

Topic 1: Know Yourself

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The following activities aim to support the development of your self-knowledge.

Develop your self-knowledge

Self-assessment helps you understand your personal and career goals, your interests, career values, preferences, strengths and weaknesses. It is important to understand your skills, knowledge, values and personal qualities so you can match them to careers and jobs you would like to do.

This kind of understanding is a powerful aid when selling yourself for potential jobs. It will also boost your self-esteem and confidence to ensure that you make meaning career choices.

MyFuture

My Career Profile consists of 9 activities to assist you in building a personalised career profile. You will learn about your interests, skills, values, consider your dream job and much more.



Complete 'My Career Profile' at [MyFuture](#). (sign up with you ECU email address.)

Create your EmployABILITY profile

Employability is the ability to find, create and sustain work and learning across lengthening working lives and multiple work settings.



Watch the following recording, [Understanding Employability](#) to develop and enhance your employability.



Assess your employability using the employABILITY self-assessment tool. Generate your own personalised [employABILITY profile](#). (Your data contributes to academic research.)

Skills Audit: What do you know and what do you need to know

During your time at University you will develop many skills through a variety of academic and extracurricular activities. It is important to take time to reflect and evidence your skills so you can confidently articulate the value you can bring to future employers.



Complete a [skills audit](#) (download and save document)

Knowing your strengths and why it matters

The Science of Character explores the neuroscience and social science that proves that we can shape who we are, and who we want to be in the world.



[The science of character.](#)

Identify and understand your strengths

The VIA survey will help you to identify your top character strengths, such as honesty and perseverance. The test is free and you will need to register your details at the VIA website.



Complete your [VIA survey](#).

Career Values

Career success and satisfaction is closely linked to doing work that is consistent with your career values.

The Career Values Card Sort is a simple, free and fun self-reflection tool for anyone to use and apply to their own careers at any time.



Allow 10-15 minutes to complete your [card sort](#) and don't forget to record your results.

How to discover your mission

Above and beyond having a job, what we really need to power our professional future is a sense of mission. The following video discusses what a mission is, and how we might find our own.



[Finding your mission](#)

Reflect



Now it's time to reflect on the completed activities and consider the following.

- What have you learned about yourself?
- What are you good at and enjoy doing?
- What areas would you like to further develop?
- What is important to you?
- Have you decided on your mission?

From the evidence that you have gathered start creating your own [Career Portfolio](#). Check out the Learning Portfolio via the easy logins on your student portal.

Well done you've completed Topic 1, Know Yourself

Now that you have completed the tasks in Topic 1 head to Topic 2 to create your own unique Career Action Plan.

If you require additional support in developing your self-knowledge book a [career advise appointment](#) with an ECU Career Adviser.