

EXPLORE & DISCOVER



Exploring career possibilities and seeking direction.

You may be at the beginning of your career journey, or you might be mid-career and reassessing your options.

You may feel:



Uncertain or excited



Overwhelmed by choices



Unsure where to start

Aims at this stage

- **Self-Discovery**
Identifying personal values, strengths, and goals.
- **Be curious**
Explore lots of options before you start narrowing it down.
- **Finding out**
What am I good at, or what would I enjoy?
- **Career Awareness**
Exploring different industries, study pathways, and job roles.

This stage focuses on self-awareness, identifying your key strengths, values and understanding the wide range of career and study opportunities available.

Actions for this stage

Discover your Strengths

Talk with people who know you well.
Ask them “what do you think my strengths are?”
or take a free strengths assessment at
www.viacharacter.org/.

After these discussions, see which jobs suit your
strengths and interests at O’Net Interest Profiler -
www.mynextmove.org/explore/ip.

Research Potential Jobs

Find out more about each occupation by
reviewing job information, including salary
information and study pathways at
[www.jobsandskills.gov.au/data/occupation-
and-industry-profiles/occupations](http://www.jobsandskills.gov.au/data/occupation-and-industry-profiles/occupations).

Identify your Interests

Identify your interests, values and jobs you might
be suited to at myfuture.edu.au.

Career Bullseye

See career possibilities from your favourite
subjects. There are hard copies and online
versions at myfuture.edu.au/bullseyes.

Career Explorer

Complete the Career Explorer to find industries
and careers aligned to your interests.

Try to think less about making a career decision and more about a career direction.

For example, at high school you don’t need to know whether you want to be an optometrist, an audiologist or an orthoptist, you just need to know you are interested in health. If you don’t know exactly what job you want to do, try thinking about the general area:

Questions to think about

WHAT ARE THINGS ARE YOU NATURALLY GOOD AT?

HOW IMPORTANT IS IT FOR YOU TO IMPROVE
THE WORLD OR MAKE AN IMPACT?

WHAT TASKS DO YOU ENJOY MOST AND
MAKE YOU LOSE TRACK OF TIME?

ARE THERE ISSUES OR CHALLENGES
YOU WOULD LIKE TO SOLVE?

WHEN DO YOU FEEL ENERGISED?

WHERE WILL THE WORK BE IN THE FUTURE?

WHAT ARE YOU CURIOUS ABOUT?

WHAT IS IMPORTANT TO YOU –
WHAT DOES WORK MEAN FOR YOU?