

Tahatū activity guide 2

Get inspired



Aratohu mahinga Tahatū 2

Kia whakaohoho

The Get inspired Kia whakaohoho section of Tahatū Career Navigator helps students explore who they are by encouraging them to think about their interests, values and skills.

This section encourages students to build an awareness of themselves by exploring their strengths, values, qualities, interests and skills and includes Interest quiz, an interest-based quiz based on Holland's career theory. The quiz results provide students with a summary of their top interests and suggest related work areas and career ideas to explore.

If you haven't already talked with your students about self-awareness and how it fits with career planning, here are some activities you can work through before they explore other sections of Tahatū.

Creating a vision board of your self-discovery journey

Encourage your students to create a vision board using words, pictures and symbols that reflect their values. They can add to it as they work through the activities.

Ideas for vision boards:	Canva	PowerPoint
	A3 or poster papers with magazines etc.	Google slides
		Pinterest

Activity 1: Personal values

Mahi 1: Ngā uara whaiaro

Activity overview

Tirohanga whānui ki te mahi

To help students understand what their personal values are and why it's important to identify them. Knowing their personal values means they understand themselves more, which can help them make good career choices.

Activity type: Individually **Time taken:** 20-30 mins

Activity: Identifying your personal values

Steps

Ask your students to watch the career tips video 'What does success look like to you?' on the 'Know your values' guide page.

Hand out the **Personal values worksheet** and ask them to answer these questions in the worksheet as they watch the video.

1. How can you identify your values?

Answer: Identify what's important to you and your whānau and your dreams and aspirations.

2. The presenter gives some examples of values – what are they?

Answer: Good work-life balance, supporting my whānau and community, looking after the whenua, having enough money, being in control of my own life.

3. Why do you think identifying your values is important when thinking about a career plan?

Answer: As there isn't a specific answer in the video this can be a discussion question.

Ask your students to complete the 'Examples of personal values' exercise in the **Personal values worksheet**.

Conversation starters

- What do you believe in?
- What's important to you in your life?
- When did you feel great about something you did?
- Who are your role models and why?

Tahatū links and resources

Video 'What does success look like to you?' on the Know your values guide page

tahatu.govt.nz/get-inspired/discovering-who-you-are/know-your-values

Personal values worksheet

Personal values worksheet

Get inspired Activity 1

Answer these questions while watching the video 'What does success look like to you?' on the Know your values guide page. tahatu.govt.nz/get-inspired/discovering-who-you-are/know-your-values

Questions

How can you identify your values?

The presenter in the video gives some examples of values - what are they?

Why do you think identifying your values is important when thinking about a career plan?

Here are some examples of personal values

Put a tick next to any you share	I choose this value because....
<input type="checkbox"/> Supporting my community/marae/church	
<input type="checkbox"/> My culture and traditions	
<input type="checkbox"/> Being in control of my own life	
<input type="checkbox"/> Challenging myself to do new things	
<input type="checkbox"/> Setting and achieving goals	
<input type="checkbox"/> Having a positive attitude	
<input type="checkbox"/> Being creative	
<input type="checkbox"/> Being independent	
<input type="checkbox"/> Being a role model for others	
<input type="checkbox"/> Having a good income of money	
<input type="checkbox"/> Looking after the environment	

What other personal values do you have?

Activity 2: Work values

Mahi 2: Ngā uara mahi

Using your values as a guide can help you make career choices that are a good fit. For example, if your main value is spending time with family and whānau you might avoid jobs that have long hours.

Activity overview

Tirohanga whānui ki te mahi

To help students understand what their work values might be and rate them. This will help them match their work values with career ideas.

Activity type: Individually **Time taken:** 20-30 mins

Linked activities: Get Inspired Activity 1.

Activity: Identifying your work values

Note: This is a great activity to complete with your students before they do the Interest quiz.

Steps

Ask your students to complete the **Work values worksheet**.

When they have finished, ask your students to have a look at the values they rated as 'important' or 'very important' in their work. These might help them identify types of work they would enjoy based on those values.

Tahatū links and resources

[Work values worksheet](#)



Work values worksheet

Get inspired Activity 2

What do I value in my work?

