

# **Welcome to your S5 Careers Talk**

North Berwick High

October 2021

Mick Burns and Wendy Malcolm

**We will cover**

**Career Management Skills**

**Resources for careers planning**

**Complete The Buzz Personality Profile**

# Getting in touch

## Mick Burns

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# Careers Interviews



**You can arrange a Careers Interview by:**



**Getting in touch with your Careers Advisers**



**Speaking to your Guidance Teacher**



**You may receive an appointment from us**

**What do I like and dislike? What type of person am I?**

**Personality**  
**Interests**  
**Values**

Understanding your personality, interests and values is key to making the right career decisions.

*SELF*

**What am I good at? Do I have skills that I would like to use?**

**Talents**  
**Skills**  
**Personal Qualities**

Know how to use your talents, skills and personal qualities.

*STRENGTHS*

Explore the world of work, training and learning

*HORIZONS*

Identify who can help you, and how, in your career journey

*NETWORKS*

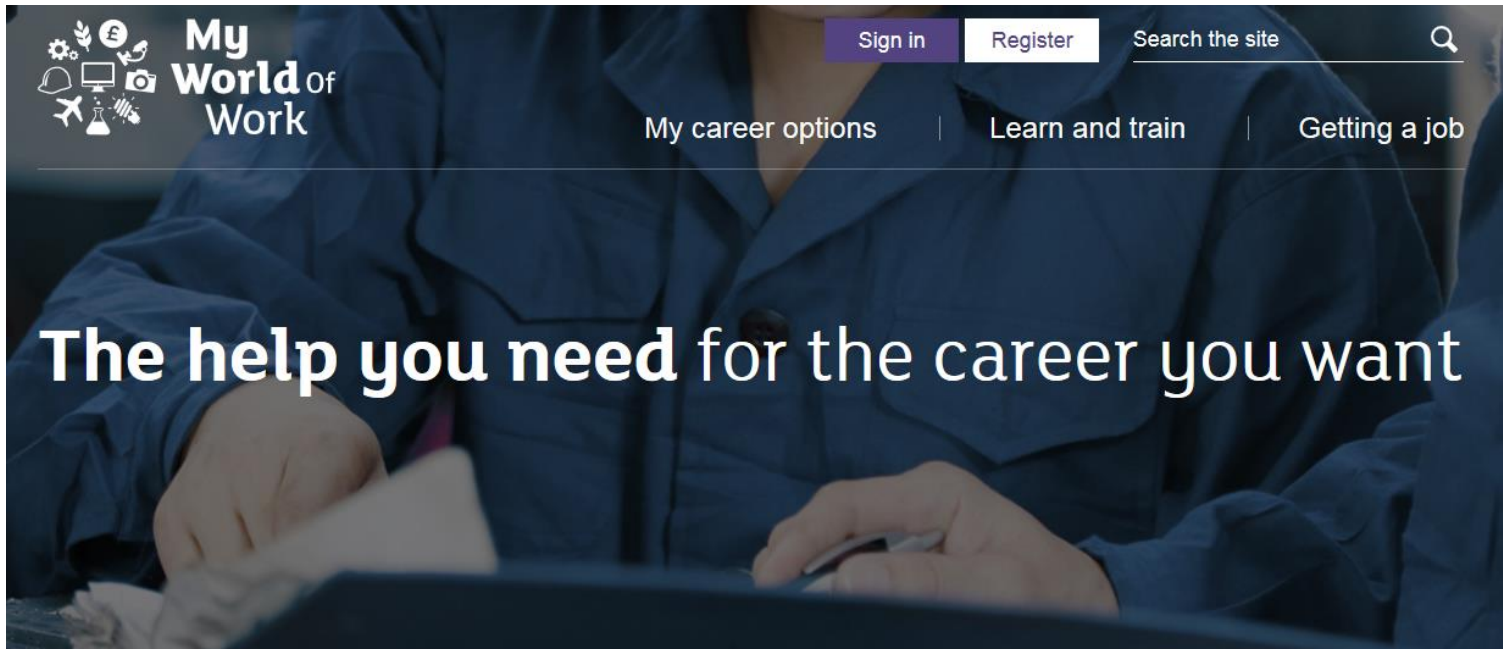
**What's out there for me?**

**Work?**  
**College/Uni?**  
**Modern Apprenticeship?**

**Who can help me get to where I want to go?**

**Family friends?**  
**Careers Advisers?**  
**Teachers?**

# Self Help Resources: My World of Work



My career options



Learn and train



Getting a job

# Happy and Successful People

It's about how you are clever rather than how clever you are.

