

Taku pūwhakamahere haerenga aramahi

Ka āwhina tēnei mahere mahi i tō whakatōmene i ngā mea hira ki a koe, tae atu ki ō kaingākau, pūkenga, uara hoki, kia taea ai e koe te whakamahere i tō anamata. Ka kitea he mahi tērā pea he pai ki a koe, ā, ka ako ki ngā tohu me ngā whakangungu ka hiahiatia.

Tōku kōtaha

Kei roto ko tō ahurea, tō whānau, tō wāhi noho rānei.

Tōku ingoa

Tōku hāpori

Tuhia, ka tātuhi rānei i tō hāpori – ko wai mā kei roto, he aha tōna āhua? Kei hea koe e noho ana (hei tauira, kei tētahi tāonenui, kei tuawhenua rānei)?

Me pēhea e whaihua ai ō mahi ki tō hāpori?

Mōku

Mō te whakatōmene tēnei wāhanga. Me pātai pea i a koe anō:

- He aha te mea nui ki a au?
- He aha ngā mahi papai ki a au?
- He aha ngā mahi e mahia paitia ana e au?
- He aha ōku pūkenga?

Hei āwhina i tō tautuhi i ō pūkenga, ō kaingākau me ō pūkenga whakaotia ngā wāhanga o raro, haere ranei ki te paetukutuku Pūwhakatere Aramahi Tahatū ki reira kimi āwhina ai.

Discovering who you are

Ōku uara

Ko ngā mea hira ki a koe koia ngā uara. Ka ārahi pea i ō kōwhiringa, ka toitoi pea i a koe. E nui ake ai tō mōhio ki te hira o ngā uara i tō mahi haere ki Kia mōhio ki ō uara i Tahatū, ka whakamahi i te raumahi 'He aha tāku e uara ana i aku mahi'. Kōwhiria ō tino uara e 5 ka tuhi ai ki ngā āputa kei raro, me te homai pūtake mō tēnā, mō tēnā.

Know your values

Ōku uara

Tauira: Te āwhina i ētahi atu.

He hira tēnei uara ki a au nā te mea

He pai ki a au te āwhina tangata ina kāore rātou e mōhio me aha.

Ōku kaingākau

He aha ngā hākinakina, ngā runaruna, ngā mahi tūao, te mahi ka utua rānei e pai ana ki a koe? Ka āhei te whakaoti i te kairoro Kaingākau kei Tahatū kia nui ake tō mōhiotanga ki ō kaingākau.

Tahatū Interest quiz

Rārangitia ngā kaingākau e pai ana ki a koe

Tauira: He pai ki ahau te hanga mahi toi

Aku paetae

Ka āhei te whakamahi paetae ina tuku tono mō te whakangungu, te ako rānei, mō ngā karahipi, ina rapu mahi rānei. He pai ki te tangata te kite taunakitanga o ō pūkenga mō tō titikaha ki te mahi. He aha ō mahi e poho kererū ai koe? Ehara i te mea me nui ō paetae.

Tuhia ō paetae ki raro nei.

Tauira: Kātahi anō au ka puta i tōku raihana taraiwa ākongā/whai herenga.

Paetae 1

Paetae 2

Paetae 3

Ōku pūkenga

He mea nui te tautuhi me te mōhio ki ō pūkenga ināianei, ā muri atu hoki. Ki te mōhio e koe ō pūkenga, he māmā ake te whakaahua i ērā ki tētahi kaitukumahi ina tono mahi, ina whakatau rānei i te momo ako me ngā kōwhiringa whakangungu e hiahia ana ki te whai ā muri ake.

E whiwhi āwhina ai mō te mōhio ki ō pūkenga, haere ki ō pūkenga i Tahatū, ka whakamahi i te raumahi 'Whiriwhiria ōu pūkenga'.

Know your skills

Rārangitia ngā pūkenga katoa e pai ana ki a koe

Tauira: Te manaaki kiritaki Te āwhina me te manaaki kiritaki

Pūkenga

Pūkenga

Pūkenga

Ngā marau me ngā huarahi aramahi

Ngā marau i ako au i te tau kua hori.

Ngā marau e ako ana au i tēnei tau.

Ērā atu ako ka whāia e au. *Tauira: Gateway, Trade Academies.*

Ko ērā atu tiwhikete, whakatutukinga e whai ana au, ka whāia rānei e au.