Give each value below a rating between 1 to 5 as to how important it would be to you in your work. Use the rating scale below.

Rating 1 to 5

1 Not important **2** Somewhat important **3** Not sure **4** Important **5** Very important

Learning new things	I get to challenge myself and learn new things.	<input type="checkbox"/>
People contact	I enjoy meeting a wide variety of people.	<input type="checkbox"/>
Culture	It's important for me to follow my culture and traditions.	<input type="checkbox"/>
Helping society and communities	I want my work to benefit my community.	<input type="checkbox"/>
Peace	I want a quiet and calm work environment.	<input type="checkbox"/>
Work environment	I want to be out and about every day rather than sit at a desk.	<input type="checkbox"/>
Money	I want to earn a good income.	<input type="checkbox"/>
Leading	I enjoy taking the lead and being responsible for others.	<input type="checkbox"/>
Teamwork	I like working in a team alongside others.	<input type="checkbox"/>
Flexibility	I want to have time to spend with family and friends.	<input type="checkbox"/>
Working alone	I like working on my own or with just a few people.	<input type="checkbox"/>
Routine	I prefer a predictable type of role with regular tasks and work patterns.	<input type="checkbox"/>
Something else?	You can add your own work value here and give it a rating between 1 and 5 like the others.	<input type="checkbox"/>

Activity 3: Interests

Mahi 3: Ngā kaingākautanga

Activity overview

Tirohanga whānui ki te mahi

To help students connect their interests with career ideas that fit with what they enjoy doing.

Activity type: Individually **Time taken:** 20-30 mins

Activity: Identifying your interests

Steps

Tahatū links and resources

Explain:

Activities that we enjoy are our interests. Interests can help us make good choices about learning and work.

[Interests worksheets](#)

1. Ask your students to complete the interests list in the **Interests worksheet 1**.

Once they have identified their interests, ask your students to complete Interests worksheet 2. You can use these conversation starters to help them identify their interests.

Conversation starters

- What do you like doing when you're not at school?
- Do you belong to a sports team or have hobbies?
- What do you enjoy about those activities?



Interests worksheet 1

Get inspired Activity 3

My interests

Tick or mark any of the interests that you enjoy doing below, or add other interests and hobbies that you might be involved in.

Playing netball	<input type="checkbox"/>	Helping at the mārae	<input type="checkbox"/>	Swimming	<input type="checkbox"/>
Cooking	<input type="checkbox"/>	Horse riding	<input type="checkbox"/>	Drawing	<input type="checkbox"/>
Playing music	<input type="checkbox"/>	Singing	<input type="checkbox"/>	Looking after animals	<input type="checkbox"/>
Playing rugby	<input type="checkbox"/>	Making jewellery	<input type="checkbox"/>	Surfing	<input type="checkbox"/>
Photography	<input type="checkbox"/>	Dancing	<input type="checkbox"/>	Listening to music	<input type="checkbox"/>
Gaming	<input type="checkbox"/>	Spending time with my friends and family	<input type="checkbox"/>	Waka ama	<input type="checkbox"/>
Fishing	<input type="checkbox"/>	Working on computers	<input type="checkbox"/>	Organising events	<input type="checkbox"/>
Collecting things	<input type="checkbox"/>	Making crafts	<input type="checkbox"/>	Kapa haka	<input type="checkbox"/>
Riding my bike	<input type="checkbox"/>	Fixing things	<input type="checkbox"/>	Helping out with fundraisers and fairs	<input type="checkbox"/>
[My interests]	<input type="checkbox"/>	[My interests]	<input type="checkbox"/>	[My interests]	<input type="checkbox"/>
[My interests]	<input type="checkbox"/>	[My interests]	<input type="checkbox"/>	[My interests]	<input type="checkbox"/>
[My interests]	<input type="checkbox"/>	[My interests]	<input type="checkbox"/>	[My interests]	<input type="checkbox"/>
[My interests]	<input type="checkbox"/>	[My interests]	<input type="checkbox"/>	[My interests]	<input type="checkbox"/>

Once you have identified your interests complete Interest worksheet 2.

