

M: Course Objectives / Learning Outcomes

- a) To increase awareness of personal needs, values, and beliefs relating to career and life choices.
- b) To acquire a strong applied understanding of the processes that influence personality, self-concept, self-esteem, attitudes and beliefs.
- c) To generate an individual vocational profile based on psychometric tests that assess interests, aptitudes, work values and personality variables.
- d) To acquire career development skills related to occupational exploration, research, decision-making.

N: Course Content:

- a) Interest, personality, values, skills, and aptitude assessment
- b) Self Management—time stress, anger and assertiveness
- c) Influences of significant life experiences and transitions
- d) Communications skills, needs and expectations, roles and self development
- e) Relationship management: with families, friendships, relationships and co-workers
- f) Decision making and goal setting
- g) Occupational research and planning
- h) The effects of labour market trends
- i) Employability skills and factors for success

O: