

## WHO AND WHAT CAN HELP?

Massey University's **Careers Advisors** can help with information and guidance on career and major choice; career options with your subject; labour market information; researching roles, sectors and employers; graduate destinations; finding work or further study opportunities in New Zealand and overseas; developing your CV and cover letter; interview skills and much more. They have a presence on each Massey campus and can also help by telephone; email or Skype.

**Student Counselling Services** on Massey's campuses can also assist on a wide range of life issues. Neither they nor the Career and Employment Service can provide you with specific jobs that will be ideal for you however, they can offer clarification of what you really want. You will generally need to make an appointment if you want to see a Careers Advisor or counsellor on one of the Massey campuses.

You can gather information about possible majors by accessing the 'Introducing' books. These cover all Massey qualifications and paper copies can be obtained from the Student Advice and Information Unit on each campus. On-line versions are available through the Massey website.

Talk to lecturers, other students and the staff of Massey's Career and Employment Service for information on career options for the majors that interest you.

Learn about different occupations by exploring the careers information found under the '**Jobs Database**' tab on the **CareersNZ** website and by talking with people in the world of work. You can access the **CareersNZ** site at <http://www.careers.govt.nz>

The final step, and the one that concerns you least at this point, is the Job Search (or the search for the most appropriate course, degree or institution). Often the **Careers Advisors** can be most helpful here. When looking for work (of any type) a good place to start will be the on-line jobs portal Massey CareerHub.

You can access this at <http://careerhub.massey.ac.nz> but we'd recommend that you also contact one of Massey's careers advisor for information on other ways of finding work.

**STUDENT COUNSELLING SERVICES**  
SKILLS – INSIGHT - SUPPORT

## WHERE DO I GO FROM HERE?

If you would like to make an appointment to see a career advisor or a counsellor to learn more about this topic, please contact the relevant service on your campus.

Distance students can contact any one of the campuses.

## CAREER & EMPLOYMENT SERVICES

### ALBANY

Career and Employment Service  
Hours Monday to Thursday: 8.30am - 5.00pm  
Friday: 9.30am - 4.30pm  
Phone (09) 414 0800 extn 43212

### MANAWATŪ

Career and Employment Service  
Turitea Campus, Palmerston North  
Hours Monday to Friday: 8.30am - 5.00pm  
Phone (06) 356 9099 extn 81858

### WELLINGTON

Career and Employment Service  
Hours Call to check operating hours  
Phone (04) 801 5799 extn 63320

## COUNSELLING SERVICE

### ALBANY

Health and Counselling Centre  
Hours Monday to Thursday: 8.30am - 5.00pm  
Phone (09) 414 0800 extn 9441 | Email [studenthealth@massey.ac.nz](mailto:studenthealth@massey.ac.nz)

### MANAWATŪ

Student Counselling Service,  
Turitea Campus, Palmerston North  
Hours Monday to Friday: 8.30am - 5.00pm  
Phone (06) 350 5533 | Email [s.counselling@massey.ac.nz](mailto:s.counselling@massey.ac.nz)

### WELLINGTON

Student Counselling Service,  
Hours Monday to Friday 8.30am - 4.30pm  
Phone (04) 801 2542

<http://health-counselling.massey.ac.nz>  
<http://crow.massey.ac.nz>

0800 MASSEY | [MASSEY.AC.NZ](http://MASSEY.AC.NZ)

## CHOOSING A CAREER OR MAJOR

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### STUDENT COUNSELLING



# CONFUSED, UNMOTIVATED OR UNSURE?

THIS COULD BE YOU IF YOU'RE CHOOSING A CAREER OR MAJOR

## IF IT IS YOU - WHAT CAN YOU DO?

Firstly, remember that the average person now has a number of different jobs in their working life! As a result, the career path that you decide to follow now need not be one that you stay on.

Secondly, remember that your qualification does not necessarily equate directly with the job you end up in. Given this, you need to ensure that you're studying broadly enough to pursue a wide range of possibilities and passions.