Interests worksheet 2

Get inspired Activity 3

Using the interests that you identified in worksheet 1 answer the following questions.

My interests

Fill out the table below with your interests, what you enjoy about them and career ideas that might fit with them.

Things I like to do	What do I enjoy about them	Jobs or career ideas that might fit with my interests

Activity 4: Future Finder game

Mahi 4: Kēmu Tūhura Anamata

Activity overview

Tirohanga whānui ki te mahi

The Future Finder game is a fun, quick activity that provides a warmup to the Interest quiz or can be used to start career conversations with students.

Activity type: Individually **Time taken:** 10-15 minutes

Linked activities: Get Inspired Activity 5

Activity: Future Finder

Steps

Hand out the **Future Finder** paper game.

1. In pairs, get your students to play the game.
2. Once they have finished, have students go onto Tahatū and do the Interest quiz. Once they have completed the quiz, get them to complete the square in the middle of the game and answer the following questions.
 - What are the 3 top interests that you like?
 - What are 3 career ideas you would like to explore further?

Tahatū links and resources

Scissors

Future Finder game



Activity 5: Interest quiz

Mahi 5: Kairoro Kaingākau

Activity overview

Tirohanga whānui ki te mahi

The Interest quiz results can help identify a student's personality type based on their interests and suggest a range of work areas and related career ideas.

Activity type: Individually **Time taken:** 10-20 minutes

Linked activities: Get Inspired Activities 1 and 2

Activity: Interest quiz

Steps

Ask your students to do the Interest quiz in the Get inspired section of Tahatū and save their quiz results to My kete.

Tip: For information on creating an account and saving to My kete, see Tahatū activity guide 1 – Getting to know Tahatū.

Interest quiz results are shown in 2 parts:

1. A summary of top interest areas.
2. Suggested work areas and career idea cards.

At this point you may want to have a conversation with your students about their results.

Tahatū links and resources

Link to Interest quiz
tahatu.govt.nz/get-inspired/interest-quiz
Career ideas worksheet

Part 1: Top interest areas

Part 1 shows their 3 top interest areas, with the remaining 3 under the 'More about your interests' button.

Ask them to look at their results.

1. Check that what is listed under You like, and You're interested in sound right to them (they may want to add some of these to their vision board).
2. Check if there are any that don't sound like them. Explore with them why these may have come up.

Conversation starters

- Does this sound like you?
- What might your teachers, parents and friends choose for you? Why?
- What is it you like about these interest areas?

Part 2: Suggested work areas and career ideas cards

Part 2 of the quiz results show a list of work areas. In each work area there may be up to 20 career ideas.

Give students an opportunity to analyse and check their results. Check in with them to encourage reflection and learning.

- What do I agree with?
- What don't I agree with?
- What else do I need to know?
- Are there any jobs not listed that I would like to see?
- If you did the Future Finder game, have a look at the jobs you wrote down at the beginning – were any of these in your results?



Activity: Interest quiz

Steps

Ask students to choose 3-5 career ideas they would like to find out more about. Hand out the Career ideas worksheet for them to complete using the personal and work values they identified earlier.

