

## Career Solutions

Commenced 6 January 2011 : Printed 6 January 2011

for

### **Kristie SAMPLE**

Age: 16    Sex: Female

## EDUCATION and TRAINING

### Current Study/Training

*Year 11*

*Year 11 School Performance*

**Calculus** : ★ Well above average

**Economics** : ☒ Average to slightly above average

**English Literature** : Above average

**Geometry and Trigonometry** : Well above average

**Information Systems** : ★ Well above average

**Physics** : ★ Well above average

### Previous Study

*Year 10 School Performance*

**English** : Above average

**Science** : ★ Well above average

**Society & Environment** : Above average

**Mathematics** : Well above average

★ *Favourites*                      ☒ *Disliked*

*Favourite Elective/Option Subjects*

**Business/Commerce/Enterprise** : ★

**Info. Technology/Computing** : ★

### Future Study/Training

**B. Science** :

## WORK HISTORY

**Current Work** : Part time/casual work

<i>Job/Occupation</i>	<i>Satisfaction</i> <small>(rate out of 10)</small>	<i>Total</i> <small>Years/Months</small>	<i>Supervisory</i> <small>Years/Months</small>
Shop Assistant	/10 : Part time	1 / 3	0 / 0

**School Work Experience** : Pharmacy

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**Job Satisfaction Summary**

**Likes** (list what you like/dislike most about your current/previous work) **Dislikes**

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**PERSONAL CHARACTERISTICS**

**Drive Level** : Very high  
**General Health** : Good  
**Stress Coping** : Moderate +  
**Self Esteem** : Good

+ You may wish to explore some stress management strategies.

**PERSONAL WORK VALUES**

Most Important Values : \* **High achievement**  
 : \* **High salary**  
 : \* **Leadership**  
 : \* **Challenging work**

\* Your "Values" pattern suggests a desire for high achievement and progression within chosen career paths.

**PERSONAL CIRCUMSTANCES**

**Work Condition Preferences** : No needles, blood or surgery  
 : No working with heights  
 : No high personal risk  
 : No heavy physical work  
 : No living and working away from home  
 : Not outdoors/moving around  
 : No shift work/night work/odd hours

**Physical/Medical Considerations** : Skin allergies or reactions

**Career Planning Considerations** : Financial considerations  
 : Family influences  
 : Geographic location

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**WORK SKILLS**

(Kristie's Self Estimates)

