



Career Planning and Decision Making

Sorcha Mulcahy

May 2013



UCD Career Development Centre

www.ucd.ie/careers



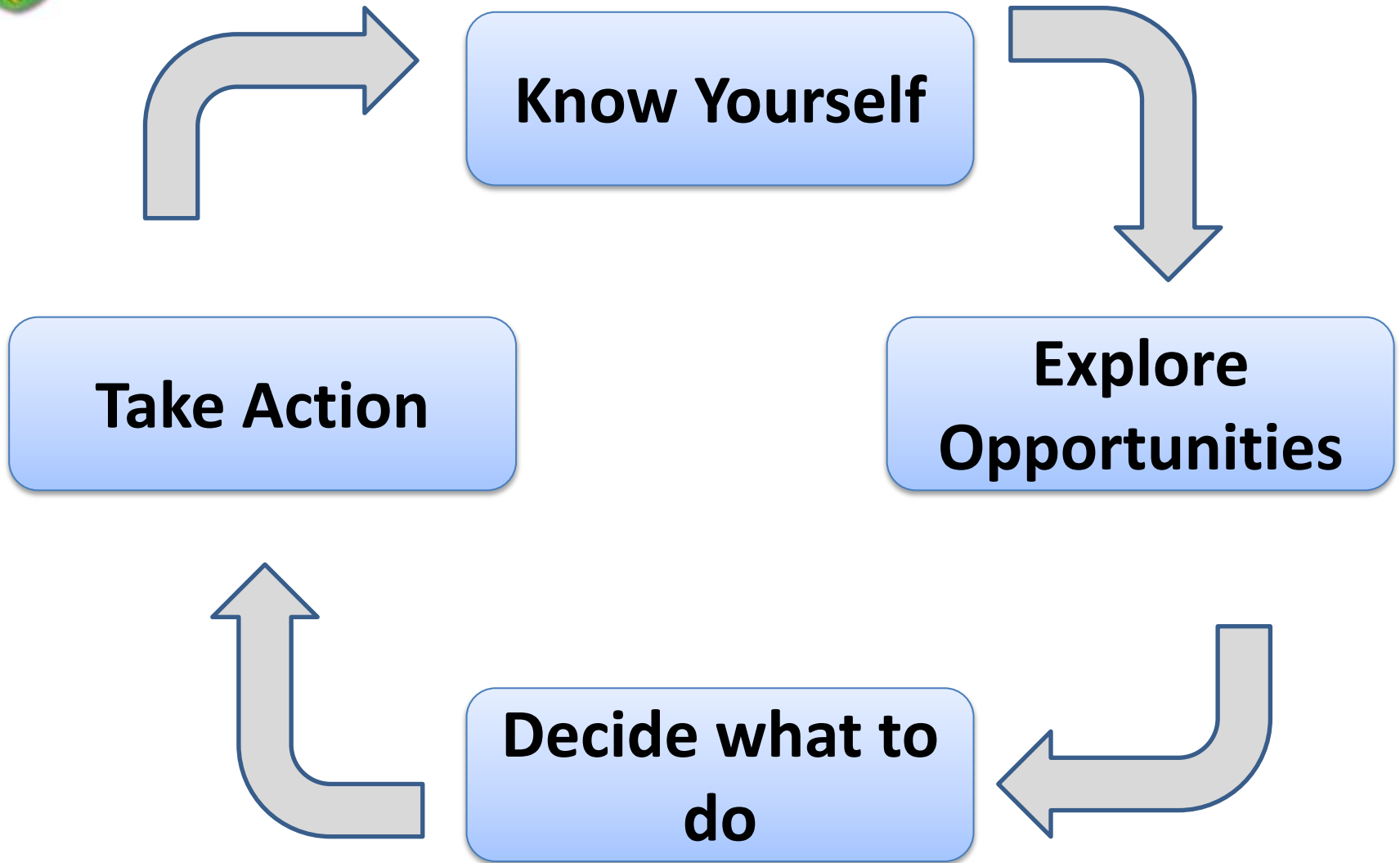
Help! I don't know what to do next!

