

# **SKILLS TO SUCCEED ACADEMY**

Interactive, online employability  
training program.

## **ACTIVITY PACK**

**You and Your  
Career 4**

***What Makes You  
Tick?***

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## WHAT MAKES YOU TICK?

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This pack contains five activities to help you apply what you have learned in the 'What Makes You Tick' module.

In Activities 1, 2, 3 and 4 you will write down what your interests, strengths, motivations and style(s) are.

In Activity 5\* you will take the information in Activities 1- 4 and see what potential careers are fitting for you.

Identifying what makes you tick will help you to better determine what kinds of jobs/careers you may be suited to. By playing to your strengths and personality type you will be better placed to have a more fulfilling time at work. You will need to use the information from the activities with a \* against them in the activity pack for Module 6 of this course 'Get Some Experience'



### **REMEMBER THE KEY LEARNING POINTS FROM THIS MODULE:**

1. It's important to find a career that is **right for you**.
2. You need to identify what you're good at and the type of work you might be interested in. You can do this by digging deeper into your **Interests, Strengths, Motivations and Style**.
3. **What interests you?** - You need to think about what interests you, and what it is about those activities that make you feel happy, energized or engaged.
4. **What are your key strengths?** - You can figure this out by listening to feedback from teachers, managers, friends or family. Your key strengths will often be things that you enjoy or have received positive results from in the past.
5. **What motivates you?** – Think of times in the past where you have been passionate about something. What was it about those activities that inspired you?
6. **What is your style?** – Look at ways you prefer to carry out different tasks.
7. **Try to balance your interests, strengths, motivations and style** when you are looking at a career. Having a career where these things balance can help you get more fulfilment from your career.



**ACTIVITY 1: INTERESTS**

Identifying your interests is important. If you don't enjoy your job, you may find yourself not happy or performing to the best of your ability.

The activity below will help you identify your interests by focusing on times where you may have felt most engaged in an activity.

Think back to experiences you've had and conversations you have shared with friends/family/teachers/managers; lessons you have been in and activities you have participated in where you have been particularly interested/engaged.

What was it about those activities that you liked?

Use the template below to help you dig deeper:

QUESTION	ANSWER
What do you like doing in your free time? Why?	
What activities make you feel energized? Why?	
Think of some examples of times where you have given your undivided attention.	
What do you find yourself asking questions about/wanting to know more about?	
Think of some instances where you felt particularly engaged/excited/ confident about what you were doing.	
Look at your answers above. Why do you like these things?  Is it the people, the place or the feeling you get when you do this activity or something else?	



## **ACTIVITY 2: STRENGTHS**

Identifying your strengths is important when looking for the right job/career. When you identify your strengths, you are more likely to enjoy and be more successful in jobs you are naturally good at.

The activity below will help you identify your strengths by focusing on times where you may have displayed them at school/work/elsewhere.

Think back to experiences you've had and conversations you have shared with friends, family, teachers, managers in which you may have demonstrated some of your strengths.

# SKILLS TO SUCCEED ACADEMY

Answer the questions in the template on the next page to help understand what you and others think you are good at.

QUESTION	ANSWER
<p>Think of instances where you have done something and produced a positive result:</p> <ul style="list-style-type: none"> <li>○ What did you do?</li> <li>○ What was the result?</li> <li>○ What brought this result about?</li> </ul>	
<p>What would teachers say you are good at?</p>	
<p>What would your family say you are good at?</p>	
<p>What would your friends say you are good at?</p>	
<p>Are there any other things people have told you that you are good at? For example, when has someone told you that you have done a task well?</p>	
<p>What things have you found easy to learn in the past? These may be the things that you have a natural ability for.</p>	
<p>What do you remember being good at as a child?</p> <p>Could you pick up any of these activities/skills again now?</p>	
<p>Look at the list of strengths you have written in the sections above. Are any of these strengths suited to a career?</p>	
<p>Look at the list of strengths you have written in the sections above – are any of these transferable skills that can be taken into a career or jobs?</p>	

**HINT:**

\* 'Transferable skills' are skills that can be used in a variety of settings, for example: time management or communications skills. To find out more about transferable skills, you should complete 'Getting a Job - Module 5 – Identify Your Skills'.

Knowing what you are good at is important. Equally, knowing what you are not so great at, is important as well. You may find that there are some careers that involve things that you are not great at, and that is alright. Don't reject these careers right away; instead, find out how much time would be spent doing those things and if you can develop the skills to improve or grow in those areas.

Think about what things you may need to work on for different careers you are considering and make notes in the box below.



**ACTIVITY 3: MOTIVATIONS**

Identifying your motivations is another important component in the job seeking process. If you don't feel the desire to work hard in your job/career, you may not feel satisfied while working. It is, therefore, important to find a job/career that motivates you.

