



# LifeLauncher

## Activity 1: Thinking about careers

We all do things in our spare time we like – swimming, playing Xbox, dancing, cooking, building things, writing poems or stories, playing music, or even having long conversations with friends.

Many of these activities can help you identify jobs you might like – sports coach, tech expert, entertainer, chef, construction manager, journalist, musician, counsellor...

What's great is when you identify a job that matches the activities you enjoy, you end up working in an occupational area you love. For example, you might love reading books about architecture, and building amazing buildings in games like Minecraft. You might find you'd love becoming a building designer in an architecture company.

To start with, list the sorts of activities you like doing on the weekends or in your own time.

What skills or tasks do you do when you're doing those activities? They might be problem solving, using your physical abilities, team work, building or making something, following a recipe or instructions, or communicating with others.

Activity I like	Skills I do
<i>playing online games</i>	<i>Problem solving, team work, communication, network connections and tech</i>

Next, now think about the school subjects you like most. What is it about them that you really enjoy? Is it solving maths problems, or conducting experiments, or analysing and understanding history or economics, or maybe being creative?

Subjects I like	Why
<i>science</i>	<i>Problem solving, conducting experiments, following procedures</i>

Now you might be getting an idea of what sort of things you really like to do, and this might give you an idea of what sort of job you might like to do after school. Note down here the activities you most like to do.

For example: *problem solving, doing experiments*

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Thinking about the sort of activities you like, write down a few jobs you think might match those activities. It's OK to not be sure at this point – take a guess!

For example: *scientist, lab technician*

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