Should I do a postgrad or look for a job now?

How do I find out what the right career for me is?

What are my options?







WHEN BILLY WILLIAMS
First Became Self Aware





Values - What's important to me?

Interests - What do I like doing?

Personality - What suits me?

Skills - What do I do well?



Interests

The environment

Research

Green energy

Values

Social good

Work/life balance

Meaningful work

Personality

Outgoing

Enjoys a challenge

Attention to detail

Skills

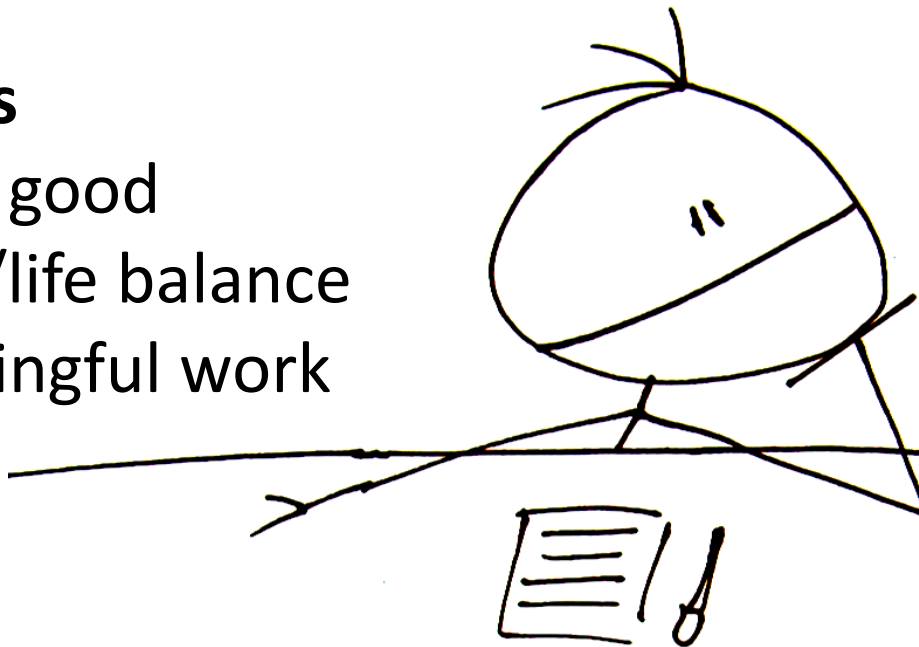
IT

Problem-solving

Communication

Teamwork

Numerical



List Exercise...
30 minutes
no distractions...





UCD MAIN MENU

- UCD Home
- UCD Career Development Centre
 - Home
 - News
 - Events
 - Students and Graduates
 - Post-Doctoral Research Fellows
 - Employers
 - Academics
 - Where are UCD graduates now?
 - Our Staff
 - Vacancies and Internships
 - Scholarships & Funding
 - Contact Us / Hours
 - CareersConnect
 - Statements of Service



See an Adviser

Careers Fairs, Employer Presentations and other events

Career Guidance Videos & Podcasts

Career Focus and other publications

James Joyce Library Building
University College Dublin
Belfield, Dublin 4, Ireland

Ph. +353 1 716 7574
careers@ucd.ie



Gaeilge

CAREERS NEWS

CAREER BOOTCAMP: 4 WORKSHOPS, 4 HOURS, NO PRISONERS

(Tue, 23 Apr 2013 12:30:00 IST)

Push Your Potential - Flex Your Ambitions - Learn how at Career Bootcamp 2013

If you're looking for a job or want to explore your career options, sign up for Career Bootcamp - a day of workshops designed to give you the tools you need to succeed. Register for one or more sessions via Careers Connect (just login to the site).

MORE NEWS

SEE A CAREERS ADVISER - SUMMER 2013 (S)

QUICK LINKS

See an Adviser

careers connect

PFG
PROFILING FOR SUCCESS





To take a test or questionnaire, click on its name at the left of the screen.

