

WEnav

Career Navigation for Youth

Section 1: Introduction to Career Navigation



Thinking About the Future

1. How much have you thought about your future career?
1. What makes you the most nervous when thinking about your future career?
1. What careers, if any, have you considered?
1. Do you plan to stay in Windsor-Essex? Why or why not?
1. What do you get excited about or enjoy doing?



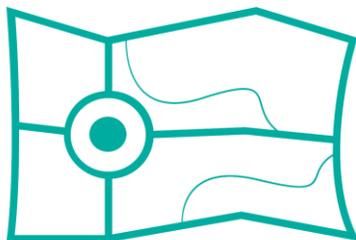
What is Career Navigation?

1



- To make sure that you find the right pathway and get your ideal career(s), there is some work to be done

2



- Finding your best pathway to your ideal career(s)

Why Do I Care?



1. Narrow your choices to the best options
1. Reach your goals
1. The average person will spend more than 80,000 hours working in a lifetime
1. Ideal lifestyle
1. Self-discovery
1. Live longer...

Want to Live Longer?

"Our findings point to the fact that finding a direction for life, and **setting overarching goals for what you want to achieve can help you actually live longer**, regardless of when you find your purpose...So the earlier someone comes to a direction for life, the earlier these protective effects may be able to occur."

- Patrick Hill, Lead Researcher,
Carleton University



What Do “Successful” People Say?



“The best way to predict the future is to create it.”

- *Peter Drucker: famous writer, professor, management consultant.*

“I've learned that making a 'living' is not the same thing as 'making a life'.”

- *Maya Angelou: late famous author/poet*

“Your time is limited, so don't waste it living someone else's life.”

- *Steve Jobs: co-founder and late CEO of Apple Inc.*

Ideal Future

Ideal (adj.)

Describes what you think is perfect.

Create the life that you want.



Ideal Future: Examples

In my perfect future, I am always on the move. I have a busy job where I have to multitask and make lots of big decisions. People look up to me. I am in charge of people or projects, or things. I never get bored. I have lots of friends. I know lots of people. I have something to do, something different, all the time. When I do have free time (which I don't have much of) I do cool things like skydiving.

-Peter

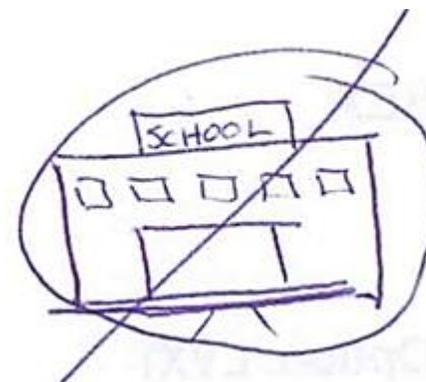


What can we learn?

1



2



3



4

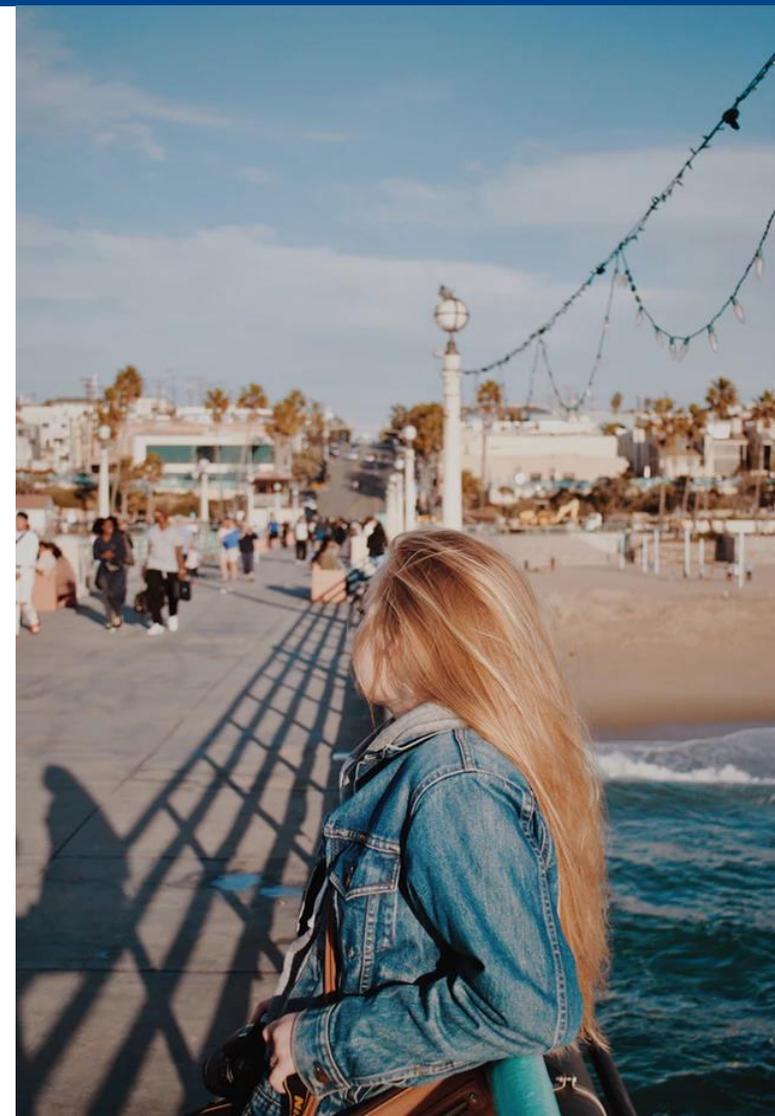


- Harry

What can we learn? (Continued)

- I love being with people, so I have lots of free time to spend with my friends and with my family.
- I go on a vacation every year to somewhere new.
- I don't know what my perfect job is, but it is something that I enjoy doing.
- I live in a big city where there is always something new and exciting happening, and there are many different kinds of restaurants I have never tried, and lots of shopping.

- Natalie



Now it's your turn...



What do you see in
your ideal future?



The future is unpredictable, so why plan?



- Let's look at some examples...

Example 1: Kevin



- 29 years old.
- Lost his accounting job when his firm closed.
- All of his training and education is in accounting.
- Has student debt and a young family.
- Has no idea what to do; has only ever thought of accounting as a possible career.
- Ends up taking a sales job that he hates because he doesn't know what else to do and he needs the money.

Example 2: Chris

- 23 years old.
- Was Kevin's co-worker at the accounting firm - lost her job.
- Has accounting schooling, but realizes she has other skills.
- Identifies skills and gears them towards another career she enjoys.
- Her well-developed network, self-knowledge, career research skills, and her knowledge of the labour market and community resources allow Chris to find a job that she loves as a data analyst.
- Now is happy in her job.



The Four Pathways

1

APPRENTICESHIP

You go through years of paid training to become a journey person in a specific trade.

2

COLLEGE

You gain a diploma and often learn applicable skills.

3

WORKPLACE

You gain a degree and often learn theoretical knowledge,

4

UNIVERSITY

You go straight from high school into a job.



It's your choice!

- You are in charge of your own career navigation.
- You can help make your ideal future a reality.
- You can plan well and increase your chances of having the career and the life that you want.
- Now is the time to take the first step on your career journey, and rock it!



Reflection Questions

Why is career navigation important to me?

