

Career planning

In today's issue, we're interviewing Dr John Grey, a career planning specialist at the Ministry of Labour.

Magazine: Many schools and universities are now asking students to think about career plans. Can you tell us about this, please?

Dr Grey: Yes. A career plan is something very important in a jobseeker's life. It helps them to work towards their aims. It should include realistic goals and objectives that can be accomplished in the near future. It also needs to include both internal and external challenges. It's a plan that's always evolving and changing.

Magazine: Would you be able to give our readers a few tips about what they need to do when planning their career?

Dr Grey: Well, to help with career planning, you need to try to do the following things:

- Think about your lifestyle now and if you're happy with it. Think about the

lifestyle you want. Do you want a relaxed, slow-paced job? Or do you prefer a hectic job that might, for example, need a lot of travel?

- Think of activities you like and dislike doing. Make a list. It might be a small task like writing notes, or a big one like helping a family member install furniture.
- Think about your interests and what makes you happy. Try to remember any volunteer work you have done or a time you had a summer job. Was there something you liked? If not, have you read about a job that seemed interesting to you?
- Think about your personality? Do you like to be around people or alone? Do you like to sit behind a desk or move around?
- Think about your dream job. Think of its advantages and disadvantages. Don't be too positive; remember to think about the negative aspects of the job.

Once you've completed these steps, you will have a better idea of who you are and what career you should aim for. With this in mind, the final step is developing a plan for achieving your goal.

Read the interview carefully and answer the questions.

- 1 According to Dr Grey, what two things need to be included in a career plan?
- 2 Why is thinking about your lifestyle important when career planning?
- 3 Why does Dr Grey suggest you think about a job you may have done in the past?
- 4 Dr Grey encourages readers to think about the negative side of dream jobs, why?