[Abstract Reasoning Skills](#)

[Numerical Reasoning Skills](#)

[Verbal Reasoning Skills](#)

[Type Dynamics Indicator Form O](#)

[Learning Styles Indicator](#)

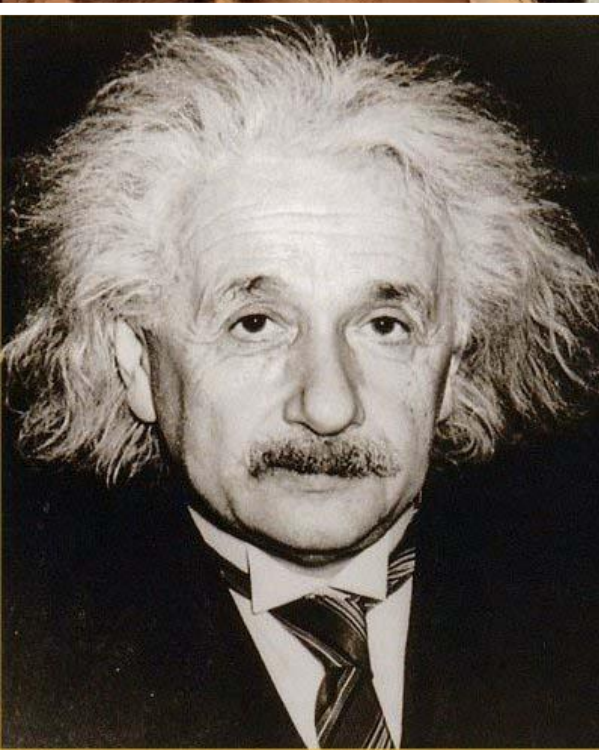
[Values-based Indicator of Motivation](#)

[Career Interests Inventory](#)

[Exit](#)

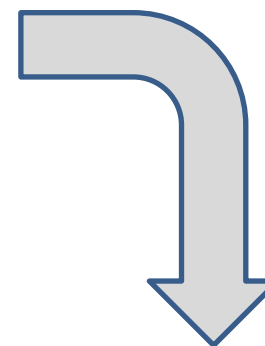


**Success is a very
subjective
matter.....**





Know Yourself



**Explore
Opportunities**



What's out there for me?

Google Search

I'm Feeling Lucky

Google.ie offered in: [Gaeilge](#)



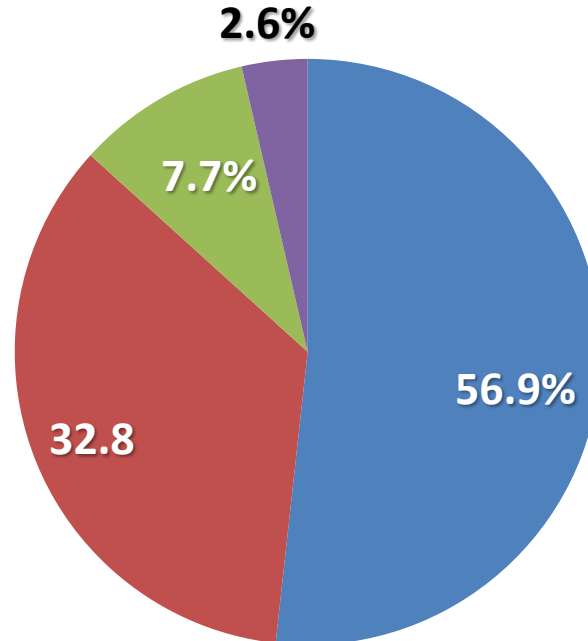
Web Resources

- www.ucd.ie/careers
 - Career Insider
- www.prospects.ac.uk
 - Options with your subject
- www.gradireland.com
 - Career Sectors
- www.insidecareers.co.uk
- www.wetfeet.com
- www.careerplayer.com
- www.dceb.ie – starting your own business
- www.postgradireland.com – postgraduate study



What are the UCD Class of 2011 up to?

