

Guidelines
For
The Rotary Club of Rarotonga
Career Expo Project
2010

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The Rotary Club of Rarotonga

The Rotary Club has been a major sponsor of the Career Expo since Career Expos commenced in the Cook Islands. This year is no exception with one lucky student being able to win the major prize of a laptop. There will also be minor prizes for other students.

This prize will be for a well prepared and presented research project completed by a senior student on his/her future employment. The project should set out what study or training is required and what employment prospects are like in that field once qualifications are gained.

Judges of the event will be looking at the research skills, enthusiasm and passion of the student. They will also be looking for accuracy and detailed information together with creativity and clarity in the way it has been presented. The judges' decision is final.

Closing date is Monday 19th June and competition entries must be at the Ministry of Education by 4.00pm on Monday 19th July 2010.

Practical Tips

Presentation counts. Make sure your work is well presented. Your name and school should be on each page. The document should be stapled or clipped together in some way. Keep a copy for your own file. The project can take whatever form you wish – it can be a factual summary under headings or an essay.

Research

Provide evidence of the research you have done for your project. This could be by way of reference to the web site information was gathered from, reference to the book information was gathered from, or acknowledgement of the person who provided you with the information.

Making your career decision

The three step process for choosing a career pathway are:

- Know yourself
- Know about the world of work
- Know how to put the two together.

Know Yourself

In your project identify what your skills and abilities are. These are tasks which come from training, practice or natural aptitude. Incorporate your achievements to date where they are relevant or transferrable to the training, study or work you wish to undertake. What are your work place values? e.g. “I want a job that helps the environment”, “I want to work as part of a team”. Are there any obstacles or limitations for you which you may have to overcome? For example, do you have a medical condition, are finances an issue?

The World of Work

Name the Occupation or Job you seek. Research the following:

- What are the usual tasks and duties involved?
- What personal requirements will you need to possess?
- How will you get into the job – what kind of training or additional education is required. Name the course. Who provides that course? What do you need to do next?
- What sort of environment will you work in? Will there be an element of danger? Will it be dusty? Sterile? Noisy? What clothes will you wear to work – a uniform? Jeans and tee shirt?
- What is the job outlook like? Is there likely to be more demand, less, or about the same in the foreseeable future. What is the reason for that? Why do you chose to proceed?

Extra Tips

- Some information you have in your CV could be useful to include in this presentation.
- Have you done some relevant work experience already – how was that for you? What was it you liked? What was it you could see you needed to learn more about? What excited you? What was just the way you expected it to be?
- If you have access to the internet, check out www.careers.govt.nz. This is a world leader in career websites and has a large amount of information on it. There are also links to tertiary providers, ITO's and every possible other piece of information you could possibly need.
- Also include reference to the support team you have – at this stage this will probably be your teachers, family, church, friends etc.
- Explain why you have decided to make a choice for this career.

Attachment

Attached is a sample in essay form – it is not real – I made it up. So don't copy it!!! It's for you to read as a *guide*. Do your own. This is intended to give you a few ideas of one way all this information could come together. Notice it includes:

- What led to the decision for this occupation.
- The skills I already have which are required for this occupation.
- The extra curricular activities I have undertaken which have provided leadership opportunities have “grown” my personality while at school.
- The reason I chose this particular course.

The best project you can submit is the one which is totally “you”. You are a great and unique person – tell the world about yourself and your dreams.

The Cook Islands and the world at large need you – at your best – fulfilling your dreams – working, supporting your family and contributing to the community.

Good luck to you all – you all deserve a laptop and a prize.

Come and see me if you would like to – I will be at the Ministry of Education office (Aitutaki Hostel) every day, 8am – 4pm. It's my job to help you.

There are no right or wrong answers – your thoughts, views and plans are what will be looked at in this project.

I am an 18 year old Cook Islander, holding a New Zealand Passport. I have lived all my life so far on the island of Rarotonga. I aspire to become a Physiotherapist, and I would like undertake my degree at AUT, North Shore.

I have wanted to become a Physiotherapist since I was a child. This is as a result of an accident I had where I fell off a horse and broke my leg. Physiotherapy greatly assisted my full recovery and I was amazed at how the physiotherapist worked on my leg and the relevance of the exercises she set for me.

Throughout school I have taken sciences and English with the goal of having the correct entry criteria to undertake this study. I am aiming for excellence passes in Biology, Chemistry and merit in English, Maths and possibly Art. I trust this will give me adequate credits to enter the course.

My academic life at Tereora College has been supported by teachers willing to give additional assistance when needed. My parents have always encouraged and supported me and I believe this has helped me develop the confidence and personality I have today. I believe my personal attributes of a supportive nature, positive personality, an ability to gain people's trust, being a good listener, an ability to understand and appreciate other cultures and the ability to be persuasive and persistent when clients fail to understand the value of what I may suggest to them, will enable me to be effective in my chosen career.

Personal growth during my time at Tereora College has been developed through involvement in sports and my role as Art Prefect. In Sports I have represented the Cook Islands in the World Youth Netball Championships held in 2009. During this time my fitness level was very high, and I am able to retain a good level of fitness through social netball and other sporting activities of interest; running and paddling. My role as Art Prefect provided many opportunities to meet interesting people and attend events of cultural, artistic and academic interest as a representative of students at Tereora College.

While I understand that many students from the Cook Islands travelling to New Zealand for tertiary study find the time lonely and miss their homes and family tremendously, I have resolved myself to the fact that this is a "step for my future" and that my focus should be on:

- How to live on my own
- How to manage my own affairs
- How to find my own way

My goal is to return to my homeland, Rarotonga, and work with my people there as a physiotherapist, once I have completed training and have gathered some experience.

I have chosen AUT as my tertiary provider as my research on providers has shown that AUT is the largest and most established Physiotherapist educator in New Zealand. The holistic and comprehensive approach to patient care, musculoskeletal manipulation and rehabilitation in their programmes appealed to me.

I believe I would be an excellent candidate for this course and I am trusting that you will view my application favourably.

520 words