

Student Skills Planner



Who am I?

Understanding your values, skills and interests can help you:

- Choose the areas you focus your future study or training on
- Decide what sort of work or career path you might like
- Understand what's important to you for your future study and career.

Take a moment to think about:

- What's important to you?
- What are you capable of?
- Why is it important to others?

There are many ways to do this including the SODA model.



Self-awareness

Who am I?
What am I good at?
What are my skills and interests?



Option-awareness

What types of careers are there?
What types of training can I do?
How can I explore my ideas?



Deciding

How do I choose the best career for me?
Make a decision.



Acting & Planning

Develop a career plan.
Put plans into action.

Source: CareersNZ

We'll explore your skills and values to help figure out what you might want to do in your future career and how you can study to get there.

Values

Your values are what you believe in and what you think is important for your future work and career. Your values can help guide you to make career choices that are most important for you.

For example, if your main career value is work-life balance, you may want to avoid a job that has a lot of pressure and competition.

Select your top 10 values that you think are most important for your future work and write them below:

Values

- | | |
|-------------------------|--------------------------|
| Achievement | Outdoors |
| Aesthetic appeal/beauty | Power and control |
| Being active | Pressure and competition |
| Being independent | Quietness |
| Belonging | Recognition |
| Community service | Risk and challenge |
| Creativity | Security |
| Excellence | Social interaction |
| Helping others | Structure and order |
| Integrity and honesty | Sustainability |
| Intellectual challenge | Teamwork |
| Knowledge | Variety |
| Leadership | Work-life balance |
| Money | |

Top 10 Values for my future career

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Skills in context

To understand how you want to use your top 10 skills in your future work and study, you will now look at each skill you selected.

Using the following six boxes, write the word in brackets that most matches how you would like to use the skill in your Top 10 Skills Table.

For example, if you choose:

- "Managing others" write (Enterprising) if you would like to manage a business or people.
- "Using Computers" – If you like creating apps or games, write (Creative). If you enjoy using computers to make sense of data and information, write (Conventional).



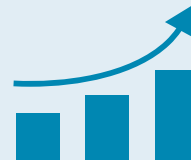
If you like using a skill with things that are practical/hands-on, write **(realistic)** next to the skill



If you like using a skill with ideas and concepts, write **(creative)** next to the skill



If you like using a skill with people, write **(social purpose)** next to the skill



If you like using a skill with data and information, write **(conventional)** next to the skill



If you like using a skill with problem-solving/investigating/how things work, write **(investigative)**



If you like using a skill with business and enterprise write, **(enterprising)**

Check out [Skill Matcher](#) on the Careers.govt.nz website for more detailed information.

School subjects

It's important to choose secondary school subjects that will keep your options open for a range of different careers. For example, keeping STEM subjects (science, maths, technology, engineering) in school can be important if you are interested in a career pathway in science, engineering, technology and medical or health.

Favourite school subjects

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Find out more about [choosing school subjects](#) on the Careers.govt.nz website.

World of Work Interests and Characteristics

Holland's Six Personality Types

Understanding your values, skills, and personality types can help identify career and study pathways that you enjoy. The following diagram can help you understand your potential work interests and characteristics. Most people are more than one type, and by completing this exercise, you will better understand the types of career pathways that fit you best.

Find out more about [Holland's theory](https://www.career.govt.nz) on the Career.govt.nz website.

My Work Interests and Characteristics

Look at the image below and select up to three areas that are most like you? You can ask a career counsellor, a teacher, a friend or a family member to help you with this exercise.



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