

Step Two - Understand Environmental Factors

• Family Influence

Expectations and financial conditions of your family may affect your career choice. You may seek advice or discuss with your parents, family members or school career teacher before making your choice

• Job Market

You need to know the local socioeconomic situation, demand for workforce, etc. and find out what opportunities are available for you

Step Three - Look for a Job

Choosing a career cannot be done in one or two days. You may seek advice from your parents and friends, discuss with your teachers or school social workers, and obtain more information by attending open days in universities or institutions, career talks and visiting career exhibitions. After you have identified a job which interests you and suits your physique and aptitude, you need to find out more details about it:

- What is the salary scale?
- What are the working hours, working condition and environment? You need to know whether you will be required to work outdoors, shifts, overtime or on Sundays and holidays
- What is the career prospect? You need to find out what training and experience are required for promotion and whether appropriate training courses are available locally
- Are there a lot of vacancies or is there an oversupply of candidates for the job?

Some Tips on Choosing Your Career

- Don't look down on any occupation
- Be prepared to start from the bottom so as to gain experience
- Don't expect too much at the beginning. Be realistic
- Attend training periodically to enrich yourself and keep updated



WISH YOU EVERY SUCCESS IN YOUR CAREER



Student Health Service Department of Health

Student Health Service website: www.studenthealth.gov.hk

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Types of work

Work plays an important role in our lives. Apart from earning our daily living, a suitable job develops our potentials, gives us a sense of satisfaction and success, and boosts our self-esteem.

There are many types of work in our society. You may start with identifying the type of work that you are interested in before you decide on a specific occupation and plan your future. In general, work can be classified into 6 main types as follows:

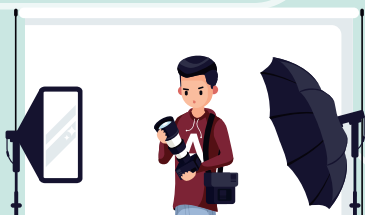


Practical work

Involves the use of machines, tools and equipment and includes skilled work e.g. pilots, electrical technicians, bus drivers, tailors, cooks, etc.

Analytical work

Includes research and application of technology e.g. network engineers, electrical engineers, systems analysts, statisticians, etc.

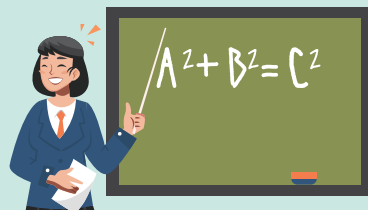


Artistic work

Includes creative work in the area of music, art, design, and the like, e.g. designers, photographers, architects, writers, etc.

Social work

Includes various medical, educational, mass media and social welfare services e.g. teachers, nurses, reporters, social workers, etc.



Enterprising work

Includes planning, management, administration and certain professional work e.g. accountants, lawyers, etc.



Regular work

Includes general service work and clerical jobs e.g. shop assistants, cashiers, bank tellers, secretaries, etc.

Steps in Choosing a Career

Step One - Know Yourself

• Qualifications

The type of education and training that you have received, and your professional qualifications and work experience would affect your career choices. If you are interested in a certain occupation, you need to find out the updated information related to that occupation and the qualifications required

• Interest

You will be happy and work well if you are interested in your work. Therefore it is important to know what your interests are before you make your choice

• Physique and Health

Physique and health of each individual differ. Your physique and health e.g. height, weight, eyesight, phobia, allergy to certain substances will affect your career choice

• Special Aptitude

Everybody has his/her own talents. Different occupations require different aptitudes e.g. skillful with the hands, able to speak in several languages, fluent in oral expression, creativity, etc. If you want to be really successful in your occupation, training and aptitude are of equal importance

• Personality

Personality such as whether you are active, persuasive, shy, passive, assertive and adaptable will affect your career choice

• Expectations

Below is a list of expectations which are important in your career choice. Rank them in order of importance before you choose your job

☐ serving the community

☐ mandatory step in career path

☐ achieving your goal

☐ developing your potentials

☐ prestige

☐ authority

☐ creativity

☐ wealth

☐ others