

Career Development

A career is your path through life. It includes education, learning, different jobs, work (paid & unpaid), family life, friendships, community activities and leisure activities. Career development requires students to understand themselves and opportunities in both the world and world of work so that when presented with opportunities they are prepared to make decisions about their future.

Career development requires students to learn how to make informed choices to ensure their successful transition from elementary to secondary school and from secondary school to further education, training, and work. It involves understanding self, goal setting, decision making and opportunity awareness.

The world of work is rapidly changing. As existing jobs become more complex and new jobs demand increased levels of education, career development is more critical than ever before. Through career awareness student engagement is enhanced because they are taught the relevance of what they learn in school to the world and make connections to their hopes, aspirations and future plans.

What is a Job?

A job is the position a person holds doing specific duties. For example, consider the occupation of a doctor. The doctor's job is working at Toronto General Hospital. People usually change jobs more often than they change occupations.

What is an Occupation?

An occupation is similar work for which people usually have similar responsibilities and develop a common set of skills and knowledge. Occupational titles include: Cashier, Chef, Insurance Agent, Nurse, Teacher etc.

What is a Career?

A career is your life path or life story in progress. It includes, learning, work (paid and unpaid), family life, friendships, community and leisure activities.

High Five Plus One



Change Is Constant

We change constantly, and so does the world around us— including the working world.

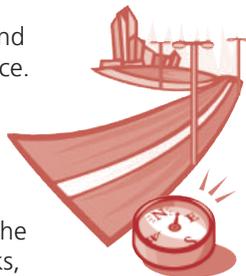
Chances are that a single occupation will no longer take workers from the beginning to the end of their working lives. Adaptability is an important skill to carry into the world of work.

Learning Is Ongoing

Graduating from high school or a post-secondary program doesn't mean that your education is complete. Education is not limited to classrooms in a school. Opportunities to learn are everywhere! Learn to recognize them and make your learning a lifelong experience.

Focus on the Journey

Travelling through life is like travelling down a road: having a destination gives direction, but most of the time is spent moving along. Pay attention to the journey, with all of its pitfalls, sidetracks, opportunities, and highways to new destinations.



No matter what career path is chosen, there are some things that remain constant for all people. Canadian career development specialists originally called these constants the "High Five." Some children have already learned about the High Five in school. A sixth principle has been recently added, giving us the "High Five Plus One."

Follow Your Heart

Dreaming about your future can help you to understand what you really want in life. Knowing what you want and keeping it in mind can give you the motivation you need to deal with life's challenges. Listen to your inner voice.



Access Your Allies

The journey of life is not taken alone. Life is like a team sport, and your team members are your friends, family, teachers, and neighbours. Any of them can be willing and helpful allies when it comes to judging what steps to take on life's path.

Know Yourself

The career planning constant or principle "Know Yourself" is the latest addition to the High Five Plus One. Knowing your true self by examining your values, beliefs, and interests in as much detail as possible will help you with career decisions as you travel along your career path.