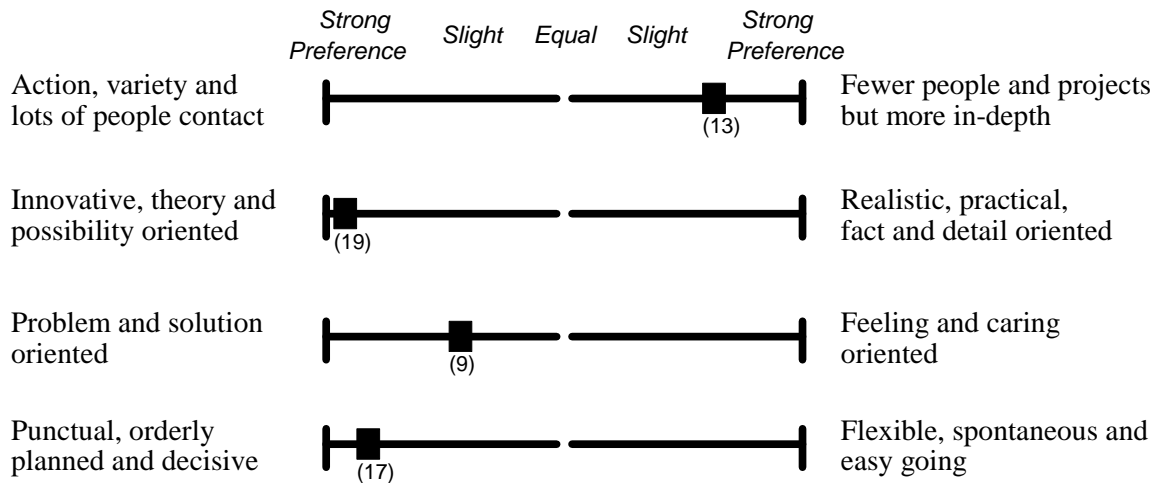
✓ Highest rated Work Skills

★ Likes                      ☒ Dislikes

# Keen to develop these skills further

- Using hands/making things : Average to slightly above average
- Working with/helping people : Average to slightly above average
- Solving problems/thinking ✓:★Well above average
- Being creative : Average to slightly above average
- #Leading or organising people :★Above average
- Using numbers and maths ✓:★Well above average
- Collecting/organising information ✓: Well above average
- #Using/learning new technology ✓:★Well above average
- Influencing by speaking/writing : Above average

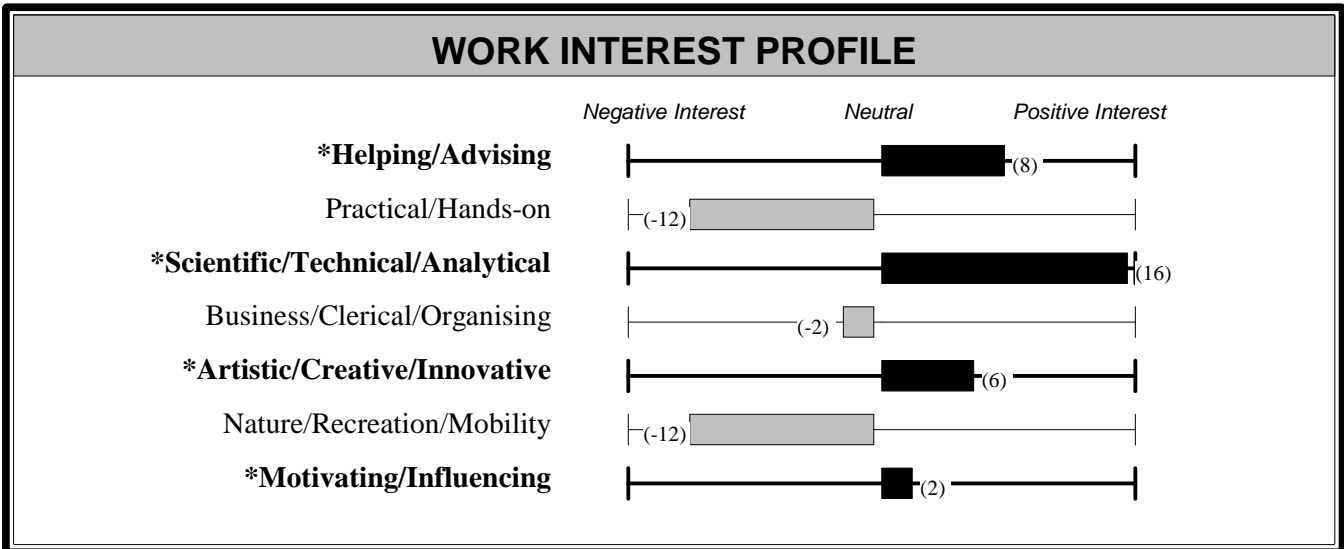
**PERSONAL PREFERENCES PROFILE**



**PERSONAL PROFILE DESCRIPTION**

Reserved and likes quiet and space for concentration and reflection. Prefers just one or two in-depth projects or tasks to concentrate on at a time. Likes to work alone or as part of a small group. Innovative and good with theory, learning, complex problem solving, research and exploring new ideas and possibilities. Prefers to work on new and different projects which offer challenge and opportunities for creative problem solving. Values logical argument, independence, fairness and sound reasoning. Fairly task or problem solution oriented but tries not to ignore the feelings and concerns of other people. Decisive, very well organised and responsible. Dislikes disorder, inconsistency and last minute changes of plan. Prefers to work steadily towards predetermined goals.