Success is relative and subjective



# **The Buzz: *Discovering your personality***

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# Where does your energy come from: E or I?

## Erin

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- I think out loud
- I prefer variety and action
- I like to act quickly
- I'm a good talker
- I like to give my opinion



## Ian

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- I think before I speak I prefer quiet
- I like to be careful
- I'm a good listener
- I keep my thoughts to myself



# How do you process information: S or N?

## Sharon

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- I look for the facts
- I look for details
- I focus on what works now
- I prefer using what I've learned
- I'm more practical and sensible



## Norman

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- I look for the possibilities
- I like to work out what it means
- I focus on how to make it different
- I prefer learning new skills
- I'm more of a dreamer and imaginative

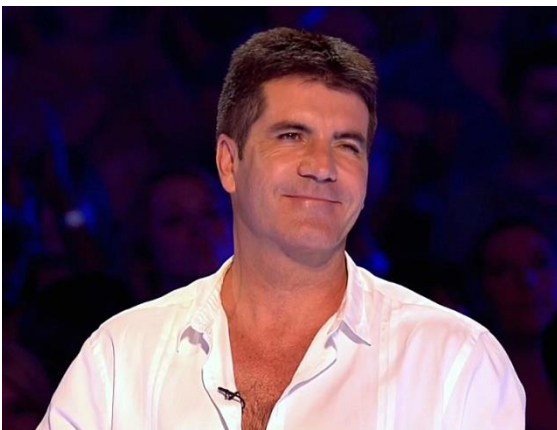


# How do you make decisions: T or F

## Tom

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- Task then people
- I tend to follow my head
- I ask, 'Is it the right decision?'
- I like rules and principles
- Telling it 'how it is' more important
- I tend to give and take criticism quite easily



## Fiona

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- People then task
- I tend to follow my heart
- I ask, 'How will it affect people?'
- I like pleasing people
- Giving praise is more important
- I tend to be careful saying things that could upset someone



# Attitude to life: J or P

## Janice

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- I like to plan and organise
- I like writing lists
- I like to keep things tidy
- I prefer it when I've finished a task
- I usually work at a steady pace until the job is done



## Paul

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- I like to wonder how things will turn out
- I don't like writing lists
- I don't mind things untidy
- I prefer it when I've started a task
- I often work at the last minute to get things done.



# What animal are you?



**ISTJ**  
Polar  
Bear



**ISFJ**  
Koala  
Bear



**INFJ**  
Sea-  
horse



**INTJ**  
Barn  
Owl



**ISTP**  
Tiger



**ISFP**  
Cat



**INFP**  
Seal



**INTP**  
Tawny  
Owl



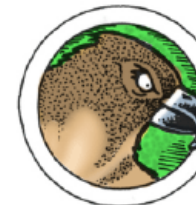
**ESTP**  
Panther



**ESFP**  
Lion



**ENFP**  
Clown  
Fish



**ENTP**  
Falcon



**ESTJ**  
Black  
Bear



**ESFJ**  
Teddy  
Bear



**ENFJ**  
Dolphin



**ENTJ**  
Eagle

# Check out your crib sheet

- Remember, you won't all be the same; this is about **YOU**
- How well does this sum you up? Are there some things missing that describe you?
- Write down 4 or 5 of the strengths or attributes that you think best describe you
- Think of examples when you've demonstrated these skills or qualities
- Use these skills/qualities and examples when writing your CV or applications

# Getting in Contact

Your Careers Advisers:

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