Thirdly, note that throughout your time at university you'll build a portfolio of knowledge as well as of flexible and transferable skills. Potential employers will be interested in this and in your wider life skills. Your portfolio can be applied to a vast range of roles; organisations and sectors and will be highly valued by employers. In today's labour market graduates, no matter what career they pursue, are expected to demonstrate the combination of intellectual, imaginative and practical skills that the Massey qualifications develop.

## IN THE BEGINNING...

To be happy and successful in a career you'll need effective career planning. This is a process that begins with self-analysis of factors such as your:

- abilities and skills - e.g. problem solving, communicating or working with others
- interests – e.g. business, the environment or sport
- values – e.g. wanting to be successful; seeking job security or looking for challenges

There are several ways in which you can access help with this self-analysis. One is by accessing (free of charge) any of the on-line tools for self-assessment and for generating career ideas that you'll find under the 'choosing a career' tab on Massey's Career and Employment Service website – <http://careers.massey.ac.nz>

These tools can help you clarify your career choices and identify types of work that might suit you. Commonly they explore your skills and attributes; interests; motivations and values and help you as you begin to formulate a **career development action plan**.

## WHAT REALLY MAKES YOU HAPPY THOUGH?

Many people do not know how to go about making career decisions, or even, in reality, what decisions have to be made. Consequently, many end up asking the wrong question – namely, "*What job can I do?*" Yet this can be a really unhelpful question as it's impossible to know about the full range of jobs available.

Instead, it might be more helpful to ask yourself, "*What really makes me happy?*" Needless to say, this can be a harder question to answer. However, if you can work out what it is that makes you happy in your life, as opposed to just in your work, perhaps you can then begin to make decisions about what work (and what qualification or major) will fit in with the picture that you have of yourself as a person. Although your happiness in your career is integral to your happiness in your life, you remain more than your work.

You can begin by deciding who you are, then exploring the choices that fit you rather than trying to make yourself fit some role that you have decided upon.

Richard Bolles, in his book, '*What colour is your parachute?*' suggests that you should begin by exploring the work options of which you are aware. Then you need to expand these options by taking stock of your transferable skills and special knowledge.

These are all the things that make you who you are - as distinct from all the other people in your class/degree/etc. Traditionally, psychologists have used psychometric tests to do this. However there is an increasing body of evidence which suggests that tests should be supplemented by a more personal approach which recognises the expert nature of the client rather than of the counsellor, the careers advisor or the test.

You can begin by looking at the things that you like doing; the things you are good at doing; the hobbies and interests that you have and the films/TV programmes you watch; the types of books you read; the internet sites that you access; how you spend your weekends and holidays; the achievements you are proud of and so on. In short it is those things that make you come alive. Your friends, your teachers, your workmates and your family can assist you to look at what really matters - as can a counsellor or a careers advisor.

You can then prioritise these activities and interests - not in a strict hierarchy but just to get a sense of this more than that. By doing so you can describe what might be called your rainbow. It is a rainbow for three reasons:

- A rainbow is not something that you actually reach, but it can guide you as you move towards it. As a result, your rainbow can provide a yardstick against which you can make decisions ("*Would a BA or a BBS take me closer to my goal - or should I travel for a year?*").
- A rainbow contains opposites - it has light colours and dark colours but nobody tells it that opposites aren't permitted! So you like working alone but you also like working with others - that's fine, just put it all together! We are looking at the "completeness" of you, and at the wholeness of your life not at only one facet.
- A rainbow changes as you move, as you look at it from different places and as time passes. So too your rainbow - it is not "cast in concrete" and must change as you grow, develop and learn.

In this way you will develop a **rainbow statement** - something like - "*Most of all in my life I would like to ....*", or "*What makes me really come alive and feel good/ fulfilled is...*"

At this point you can begin to explore all of the options that open up for you on the basis of your Rainbow Statement. This is where you can return to that original question - "*What job ...?*" and can start your research into possibilities. A careers advisor or counsellor is helpful here too, as they can bring a wealth of information into the process and can suggest a range of alternatives that you can consider. You may, of course, choose to reject some of these once you have considered and explored them, if they do not meet your Rainbow Statement adequately.

The options that you now consider will be based upon some internal reality. Furthermore, there is a wealth of material with which you can work. This will help you to explore alternatives and will guide the search for relevant information. After all, if you know what it is you are looking for you are much more likely to find it!