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### WORK INTEREST PROFILE DESCRIPTION

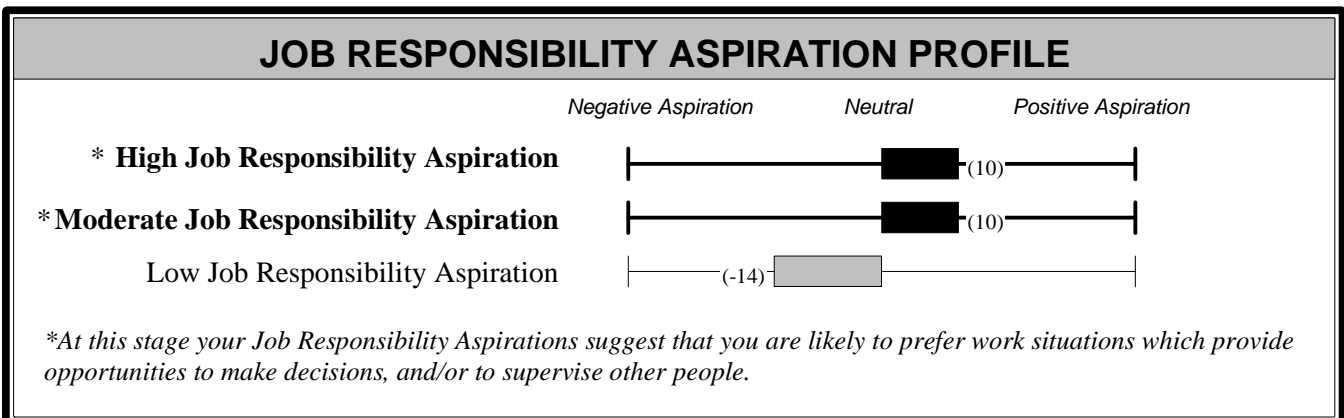
*(most positive interest areas)*

**\*Scientific/Technical/Analytic**  
Relates to science, applied science (e.g. psychology) and technical problem solving.  
*Note: You indicated no interest in work related to Aircraft - Flying/Maintenance/Safety, Building/Construction, Defence Forces/Military, Electrical/Energy/Power, Libraries/Museums/Art Galleries, Mining/Explosives, Property/Real Estate, Social Science at present (but you may have related leisure interests).*

**\*Helping/Advising**  
Relates to helping or advising with regard to people, animals or the environment.  
*Note: You indicated no interest in work related to Animal Care & Training, Child Care, Hospitality/Catering/Accommodation, Industrial Relations/Mediation, Languages, Religious/Spiritual, Rescue Services/Fire/Ambulance at present (but you may have related leisure interests).*

**\*Artistic/Creative/Innovative**  
Relates to artistic expression, creating, inventing and innovative ideas and problem solving.  
*Note: You indicated no interest in work related to Announcing/Acting/Entertaining, Art/Photography, Clothing/Footwear/Textiles, Crafts, Dance/Choreography, Design/Decorating, Media/Advertising, Music/Singing, Writing/Journalism/Editing at present (but you may have related leisure interests).*

**\*Motivating/Influencing**  
Relates to motivating, persuading, influencing, training and/or marketing or sales.  
*Note: You indicated no interest in work related to Gaming/Amusements/Night Clubs/Betting, International Trade Relations, Investments/Insurance, Marketing/Retail/Wholesale/Sales, Politics/Diplomacy/Economics at present (but you may have related leisure interests).*



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**LEISURE INTERESTS**

Kristie's Leisure Interests : **Music**  
: **Chess**  
: **Netball**

**SPECIAL TALENTS**

Kristie's Special Talents : **Computing**  
: **Maths**  
: **Chess**

**OWN CAREER IDEAS**

Kristie's Career Ideas : **Science Combined with Computers and Medicine**

**CAREER DREAMS**

Kristie's Career Dreams : **Famous Scientist**  
**Career Exploration Level** : University (professionals/specialists)

**CAREER PLANNING ELEMENTS**

*(list displayed in career planning element group order)*  
*University (professionals/specialists) Career Exploration Level*

Consultant	Self employment
Challenging work	People and technical problem solving
Problem solving	Helping/advising - individuals/small groups
Influencing/persuading/motivating	Creative/artistic
Innovative	Organised/orderly work environment

*Draw lines to link together career planning elements with common themes*

**INDUSTRIES**

*(likely compatible options in alphabetic order)*  
*University (professionals/specialists) Career Exploration Level*