Tahatū links and resources

Career ideas worksheet

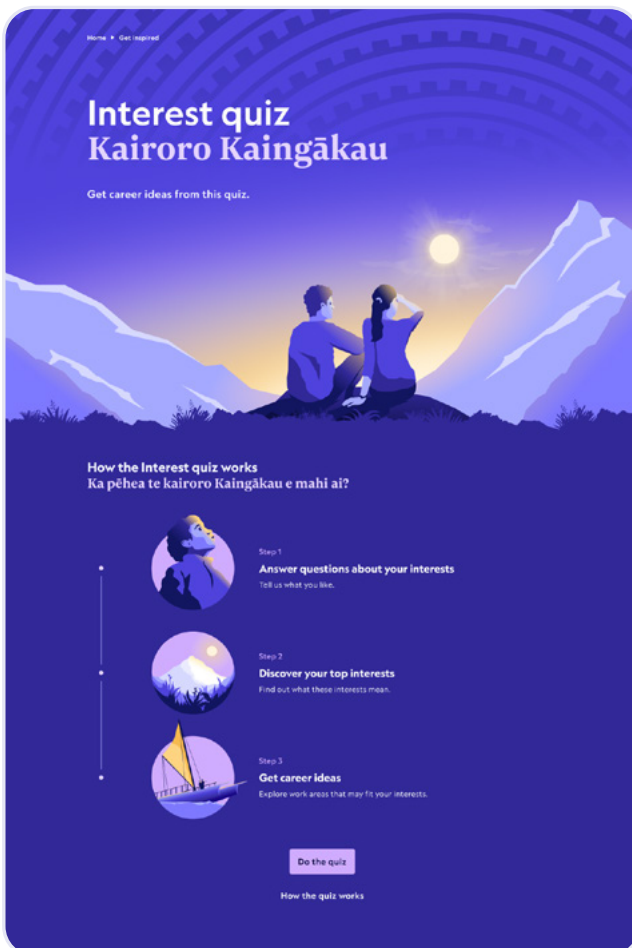
Conversation starters

Looking back at your top choices:

1. How well do your values fit with the career ideas?
2. Are there any other career ideas in your results that you would like to research?

At the end of this activity encourage your students to add to their vision board with the following suggestions:

1. Write or draw their top 3 interest areas.
2. From their Interest quiz results, ask them to write or draw information they found interesting from 'What I like about this career idea', for example, flexible working hours, get to travel, working outside.



Home • Get inspired

Interest quiz

Kairoro Kaingākau

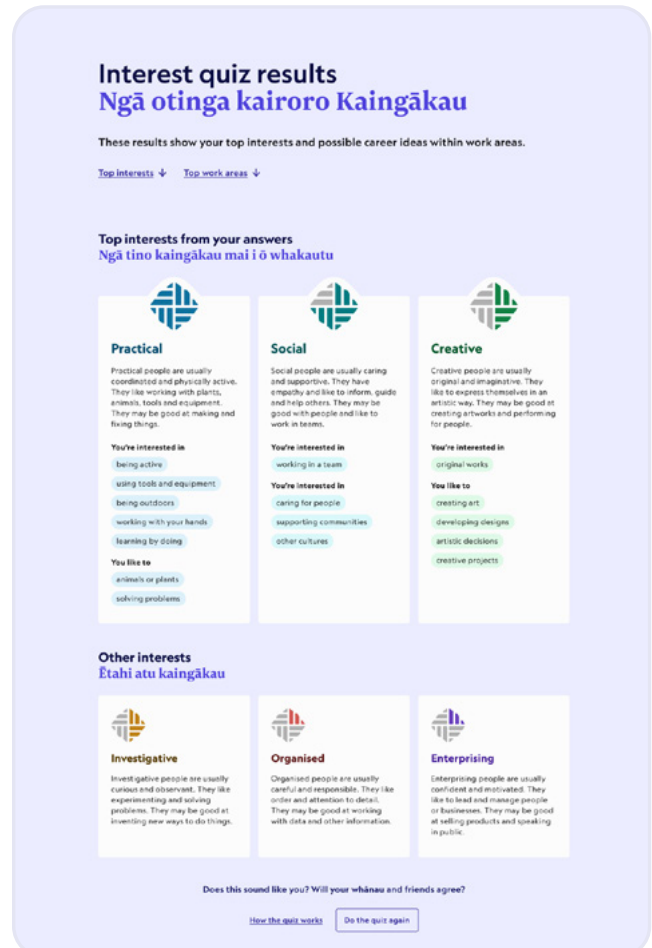
Get career ideas from this quiz.

How the Interest quiz works
Ka pēhea te kairoro Kaingākau e mahi ai?

- Step 1
Answer questions about your interests
Tell us what you like.
- Step 2
Discover your top interests
Find out what these interests mean.
- Step 3
Get career ideas
Explore work areas that may fit your interests.

[Do the quiz](#)

How the quiz works



Interest quiz results

Ngā otinga kairoro Kaingākau

These results show your top interests and possible career ideas within work areas.

