

FIND THE COURSE RIGHT FOR YOU

Finding the right course for you depends upon knowing yourself. Here are some activities to help you think about your strengths and interests.

REVIEW YOUR STRENGTHS AND INTERESTS

We suggest that you think about your strengths and reflect upon the types of activities you enjoy doing and those you dislike. As you will discover new things and your strengths and interests may change, it's a good idea to review this activity regularly.

How much do you enjoy	Love it	Like it	It's okay	Not really	Hate it
Doing things outside					
Helping others					
Working with technology					
Organising things					
Caring for people					
Talking to other people					
Finding out how things work					
Being creative					
Building things					
Working in a team					
Working on your own					

SET OR REFINE GOALS

Goals are things you would like to achieve. They can be long-term goals for well into the future, short-term goals to achieve in the next year or two or mid-term goals in the middle. Often long-term goals have mid-term and short-term goals that lead to them. You can set goals for all kinds of things, including career goals, goals for personal interests, experiences, and the way you want to live your life. Often career and personal goals depend upon each other.

Long-term goals

Imagine your life at 26 and think about the kind of life you would like to be living, including where and how you would like to live, the experiences you would like to have and the kind of job you would like. The things you were imagining could be your **long-term goals**.

My long-term goals

Medium-term goals

Next consider some **mid-term goals**. In most cases these will include the course you want to study, which will hopefully lead to your long-term goals.

My medium-term goals

Short-term goals

Finally, think about the **short-term goals** you need to achieve before you can obtain your medium-term goals? This might include completing prerequisite studies, researching the right courses for you and performing at a particular standard in Year 12.

Note: It is statistically impossible for everyone to get an ATAR over 90. In fact, only about 10 per cent of students will. So be realistic about the expectations you place on yourself.

My short-term goals

WRITE YOUR PERSONAL COURSE CRITERIA LIST

You may already have a comprehensive check list of the criteria that your ideal course needs to meet. Add to this list as you continue to research courses.

My course criteria list	
Criterion 1	
Criterion 2	
Criterion 3	
Criterion 4	
Criterion 5	
Criterion 6	
Criterion 7	
Criterion 8	
Criterion 9	
Criterion 10	