*Compatible with Personal Preferences Profile and some current Work Interests*

*Engineering	*Health/Medical/Occ. Health
*Information Technology/Computing	*Mathematical/Statistical
*Science - Medical/Chemical/Pharmaceutical	*Science - Physical/Geological

*Compatible with Work Interests, but not necessarily Personal Preferences Profile*

Community Services/Welfare	Customer Service/Public Relations
*Education/Teaching/Training	*Electronics
Human Resources/Personnel	*Marine Studies/Fisheries/Shipping/Diving
Personal Services	Science - Environmental/Agricultural
Telecommunications	Tourism

*\* Kristie's Selected Industries*

*Draw lines to link together any Selected Industries which have common themes.*

*Industries compatible with Personal Preferences Profile, but not current Work Interests*

<i>Dance/Choreography</i>	<i>International Trade Relations</i>
<i>Investments/Insurance</i>	

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## CAREER CLUSTERS

*(related to Industry selections)*

*University (professionals/specialists) Career Exploration Level*

Cartographers	*Chemists (Chemical/Industrial/Food Scientists)
Chiropractors/Osteopaths	Counsellors and Coaches (general and specialised)
Curriculum Development/Education Officers	Dentists/Dental Specialists
Dietitians/Nutritionists	Engineers (Other)
Engineers - Civil	Engineers - Electrical/Electronics
Engineers - Mechanical/Production/Plant	*Engineers - Mining/Chemical/Materials
*Financial Investment Advisers/Actuaries	Geologists/Geophysicists/Metallurgists
*Info. Tech./Computing/Software Specialists	Information Tech./Computing Specialists
Lecturers - Vocational/Technical Education	*Lecturers/Tutors - University
Life/Biological Scientists	Managers - Health/Welfare/Education
Managers-Technical	Marine Biologists/Scientists
*Mathematicians/Statisticians	Medical Imaging (including X-ray) Specialists
Medical Practitioners - Doctors (GP's)	*Medical Practitioners - Specialist Doctors
Medical Professionals (Other)	*Medical/Forensic Scientists
Natural Therapists (including Massage)	Nurses
Occupational Health/Safety Officers	Occupational Therapists
Optometrists	*Pharmacists
Physical Scientists (Physics/Weather/Space)	Physiotherapists
Podiatrists/Chiropodists	Psychologists
*Research/Laboratory Managers	School Teachers
Science Technicians/Technical Officers	Ship's Masters/Skippers/Sea Transport Workers
Speech Pathologists/Speech Therapists	Surveyors/Aerial Surveyors
Teachers/Instructors/Tutors (Private)	Training & Development Officers/Trainers

*\* Kristie's Selected Career Clusters*

## OCCUPATIONS

*(related to Career Cluster selections)*

*University (professionals/specialists) Career Exploration Level*

*Actuary	*Anaesthetist{abc
*Chemical Engineer{d	Chemist (Industrial/Chemical/Food Scient){d
Computer Programmer/Software Designer{b	Computer Systems Auditor
Dermatologist{ac	Emergency Medicine Specialist{abc
Financial Investment Adviser	Laboratory Manager{ad
*Lecturer - University{bc	Materials Engineer
*Mathematician	*Medical/Forensic Scientist{ad
Mining Engineer (not Petroleum){be	Network/other Info. Tech. Specialist{b
Obstetrician/Gynaecologist{abc	Ophthalmologist{ac
Paediatrician{abc	Pathologist{abcd
Petroleum Engineer{be	*Pharmacist - Hospital{b
Pharmacist - Industrial	Pharmacist/Chemist - Retail{b
Psychiatrist{c	*Radiologist{abc
*Research/Development Manager	Specialist Medical Practitioners (Othe{abc
Statistician	Surgeon{abcf
*Systems Designer{b	Systems/Analyst Programmer{b
Tutor - University{bc	Web Page Designer/Multimedia Developer{b

*\* Kristie's Selected Occupations*

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### Occupation Specific Notes

*(check for possible inconsistencies between your Selected Occupations and your skills/preferences)*

- {a However, your discomfort with blood/needles may be a problem.
- {b However, you expressed a dislike for shift work/odd hours.
- {c Very high academic levels/qualifications are usually required to gain entry.
- {d However, your allergies may cause problems with this work.
- {e However, you indicated a dislike for working and living away from home.
- {f High levels of physical strength and endurance usually required.

