

## CAREERS – CAREERS RESEARCH EXPLAINED

Careers Research is so important – we will think about what this means and how you go about doing some of it! If you think about it, there are so many jobs out there and that's just the ones you know about. There's also many that you don't know about yet and lots more that don't exist yet but will do by the time you are ready to enter the world of work!

Despite there being so many different job roles out there, we quite often have a limited outlook on them and tend to only know about those roles that are around us amongst friends and family and what we experience in our own lives e.g. doctors, nurses, teachers, police etc.

So, Careers Research will help you to find out about the much wider range of opportunities available but just as important is knowing the FACTS!

There's lots to be investigated in terms of individual job roles and so much to consider. You must be careful not to make presumptions about a role that you are interested in as the reality may be quite different and it's better to find that out now that at a later stage.

By studying for qualifications, you are gaining knowledge but also developing skills. Once you have gained a qualification, you are making those skills visible, employers will know that you have them!

To help you explore careers, you can start to match some of the skills, personal qualities and interests you have to different roles. Open the workbook activity in today's resource and match what you think are Skills and what are personal qualities

### Reflective Activity

Think of a time when you've bought something, for example, a takeaway, a new game for your PS or Xbox and later realised that thing you have bought was not as you expected 😊

- How could you have avoided this disappointment?
- What information would have given you a better understanding?
- Where would you have found that information?

Hopefully you will have concluded that knowing more would have meant that you would have made a different decision, maybe even avoided that purchase all together!

This is a useful way to think about your approach to Careers Research – the more you do, the more possibilities you will find out about. You still must identify your own strengths and interests to help match you to different careers, (see day 2, Self-Awareness and Self-Assessment tools), but once you start to do this it is important that what you know is as accurate as possible.

Careers Research can encompass some or all the following:

- What does the job involve when it comes to the day to day tasks and responsibilities and what environment would you be working in? (Is this what you thought before you started your research?)
- What are the requirements? (All roles have specific requirements when it comes to skills, personal qualities, qualifications and experience. To help with your career planning, you will need this information).
- What do they earn? (Always an important bit of information!)
- What are the challenging aspects of the job? (There may be difficult elements to the job so therefore in reality it's not as desirable as you originally thought! This could work in the opposite way, you may have been put off a job role only to find out that it is actually not what you presumed).
- How much competition is there? (Getting this job could be tough because it's very popular.)
- Are there many opportunities? (Some jobs may be of interest to you, but it may be the case that there's not that many opportunities available locally, nationally or even globally. Try a job search to find out what job opportunities exist right now.)

Once you get into the habit of doing your careers research you and move towards the career planning stage. During Careers Part 2 you will be able to use this information to do this.

### How to Careers Research

**Speak to people you know** work within the roles or job sector you're interested in. They should be able to give you a real account of their job involves - the good and bad bits! Ask them why they wanted to do this work of work. Work experience is a great way to find out more about different careers.

Use **online resources** to explore your career interests. Your Careers Adviser will be able to support you to start this process so that you can then be empowered to do this independently from that point onwards.

There may be opportunities for you get involved with **outreach activities** through your school or college. This is usually where you get the chance to gain further knowledge and understanding of university through visits to different campuses, sessions at school including talks during assemblies etc. You can speak directly to those delivering the activities about different careers linked to university study.

**Careers Fairs** are a great way to speak directly to employers about the roles that exist within their organisations e.g. NHS, Engineering etc.

Why not have a go at the Careers Research activity for today - you will have the chance to find out all the important information about three different careers plus a blank sheet for you to research ANY job of your choice!

If you have any questions, you can live chat a member of our team [here](#).

We'd love to know if you found this resource helpful, let us know [here](#).