[Top interests](#) ↓ [Top work areas](#) ↓

Top interests from your answers

Ngā tino kaingākau mai i ō whakautu

Practical	Social	Creative
<p>Practical people are usually coordinated and physically active. They like working with plants, animals, tools and equipment. They may be good at making and fixing things.</p>	<p>Social people are usually caring and supportive. They have empathy and like to inform, guide and help others. They may be good with people and like to work in teams.</p>	<p>Creative people are usually original and imaginative. They like to express themselves in an artistic way. They may be good at creating artworks and performing for people.</p>
<p>You're interested in</p> <ul style="list-style-type: none">being activeusing tools and equipmentbeing outdoorsworking with your handslearning by doing	<p>You're interested in</p> <ul style="list-style-type: none">working in a team <p>You're interested in</p> <ul style="list-style-type: none">caring for peoplesupporting communitiesother cultures	<p>You're interested in</p> <ul style="list-style-type: none">original works <p>You like to</p> <ul style="list-style-type: none">creating artdeveloping designsartistic decisionscreative projects
<p>You like to</p> <ul style="list-style-type: none">animals or plantssolving problems		

Other interests

Ētahi atu kaingākau

Investigative	Organised	Enterprising
<p>Investigative people are usually curious and observant. They like experimenting and solving problems. They may be good at inventing new ways to do things.</p>	<p>Organised people are usually careful and responsible. They like order and attention to detail. They may be good at working with data and other information.</p>	<p>Enterprising people are usually confident and motivated. They like to lead and manage people or businesses. They may be good at selling products and speaking in public.</p>

Does this sound like you? Will your whānau and friends agree?

[How the quiz works](#) [Do the quiz again](#)

Career ideas worksheet

Get inspired Activity 5

Choose 3-5 career ideas you would like to find out more about.

Consider if these align with your personal and work values and what you do and don't like about each career idea.

Career idea:

My values

What I like about this career idea

What I don't like about this career idea

Career idea:

My values

What I like about this career idea

What I don't like about this career idea

Career idea:

My values

What I like about this career idea

What I don't like about this career idea

Career idea:

My values

What I like about this career idea

What I don't like about this career idea

Career idea:

My values

What I like about this career idea

What I don't like about this career idea

Activity 6: Identifying your skills

Mahi 6: Te tautohu i ō pūkenga

Activity overview

Tirohanga whānui ki te mahi

To help students understand and identify what skills are and what their skills might be. This will help them identify career ideas they might like and help with writing CV's and preparing for interviews.

Activity type: Individually **Time taken:** 10-20 minutes

Linked activities: Get inspired Activities 1 and 2

Note: This activity can be done with your students before or after they do the Interest quiz.

Activity: Identifying your skills

Steps

Explain:

Understanding your skills is an important part of helping you decide your future career.

What is a skill?

Explain:

Skills are things you can do. A skill is the ability to do something.

Skills are developed through life, learning and experiences. They can be simple, like making a bed or playing a musical instrument or complex, like creating a computer program.

Everyone has skills. You can develop skills through:

- Subjects at school
- Interests and hobbies
- Part-time jobs
- Voluntary work for the community
- Helping out at home

Steps

- Ask students to look at the Skills worksheets A or B depending on group or year level or they can access the full skills worksheet.

Tahatū links and resources

Know your skills

Figure out your skills worksheet

tahatu.govt.nz/get-inspired/discovering-who-you-are/know-your-skills

Skills worksheet A

Skills worksheet B



Skills worksheet A

Get inspired Activity 6

Everybody has things they can do well. Look at the examples of the skills below and think about whether you enjoy using each of these skills. Tick any skills that you have.