Aku mahi tūao me aku wheako mahi

Te ingoa o te kaitukumahi, o te wāhi ranei i mahi ai koe ngā mahi tūao, mahi hapori hoki	Ngā mahi i mahi au
Tauira: Te kapa poitūkohu mō ērā kei raro i te 15 tau te pakeke.	Tauira: Te tiritiri whakaaro mō te mahi moni hei tautoko i te kapa. Te whakarite wātaka mō te mahi tōtiti rorerore a tō mātou kapa.

Ōku pūmanawa, wheako hoki

Whakaaroarohia ngā tūmahi me ngā ngohe kua mahi koe (i te kura, te wāhi mahi, i ngā hākinakina, i ngā mahi tūao) me ngā pūkenga i riro i a koe.

Tūmahi	Te pūkenga i whiwhi
Tauira: He mea whakarite tētahi taiopenga kura	Tauira: Te whakahaere wā me ngā pūkenga kaiārahi.

Ōku kōwhiringa huarahi aramahi

He pēhea tō mōhio ki ngā kōwhiringa ako, whakangungu me te mahi? Hei āwhina ki te tautuhi i ō tino whakaaro aramahi haere ki te whārangi paetukutuku Te whakatau aramahi i Tahatū, ka whakamahi i te raumahi 'Whakatairitea ō whakaaro aramahi'.

[How to make a career decision](#)

Ka taea hoki te tūhurahura mōhiohio ako me te whakangungu me te koni atu i te 800 whakaaro aramahi.

[Study and training](#)

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Ngā whakaaro aramahi	Aku mahi ina mahi i taua mahi	Ngā tohu me te whakangungu ka hiahiatia mō taua mahi	Ngā kaiwhakarato e tuku akoranga ana	Ngā tohu, ngā marau me te whakangungu ka hiahiatia ki te whakauru ki tēnei akoranga

Aku whāinga me taku mahere mahi

Ko te whāinga te mutunga iho o tētahi mea e hiahia ana koe ki te whakatutuki. Ko tāna, he āwhina i a koe ki te arotahi me te whakamahere. Kei Tahatū he mōhiohio atu anō mō te whakatau whāinga.

Take action on your career decision

Ngā momo whāinga Ōku whāinga

Whāinga mātauranga me te whakangungu

Tauira:
Putā i te NCEA
Taumata 2
ka whakamanatia
ki te Kaiaka

Whāinga whiwhi mahi

Tauira:
Kia nui ake taku
mōhiotanga ki
ngā aramahi i te
hanganui me te
hanga whare.

Whāinga pūkenga me te wheako

Tauira:
Te whakawhanake
pūkenga manaaki
kiritaki mō te mahi
harangote.

Ētahi atu whāinga

He aha ētahi atu
whāinga me tautuhi
ai kia takatū ai mō
tēnei tau, te tau e tū
mai nei rānei.

Tauira:
Te tono i te 3 karahipi
i te iti iho ā mua i te
rā kati.

Ngā kaupae me ngā mahi ka whai ake

Ko ngā mahi ngā hipanga ka oti i a koe ki te whakatutuki i ō whāinga. Ka āhei ēnei te whakahou i te takanga o te wā. Mā te whakamahi i ō whāinga, whakawhanaketia he mahere mahi mō tēnā, mō tēnā. Mō ētahi mōhiohio atu anō mō te tautuhi i ō mahi whai ake haere ki te whārangi paetukutuku Whakatinanatia tō whakaaro aramahi i Tahatū.

How to make a career decision

Take action on your career decision

He aha ngā mea me oti kia tutuki ōku whāinga aramahi?	Aku mahi me ngā kaupae e whai ake ana	Te rā me oti tēnei
Tauira: Puta i te Taumata 2.	Tauira: Kōrero ki tōku kaiako reanga. Whakawhanakehia he mahere ā-tau kei roto ko ngā rā me tāpae mahi me ngā rā takatū mō ngā whakamātautau.	Tauira: Te 8 o Pēpuere.

Te huritao

Āta tiroirohia tō pūwhakamahere aramahi puta noa i te tau, ka panoni i ētahi āhuatanga ki te hiahiatia.

He aha ngā mea kua ako au i tēnei tau?

He aha ngā mea kua hapa, me mōhio rānei au ki te aha?

He aha aku mahi mō muri nei?

Me kōrero au ki a wai?