

Why a career shift?

Student instructions

There are many reasons why people choose to make a career shift. Maybe they need a new challenge or their values have changed. They may have wanted to focus on other things or discovered their passions lie elsewhere. Even though you're still deciding a direction for your post-education journey, it may be comforting to know that this decision is not set in stone and making a career shift is more common than you think.

In this activity, you will interview an adult of your choice to learn more about their career path and the career shifts they've made along the way. Complete these steps to help you lead the discussion and reflect on what you learned in the interview:

- 1 Consider the adults in your life. They could be family, teachers, coaches, employers, or community members. Do any of these adults have a career related to your interests? Have you ever wondered how they ended up in the career they're in? Select an adult you'd feel comfortable contacting to set up a time to interview them about their career journey.
- 2 Setup a time for you to connect with your selected professional, ideally face-to-face, but a video chat or phone conversation is possible.
- 3 Review the discussion guide provided by your teacher. Create your own copy and modify the questions to better suit your goals for the conversation. Where possible, enhance the questions with details you may already know about the individual. For example, if you asked: what is the advancement potential in the field? What is a typical career path? You may add: "From your LinkedIn profile, I see you graduated from university just 4 years ago and are already a bank manager. That's impressive. Please share with me the typical path from entry level to manager in the banking environment, and what people can do to move fast within that process."
- 4 Use the discussion guide as a way to keep notes during the interview or you may want to record it if the individual is comfortable with that.
- 5 After completing the interview, create a Xello **Portfolio**. Make the title of your portfolio **Career path interview**. Upload the discussion guide (including your notes) to your portfolio. Add a short reflection about 3 things you took away from the conversation that will help in your own career related decisions.