### Notes

- Your values indicate a desire for high achievement and career progression.
- You indicated that family influences might affect your career planning.
- You indicated that financial obligations might affect your career planning.
- You indicated that where you want to live (geographic location) might affect your career planning.

## SELECTED OCCUPATIONS

*(listed in order of rated preference: 1=great, 2=good, 3=OK)  
University (professionals/specialists) Career Exploration Level*

### 1 Anaesthetist

Administers anaesthetics to prevent pain and maintain major body function throughout surgical and related procedures.

### 1 Chemical Engineer

Performs and supervises engineering work concerned with the design, construction, operation and monitoring of commercial-scale chemical plants, and studies materials undergoing physical and chemical changes.

*Specialisations: Combustion Engineer, Control Room Supervisor, Maintenance Coordinator, Maintenance Planning Coordinator, Petrochemical Process Engineer, Smelting Engineer, Water Treatment Engineer.*

*Related Titles: Contracts Engineer, Operations Engineer, Process Engineer, Production Engineer.*

### 1 Lecturer - University

Lectures students and conducts tutorials in one or more subjects within a prescribed course of study at a university and conducts research in a particular field of knowledge.

*Specialisations: Associate Professor, Professor, Reader, Senior Lecturer.*

*Related Titles: Assistant Dean, Assistant Professor, Associate Professor, Course Co-ordinator, Dean, Faculty Co-ordinator, Lecturer, Professor, Senior Lecturer, University Lecturer.*

### 1 Medical/Forensic Scientist

Conducts medical laboratory tests to improve the diagnosis, treatment and prevention of disease (or to determine the cause of death). Tests drugs to ensure quality control for patient use.

*Specialisations: Biomedical Engineer, Biotechnologist, Cytologist, Epidemiologist (studies epidemics), Forensic Scientist, Medical Physicist, Pharmacologist (studies the influence of drugs).*

*Related Titles: Forensic Pathologist, Forensic Scientist, Medical Scientific Officer.*

### 1 Research/Development Manager

Plans, administers and reviews the research and development activities of an organisation.

*Related Titles: Research and Development Director, Research and Development Manager, Research Manager.*

### 2 Actuary

Applies mathematical, statistical and economic analyses to a wide range of practical problems in areas of finance such as insurance, superannuation and investment.

*Specialisations: Business Analyst, Financial Analyst, Financial Modeller, Insurance Analyst, Investment Analyst, Superannuation Adviser, Superannuation Analyst.*

*Related Titles: Superannuation Consultant, Superannuation Officer.*

### 2 Mathematician

Uses and develops mathematical methods and techniques to solve problems in science, engineering, management and other fields.

*Specialisations: Operations Research Analyst.*

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## 2 Pharmacist - Hospital

Prepares and dispenses pharmaceuticals, drugs and medicines in hospital pharmacies.

## 2 Radiologist

Diagnoses and treats diseases of the human body using energy radiation techniques such as X-rays, ultrasound, gamma rays and radio waves.

*Specialisations: Diagnostic Radiologist, Nuclear Medicine Specialist, Radiation Oncologist, Sonologist.*

*Related Titles: Radiation Therapist, Therapeutic Radiologist.*

## 2 Systems Designer

Conducts research into computer and communications systems, and develops techniques for their effective application and use. Designs and modifies computer software systems and creates specifications for computer programmers.

*Specialisations: Communications Analyst, Database Analyst, Database Designer, Telecommunications Analyst.*

*Related Titles: Computer Systems Designer, Information Systems Analyst, Information Systems Designer, Systems Analyst.*

# CAREER COMBINATIONS

**The new work of the future will involve unique combinations of existing work, often combined with new technology.** You are likely to increase your satisfaction and employability if you find ways to combine your highest rated career options.

