

Kerry Adult Guidance & Information Service (KAGIS)

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SELF DIRECTED SEARCH

"If you don't know where you are going, then you will probably end up somewhere else."

-Author unknown

Purpose: To provide a brief aid to help those adults who are unsure as to what they want to do for education, training, or employment.

Some Golden Rules:

- **Put the "barriers" aside just for now**

Do not focus on the "barriers" to what you want to do such as: the cost of a course; the time it will take; whether or not you will be able for it; the cost of childcare, etc. Put these barriers aside for now, and only look at these "barriers" after you found what you would love to do and then find the people and the supports to help you overcome the barriers.

- **Trust your inner self.**

You may not have a crystal ball, but you do have your "gut feeling" or dreams of what you would love to do...trust in that and follow it, that is why it is there! Give yourself permission to explore your dream.

- **Find your supports.**

Everyone needs help from time to time. Ask for help. Get advice from professional people and people in organisations that are supposed to help for example, INTREO, Local Employment Services, Citizens Information Centres, Jobs Clubs, the Kerry Adult Guidance and Information Service, Family Resource Centres, etc.

Five Steps

1. Know yourself
2. Pick only two or three options for now.
3. Research them
4. Decide on which one(s) to keep
5. Act!

1. **Know Yourself:** Take an assessment of your interests. See what kind of course, career or training motivates you. Some useful websites: www.qualifax.ie
www.careersportal.ie

Get a printout of the most suited career/jobs, education interests, based on your answers to the assessment or assessments you take.

2. **Suggest to pick only two or three options for now, but no more than five.**

Take a pen or pencil and circle no more than three from the lists of suggested careers/occupations suggested. **Remember to stay true to your inner self.**

3. **Research them.**

Go to www.careersportal.ie to see what it is all about by searching under the Careers & Jobs tab to find "Occupations", and research the occupations you have circled in step 2 above. Use FETCH (www.fetchcourses.ie) or Qualifax (www.qualifax.ie) to find or research possible courses linked to the possible careers you circled in step 2.

- Look at the aspects of the work or the course.
- What skills or interests it requires.
- Who to contact for further information.
- Pay and conditions.

- Take a look at “Related Occupations” that are identified in Careers Portal, in the initial occupation you searched. These “Related Occupations” are often of real interest, and identify many other possibilities to pursue.

4. **Decide on which one(s) to keep!**

Read and see if it still motivates you. If it does, keep it on the list. If it doesn't, then throw it out! If you are stuck, then maybe you need to speak with an Adult Guidance Counsellor...phone us to see how we can help you.

Remember:

Do not fear lack of knowledge, talent or skill. Seek motivation and the others will come. -Dale Adams 80 year old man

5. **Act!** Take the next steps.

- Make contact with the people who offer the course, or who know about the career area. Let them know where you think you might need help and get their advice on how they can help you!
- Speak with an Adult Guidance Counsellor if you need professional advice.
- Start filling in your application(s) or signing up for a course or courses. Try to create several options for yourself, in case one does not work out.
- Stay in control of developing your options. If needs be relook at the list of suggested careers and see if there is anything else that may be of interest, and move on to steps 3-5.

To reach a port we must sail, sometimes with the wind, and sometimes against it. But we must not drift or lie at anchor.

- Oliver Wendell Holmes 1809-1894, American Author, Wit, Poet