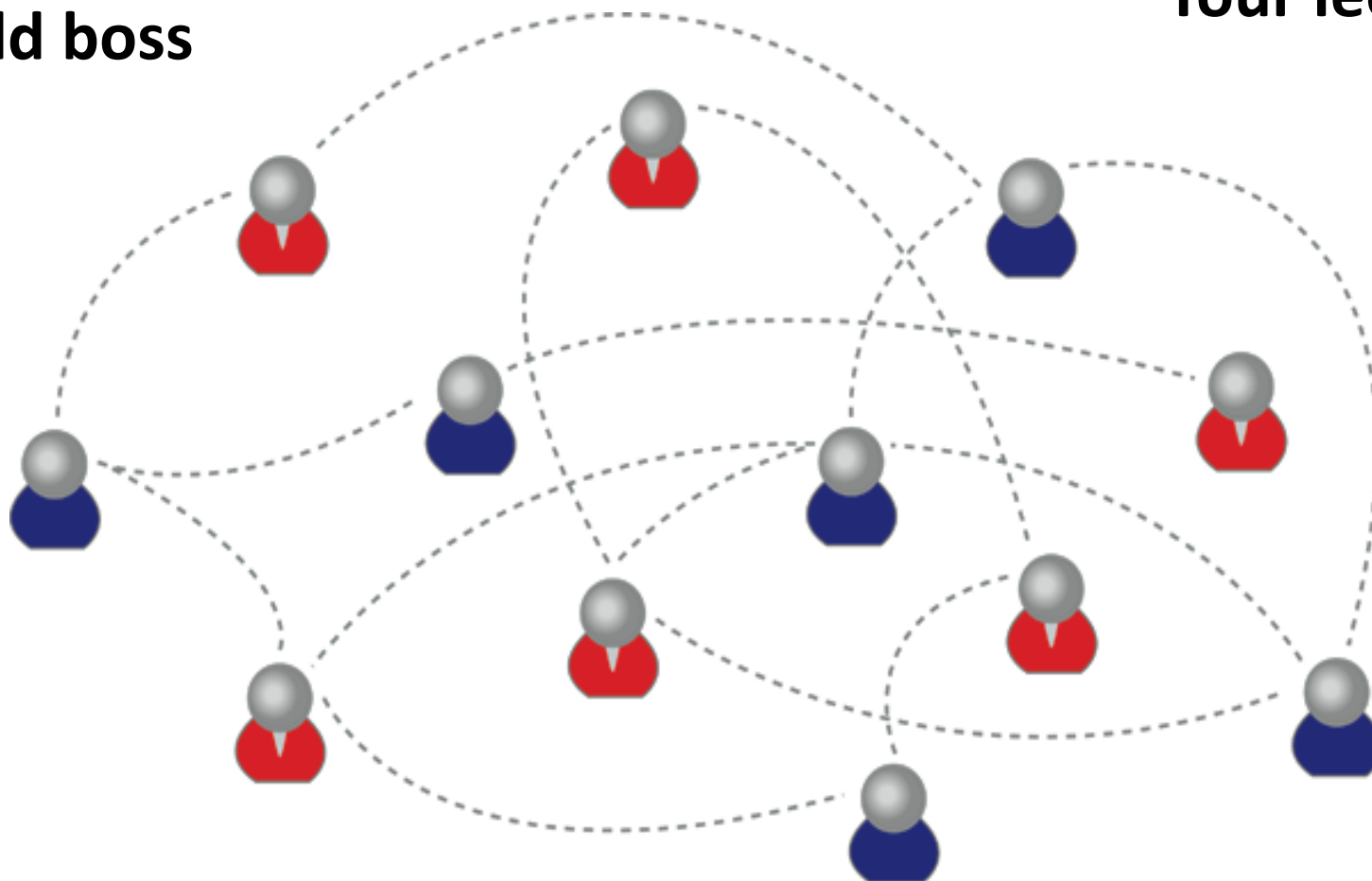
- In Employment
- In Further Study / Training
- Seeking Employment
- Not Available for Employment / Study





Your old boss

Your lecturer



Friends/Family

**A graduate of
your course**



Where can I find someone?

- **Networking events** run by professional bodies or companies in your area of interest
- **Alumni** events run by your School
- **Conferences** relevant to your area of interest



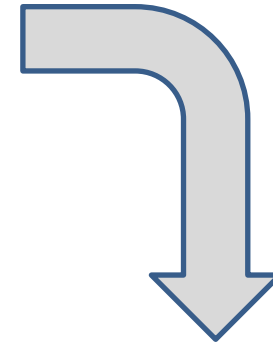


- **Groups relevant to your interest**
- **Latest on careers and companies**
- **Profiles of alumni/people in a role you'd like**



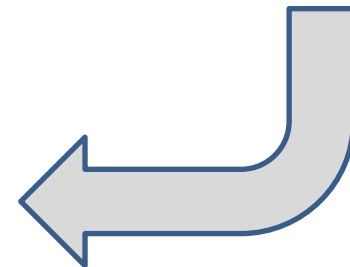


Know Yourself



**Explore
Opportunities**

**Decide what to
do**



Decision Making Approach

- Gather information (you + situation)
- Evaluate options
 - Personal costs and benefits
 - Advantages/disadvantages
 - Risks & outcomes
 - Desirability
 - Odds of succeeding
- Review outcomes and evaluate



Are there jobs in that area?

Are there professional requirements you have to get for your planned career?

Does the career / job /area of study suit my values?

Am I genuinely interested in it?

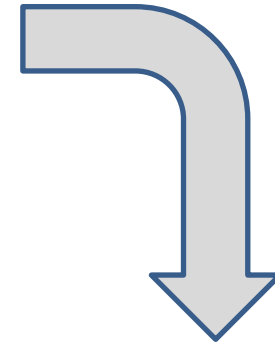
Does it suit my way of interacting with people?

Will it use the skills I have(and like to use)?





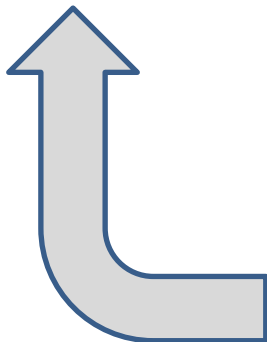
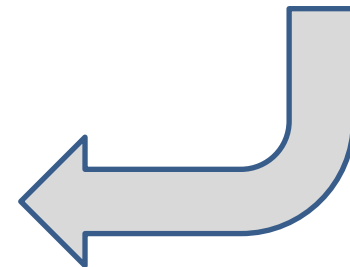
Know Yourself



Explore Opportunities

Take Action

Decide what to do



GOAL SETTING

S

SPECIFIC

M

MEASURABLE

A

ATTAINABLE

R

RELEVANT

T

TIME-BOUND

How will you stand out from the crowd?



The 'perfect' graduate applicant

Work
experience

Academic
achievement

Understands
the
role/company
/sector

Transferable
skills

Engaged with
their
community



Build your personal 'brand'





Are you making the most of your Career Development Centre?

- Careers Resource Room
- 'Quick Query' drop in
- Skills workshops
- Employer presentations
- Careers fairs
(www.ucd.ie/careers/employers/ucdcareersfairs)
- Website
 - Resources
 - Vacancies (internships & grad jobs)



UCD Career Development Centre (University College Dublin)



4,481 likes · 20 talking about this

Education

The Career Development Centre aims to provide a high quality information, advice and guidance service to UCD students and recent graduates.



4,481

Find a Job

What's On

About

Photos

Likes

Vacancies

Events

Highlights

Status Photo / Video Offer, Event +

Share what's going on, UCD Career Development Centre



UCD Career Development Centre (University College Dublin)

20 minutes ago

A Career in International Development - talk starts in one hour (2pm) in A105, Newman. Come along and hear from Frank Flood, Asst Principal in the Department of Foreign Affairs and former Deputy Director of Irish Aid <http://ow.ly/leQis>

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Boost Post

Likes

See all



My UCD
Education



Jaguar Land Rover Careers
Automobiles and Parts



Gotocollege.ie
Education



EU Careers - UCD
Company



Citi Graduate Recruitment EMEA
Community



UCD Career Development Centre (University College Dublin) shared UCD Graduate Studies's status.

3 hours ago



UCD Career Development Centre (University College Dublin) shared KPMG Careers Ireland's status.

3 hours ago