Key areas	Skills	I enjoy using this skill
Managing self	Finish my work in the time given	<input type="checkbox"/>
	Explain what I did	<input type="checkbox"/>
	Practice something or train regularly	<input type="checkbox"/>
	Plan a project well	<input type="checkbox"/>
	Plan and organise activities	<input type="checkbox"/>
Relating to others	Speak to a group	<input type="checkbox"/>
	Look after a pet	<input type="checkbox"/>
	Help a friend with their schoolwork	<input type="checkbox"/>
	Listen to others	<input type="checkbox"/>
	Relate to people from all other backgrounds and cultures	<input type="checkbox"/>
Using language, symbols and texts	Understand graphs and charts	<input type="checkbox"/>
	Find information I need	<input type="checkbox"/>
	Use pictures to get a message across	<input type="checkbox"/>
	Write a movie review	<input type="checkbox"/>
	Research information to use in talks	<input type="checkbox"/>
Thinking	Design an experiment	<input type="checkbox"/>
	Find out what's wrong with something	<input type="checkbox"/>
	Come up with new ideas	<input type="checkbox"/>
	Work out the best deal to buy something	<input type="checkbox"/>
	Solve problems	<input type="checkbox"/>
Participating and contributing	Be part of a team or club	<input type="checkbox"/>
	Take part in discussions	<input type="checkbox"/>
	Speak another language	<input type="checkbox"/>
	Organise a game with friends	<input type="checkbox"/>
	Take the lead, show leadership	<input type="checkbox"/>

Skills worksheet B

Get inspired Activity 6

Everybody has things they can do well. Look at the examples of the skills below and tick any skills that you have. You can also add others.

My interests	Description	I have this skill	I enjoy using this skill
Analysing (thinking skill)	Investigate and evaluate data and systems.	<input type="checkbox"/>	<input type="checkbox"/>
Animal care and handling	Understand animal care, behaviour, treatment and training.	<input type="checkbox"/>	<input type="checkbox"/>
Building and assembling things	Manufacture, assemble, make and construct things.	<input type="checkbox"/>	<input type="checkbox"/>
Caring for people	Help people with daily tasks and activities.	<input type="checkbox"/>	<input type="checkbox"/>
Coaching	Advise, guide and empathise with people.	<input type="checkbox"/>	<input type="checkbox"/>
Communication	Listen, ask questions and share ideas with people.	<input type="checkbox"/>	<input type="checkbox"/>
Computing	Use programs and software to create and process information and data.	<input type="checkbox"/>	<input type="checkbox"/>
Creative	Use imagination and original ideas to create something.	<input type="checkbox"/>	<input type="checkbox"/>
Customer service	Help and serve customers.	<input type="checkbox"/>	<input type="checkbox"/>
Driving	Operate a vehicle like a car or truck.	<input type="checkbox"/>	<input type="checkbox"/>
Fixing and repairing	Mend, restore and renovate things.	<input type="checkbox"/>	<input type="checkbox"/>
Food handling and preparation	Safely prepare food for people to eat.	<input type="checkbox"/>	<input type="checkbox"/>
Helping people	Respond to the needs of others.	<input type="checkbox"/>	<input type="checkbox"/>
Manage money	Calculate and budget finances.	<input type="checkbox"/>	<input type="checkbox"/>
Numeracy	Use mathematical equations to solve problems.	<input type="checkbox"/>	<input type="checkbox"/>
Organising	Arrange and coordinate people, resources and schedules.	<input type="checkbox"/>	<input type="checkbox"/>
Performing	Entertain, act, sing or dance in front of people.	<input type="checkbox"/>	<input type="checkbox"/>
Physical activity	Use fitness and strength to perform tasks.	<input type="checkbox"/>	<input type="checkbox"/>

Skills worksheet B

Get inspired Activity 6

My interests	Description	I have this skill	I enjoy using this skill
Planning	Organise, schedule and prepare for tasks, events and projects.	<input type="checkbox"/>	<input type="checkbox"/>
Plant care	Grow, manage or harvest plants.	<input type="checkbox"/>	<input type="checkbox"/>
Self-management	Be committed, responsible and prepared for your tasks.	<input type="checkbox"/>	<input type="checkbox"/>
Time management	Meet deadlines, set priorities and be on time.	<input type="checkbox"/>	<input type="checkbox"/>
Teaching and instructing	Guide and empower others to learn and develop new skills.	<input type="checkbox"/>	<input type="checkbox"/>
Teamwork	Work well with different people to complete tasks and achieve goals.	<input type="checkbox"/>	<input type="checkbox"/>
Something else?	You can add your own interests below		
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>