This activity will help you identify your motivations by focusing on times where you may have felt most inspired in the past.

Answer the questions in the template on the next page to help you identify these:

**MOTIVATIONS**

QUESTION	ANSWER
What motivates you or makes you happy during a normal day?	
Try to think of times when you have worked hard in the past and why.	
Think about times you have not worked well and what you think would have helped to motivate you.	
What motivations drive you in general? For example, what do you care about or feel strongly about?	
What do you want your life to be like in the future?	
What is important to you?	
<p>Look at the motivations that you have listed above. Which careers will allow you to do / use these things?</p> <p>(Ex. If you are motivated by a purpose such as helping people, you may want to look into careers where you can do this type of activity.)</p>	
<p>Are you motivated by any specific goals either in or outside of your career?</p> <p>If so, are there any careers that will help you to reach these goals?</p>	



**ACTIVITY 4.1: STYLE – PERSONAL ATTRIBUTES**

After identifying your interests, strengths and motivators, it is important to focus on what your style of working is. This will enable you to choose the work that is most appropriate for you. For example, someone who is a list maker and likes things to be organized may be well-matched to jobs/careers like: Personal Assistant, Party Planner or Project Manager.

Look at the list of personal attributes below and then write down the top 5 that apply to you and the top 5 that do not.

- Accessible
- Adventurous
- Aggressive
- Ambitious
- Amenable
- Amiable
- Analytical
- Approachable
- Articulate
- Artistic
- Assertive
- Attentive to details
- Authoritative
- Boisterous
- Bold
- Broad-minded
- Business-like
- Calm
- Can-do
- Capable
- Careful
- Cautious
- Charming
- Cheerful
- Clear-thinking
- Community-oriented
- Compassionate
- Competent
- Competitive
- Computer literate
- Confident
- Conscientious
- Considerate
- Consistent
- Cooperative
- Creative
- Credible
- Curious
- Daring
- Dedicated
- Deliberate
- Dependable
- Determined
- Diplomatic
- Discreet
- Dominant
- Dramatic
- Dynamic
- Eager
- Easy-going
- Efficient
- Egotistical
- Emotional
- Energetic
- Enjoy challenges
- Enterprising
- Enthusiastic
- Entrepreneurial
- Firm
- Flexible
- Focused
- Friendly
- Funny
- Generous
- Genuine
- Good 'phone manner'
- Good communicator
- Good follow-through
- Good listener
- Hard working
- Health-conscious
- Healthy
- Helpful
- Honest
- Imaginative
- Independent
- Individualistic
- Industrious



## SKILLS TO SUCCEED ACADEMY

- Influential
- Initiative
- Innovative
- Intellectual
- Intelligent
- Introspective
- Introverted
- Kind
- Likeable
- Logical
- Loyal
- Mature
- Methodical
- Meticulous
- Moderate
- Moody
- Motivated
- Neat and tidy
- Open to new ideas
- Open-minded
- Optimistic
- Sensitive
- Serious
- Sharp-witted
- Sincere
- Sociable
- Spiritual
- Spontaneous
- Steady
- Strict
- Strong
- Successful
- Supportive
- Tactful
- Thorough
- Organized
- Original
- Others
- Outgoing
- Patient
- People oriented
- Perfectionist
- Persevering
- Persistent
- Personable
- Persuasive
- Philanthropic
- Pleasant
- Polite
- Positive
- Practical
- Procrastinating
- Productive
- Punctual
- Purposeful
- Quick learner
- Quiet
- Rational
- Realistic
- Reflective
- Reliable
- Reserved
- Resilient
- Resourceful
- Responsible
- Rude
- Self-controlled
- Sensible
- Thoughtful
- Tolerant
- Tough
- Trustworthy
- Versatile
- Visionary
- Warm
- Well-organized
- Wise
- Witty
- Work well alone
- Work well with others

**STYLE – PART I**

<b>WORDS THAT DESCRIBE YOU</b>	<b>WORDS THAT DO NOT DESCRIBE YOU</b>



## ACTIVITY 4.2: STYLE – WAYS OF WORKING

Now that you have identified some attributes that can describe your personality, you can look to see how these attributes may show themselves in work situations.

Answer the questions in the template on the next page to help you gain a better understanding of the kinds of careers that might be appropriate for you.

### STYLE – PART II

QUESTION	ANSWER
<p>How do you prefer to carry out tasks?</p> <p>Ex. Do you prefer working...</p> <ul style="list-style-type: none"> <li><input type="radio"/> on your own?</li> <li><input type="radio"/> with others?</li> <li><input type="radio"/> motivated by deadlines?</li> <li><input type="radio"/> motivated by working at your own pace?</li> <li><input type="radio"/> in one long stretch?</li> <li><input type="radio"/> in smaller chunks of time?</li> </ul>	
<p>Observe how others do tasks and ask yourself would you do it in the same way or would you do it differently.</p>	
<p>Think about why you do things in a certain way – is it because of your values or what you think is important?</p>	
<p>Do you do things in a certain way because you like doing it that way or because you are good at doing it that way? (Do you play to your interests and/or strengths when approaching a task?)</p>	
<p>Look at the information you have captured about your style above – write down careers where you think your style might be most suited.</p>	
<p>Think about why you do things in a certain way – is it because of your values or what you think is important?</p>	



## ACTIVITY 5: YOUR OPTIONS\*

Activities 1-4 will have given you information about what makes you tick. Now you need to use that information to work out what your career options may be.

Let's start by using Bryan's example from the module:

### INTERESTS

- Anime
- Cars
- Sports (especially football)
- Staying fit
- Talking to people
- Responsibility

### STRENGTHS

- Good communication skills
- Good at organizing
- Good at noticing when things are out of place at work

### STYLE

- Friendly
- Chatty
- Being able to keep calm when my brothers are getting into an argument

### MOTIVATION

- To earn enough money to provide for my family
- Being active at work
- Being able to go outside during the work day

These are all things that make Bryan tick and he can use them to help be more self-aware. This in turn can help him make the right career choices.

Using the information, you have created for yourself in Activities 1-4, take a highlighter and highlight the things that make you tick.

Once you have done this, write a summary (like Bryan's) in the box below:

<p><b>INTERESTS:</b></p>
<p><b>STRENGTHS:</b></p>
<p><b>MOTIVATIONS:</b></p>
<p><b>STYLE:</b></p>

You may find that some of the things you've written about yourself are conflicting. For example, you may be good at art but even though art is one of your strengths it may not motivate you or interest you.

If you have areas like this, don't discount them - make a note of them in the template below and give yourself actions to explore them in detail.

Make sure to ask for help from an advisor, teacher, friend or family member. Try to pick people you think can be objective about your interests, strengths, motivations and style.

CONFLICTING AREA	ACTIONS TO EXPLORE
<p><i>Example: Art is my strength but it does not interest me.</i></p>	<ul style="list-style-type: none"> <li>○ <i>Research different art-based careers ex. graphic designer, advertising, media, teaching, etc.</i></li> <li>○ <i>Talk to an artist or art teacher about whether I have the strengths for any of the careers I find.</i></li> <li>○ <i>Talk to people who work in these careers to see what they are really like.</i></li> <li>○ <i>Although art itself does not motivate /interest me – are there elements of these careers that motivate / interest me?</i></li> </ul>
<p><i>Example: I am really interested in being a dancer, but I'm not good at all types of dance.</i></p>	<ul style="list-style-type: none"> <li>○ <i>Look to see if there are any classes that may help me improve the dance forms I am weak at.</i></li> <li>○ <i>Research whether there are careers or jobs that will focus on the types of dance I do excel at.</i></li> <li>○ <i>Involve yourself in world of dance but not be a dancer.</i></li> </ul>

Remember it is important to use the information that you have gathered in this activity pack to investigate what makes you tick a bit more...

- Discuss what you have discovered with other people who can help, such as a teacher, advisor, family or friend.
- Try out online questionnaires to help you be more self-aware.
- Don't forget that over time your interests, strengths, motivation and style can change so don't forget to revisit the four areas regularly, especially when your circumstances change.



**LINKS:**

The links below are examples of websites that can help you uncover your interests, strengths, motivations, style and options:

- [http://www.careersportal.ie/careerplanning/self\\_assessment.php#.VnKXfJUnweE](http://www.careersportal.ie/careerplanning/self_assessment.php#.VnKXfJUnweE)
- [http://www.qualifax.ie/index.php?option=com\\_wrapper&view=wrapper&Itemid=25](http://www.qualifax.ie/index.php?option=com_wrapper&view=wrapper&Itemid=25)
- <https://nationalcareersservice.direct.gov.uk/tools/skillshealthcheck/Pages/default.aspx>
- <https://targetjobs.co.uk/careers-report>
- <http://www.educations.com/career-test>

There are many websites and questionnaires on the internet that can help you identify your personality type and the associated careers you may enjoy. Have a look around.

**REMEMBER**

These Activity Packs are yours to keep. Make sure you review them regularly and keep them updated.

You can also discuss them with advisors, friends, family and anyone else you trust to give you valuable feedback.

If you haven't already completed  
'You and Your Career - Module 4 – What Makes  
You Tick?'  
in the Skills to Succeed Academy,  
give it a go! The module contains videos and  
interactive tools which will help you take  
ownership of your career.  
Go to [www.s2sacademy.ie](http://www.s2sacademy.ie)



