Paving a career path

Careers councillor can unlock your work potential

MOLLY BAXTER

FINDING the right career path can be difficult for many young people but sitting down and discussing strengths and weaknesses can clear the fog.

Charles Darwin University careers councillor Liz Hendry sees many young people concerned as to where their careers may be heading.

She said they feel the pressure to pick a career straight out of school despite there being many other options and pathways. “Some of them come because they have no idea where to start and quite often its useful to do a bit of self reflection,” she said.

“What are you interested in, what are you good at, hopes and dreams, what other people think you’re good at. All these things help come to a decision. “We start from scratch to delve into what a person might be good at or comfortable doing.” She said many come with a preconceived idea about how to get into a certain industry but others are unsure about what it’s like.

“When they aren’t sure what do about it, we suggest work experience, volunteering, an internship,” she said. “Talk to as many people in the industry to get an understanding of what a day in that job might look like.”

“Sometimes they are quite confused when they come in but to be able to give them some structure plans and goal setting about what they can do, they walk out feeling better about their prospects about finding something they really want to do.”

She said a great place for people to start is by heading to the myfuture.edu.au website where people can explore different options and careers according to what they are interested in.

“If you’ve got no idea that’s a good place to start,” Ms Hendry said.

The NT News spoke to Mrs Hendry as part of the 5000 jobs in 50 days program where we help find jobs for struggling young Australians.

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Charles Darwin University careers councillor Liz Hendry helps guide future graduates down specific career paths. Picture: JUSTIN KENNEDY