

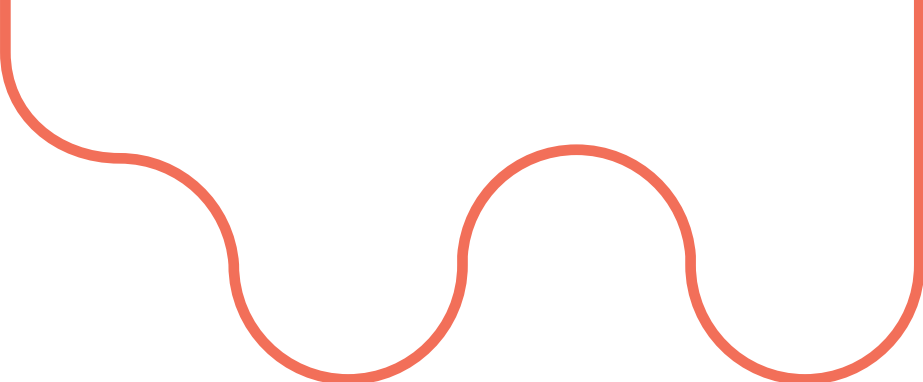


Understanding Yourself Comes First

Your guide to making informed
decisions about your future.



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If You Feel Unsure About Your Future, You're Not Alone

If you're in fifth or sixth year, you've probably been asked the same question many times:

"What do you want to do after school?"

Perhaps you've answered:

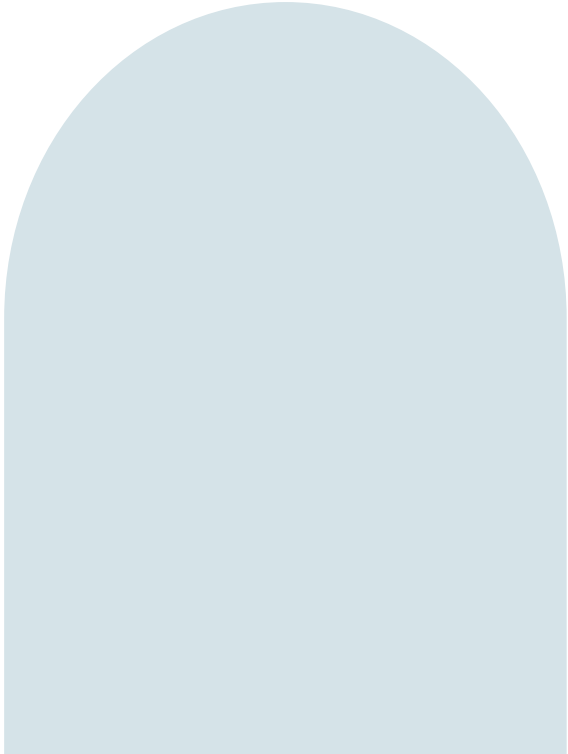
"I don't know."

Maybe that makes you feel like you're behind.

It can seem as though everyone else already has a plan.

The truth is, many students feel exactly the same way.

**Feeling uncertain
doesn't mean you're
unprepared.
It may simply mean
you're not sure
where to begin.**



2

Most Students Start With the Wrong Question

When students begin thinking about their future, they often ask:

- *What career should I choose?*
- *What course should I study?*
- *Will I get the points?*

These seem like sensible questions. But there's an important question to consider first.

The Better Question Is: Who Am I?

Until you understand yourself, it's very difficult to know which options genuinely suit you.

3

Why Looking at Hundreds of Courses Doesn't Always Help

Many students spend hours looking through university websites and career websites.

The more they research...
the more confused they become.

Why?

**Because
information
becomes much
more useful when
you understand
yourself.**

Without that, every course can
seem like a possibility... or none of them do.

Career research isn't
the problem. There's
just one important step
to take first.

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A Different Way to Think About Career Direction

Instead of thinking:

Career → Course → Me

Try thinking:

Understand Yourself → Explore Careers → Choose Courses

Once you have a clearer picture of who you are, it becomes much easier to see which careers genuinely suit you.

Then choosing courses becomes easier too.

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What Does “Understand Yourself” Actually Mean?

Understanding yourself isn't about having all the answers.

It's about becoming more aware of:

- what genuinely interests you
- the things you enjoy doing most
- your natural strengths
- what matters most to you
- the kind of environments where you'll do your best

You don't need to have everything figured out.

You simply need to begin noticing the patterns.

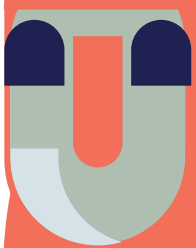
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A Real Example

Imagine two students who both love Biology.

If they begin by thinking only about the subject, they might both consider a career in medicine.

But what happens when they first spend time understanding themselves?



Student A

Student A enjoys Biology because they love helping people, listening carefully and building relationships. They are particularly interested in working directly with and supporting people.

As they begin exploring careers, they may find themselves drawn to speech and language therapy, occupational therapy, psychology or nursing.



Student B

Student B also loves Biology, but for very different reasons. They enjoy analysing information, solving scientific problems and understanding how the human body works. They are fascinated by research and discovering new knowledge.

As they explore careers, they may become interested in biomedical science, genetics, pharmaceutical science or research.



Both students started with the same subject.

Yet...

By taking the time to understand themselves, they discovered very different career possibilities.

That's why...

Career direction doesn't begin with choosing a course.

It begins with understanding yourself.

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One Simple Reflection

Instead of starting with...

"What career do I want?"

Spend a few minutes thinking about these questions instead.

- What school subjects do I genuinely look forward to?
- What activities make me lose track of time?
- What kinds of problems do I enjoy solving?
- What do people often ask me for help with?
- When do I feel most confident?

Don't worry about finding perfect answers.

Simply notice the patterns.

Those patterns are often where career direction begins.

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Why This Can Be Difficult to Do Alone

Here's something I've noticed after working with many students.

Most people find it surprisingly difficult to recognise their own strengths.

The things you naturally do well often feel so ordinary that you barely notice them.

It's a little like trying to describe your own voice.

Everyone else hears it clearly.

You don't.

That's why...

Understanding yourself is often easier when someone helps guide the conversation and asks the right questions.

9

What Career Guidance Really Does

Many people think career guidance is about someone telling you what career to choose.

It isn't.

Career guidance is about helping you understand yourself more clearly.

Together, we explore:

- your strengths
- your interests
- your motivations
- your values
- the environments that suit you best

As those become clearer, suitable career options often begin to emerge.

The goal isn't for someone else to choose your future.

The goal is for you to leave with the confidence to make informed decisions for yourself.

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One Final Thought

If you've been feeling uncertain about your future, I hope this guide has helped you realise one thing.

You don't have to have everything figured out today.

And you don't need to know exactly what career you want.

Understanding yourself is a good place to start.

Understand Yourself → Explore Careers → Choose Courses

**When you start
with yourself,
career choices
become clearer—
and choosing
courses becomes
much easier.**