*Your highest rated Occupations have been sorted into related Career Themes\* (left hand column). List under Career Combinations (right hand column) as many combinations of Career Themes and/or Occupations as possible. Use brainstorming to come up with ideas. It might help to draw lines to link possible combinations of occupations (between and within themes). Be creative and inventive. Ignore realism at this stage. Some combinations will come easily, others will be more challenging to generate. Also brainstorm and link any My Own Career Ideas/Career Dreams with other Occupations/Career Themes. Later you could try asking other people to help you come up with additional combinations, including ones that also link your leisure and lifestyle preferences.*

### Career Themes related to highest rated Occupations

*Career Themes\* are work/industry groupings. Your highest rated Occupations may be linked to more than one Career Theme.*

### Career Combinations

*Brainstorm and list career combination ideas generated by linking as many Career Themes and/or Occupations as possible.*

#### Science

- 1 Medical/Forensic Scientist
- 1 Research/Development Manager
- 2 Mathematician
- 2 Pharmacist - Hospital

#### Health Services/Medical

- 1 Anaesthetist
- 2 Pharmacist - Hospital
- 2 Radiologist

#### Education/Teaching/Training

- 1 Lecturer - University

#### Emergency Services/Defence/Security

- 1 Medical/Forensic Scientist

#### Technical/Engineering/Mechanical/Electrical/Electronic

- 1 Chemical Engineer

#### Finance/Investments/Insurance

- 2 Actuary

#### Information Technology/Computing

- 2 Systems Designer

#### My Own Career Ideas/Career Dreams

*Include these options in your career combinations (if not included in the above career themes).*

- 1 Famous Scientist
- 1 Science Combined with Computers and Medicine

*Rate each Career Combination: 1=great, 2=good, 3=OK. Upgrade any options rated 1 from 1 to a 1+ rating if they sound really great. Develop goals and detailed action plans to research your most highly rated Occupations and Career Combinations.*



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## KRISTIE'S ACTION PLAN GOALS

*Goals are more often achieved if action plans are prepared and frequently updated. Use the Action Plan worksheet provided to record a step-by-step plan to research and achieve your goals.*

*The goals listed below have also been copied into the Action Planner program (which you can access from the career program main menu). Action Planner has a pick-and-click menu of useful tasks/steps and resources linked to each goal. It makes producing a detailed Action Plan and To-Do-List easy. Both reports can be printed and updated. Goal achievement is also more likely if you adopt a positive 'can-do' attitude and look for ways to combine and market your unique strengths and preferences. Also, find ways to bring components of longer term work/learning/life goals (such as preferred skills, people and physical environments) into your life now.*

### **Research preferred career preferences:**

Anaesthetist, Chemical Engineer, Lecturer - University, Medical/Forensic Scientist, Research/Development Manager, Actuary, Mathematician, Pharmacist - Hospital, Radiologist, Systems Designer, Famous Scientist, Science Combined with Computers and Medicine

### **Research career combinations:**

### **Inconsistency considerations between career preferences and skills/attributes:**

High academic levels

### **Work conditions/health considerations:**

Blood/needles, Allergies, Shift work/odd hours

### **Personal circumstance considerations:**

Family influences, Financial considerations, Geographic location

### **Research study/training options and career preference alignment:**

B. Science, Leading or organising people, Using/learning new technology

### **Include my personal work values in my work/life planning:**

High achievement, High salary, Leadership, Challenging work

### **Research work environment alignment with these preferences:**

High achievement and career progression, At this stage your Job Responsibility Aspirations suggest that you are likely to prefer work situations which provide opportunities to make decisions, and/or to supervise other people.

### **Include special talents & best/favourite work skills in my work/life planning:**

Computing, Maths, Chess, Solving problems/thinking, Using numbers and maths, Using/learning new technology

### **Include my work and leisure interests in my work/life planning:**

Scientific/Technical/Analytical, Helping/Advising, Artistic/Creative/Innovative, Motivating/Influencing, Music, Chess, Netball

### **Improve my:**

Stress management

### **Other Possible Goals**

Explore new work experience/work shadowing opportunities:

Explore ways to achieve preferred work/learning and life balance:

Develop relationship building skills:

Budget effectively and make better use of money:

