

# Frequently Asked Questions:

## Career Direction Service for Students, Graduates or those in their early career

### What does the service involve?

The Career Direction Service is a one on one service based on a combination of psychometric assessment, discussion and guidance from a qualified psychologist. The goal of our service is to help you identify specific career options that will not only match your talents, but also offer you the best chance for satisfaction and success. Our approach is to provide a practical and motivating service that enables you to think differently about your career and achieve your career goals.

Choosing the right career is about understanding your natural talents, strengths and motivations. In addition to identifying the right career options for you, the service will provide an insight into the kind of work experience that would be beneficial for your career and CV, and enjoyable for you.

For some people, part of the answer is to identify the right 3rd level or postgraduate course and we will provide detailed information on courses and qualifications. For others, a 3 or 4 year degree is not necessarily the next step or the right step, so detailed information on job opportunities, vocational training or alternative career paths is provided.

How does the process work and how long does it take?

Initially, we work with you over a 3 to 4 week period to decide on the best career choice for you. After you sign up for the process, we will send you an email so you can complete

- A brief questionnaire on the likes and learning from your education, hobbies and any work experience you have had
- 3 psychometric assessments to be completed remotely

These are followed by the Career Consultation and a detailed career report. See below for more information on each of these areas.

### What is involved in the Career Consultation?

The Career Consultation is a one on one session with Sophie or John and it usually takes 1 to 1.5 hours. During this session, we will have a detailed discussion about aspects of your education, go through the feedback from the assessments, highlight the strengths from your profile, identify specific career options for you and talk about the various course options. This session takes place at our offices and generally happens during normal working hours. You will receive a detailed career direction report within 10 days. We provide follow-up support over a 12 month period.

### What are the psychometric assessments and how long do they take?

The psychometric assessments are questionnaires that enable us to identify and highlight your strengths, motivations and work interests. These need to be completed at least one day in advance of our initial consultation so we can explore your profiles and prepare for the career discussion. These are specifically designed and validated questionnaires for the world of work. There are no wrong and right answers. The 3 assessments take about 20 minutes each to complete and are taken on-line in advance of the initial career consultation. The feedback is discussed with you during the consultation and used to develop the career options.

### I have taken career assessments in school. How are these assessments different?

In secondary school, you may have taken aptitude or interests tests. These provide some information on your strengths, but not the full picture. An aptitude test will highlight whether you have good numerical, verbal or spatial aptitude. Does the fact that someone has a good numerical aptitude mean they should focus on career involving numbers? Maybe that person has a great personality for media, IT or sales. The key factors for matching someone to a satisfying career are their personality and motivations. This highlights the kind of work they want to do and the impact they want to have.

Based on the feedback from clients, the profiles from the psychometric assessments are consistently accurate and the opportunity to discuss them with an expert is an invaluable part of the process. They also provide an insight into someone's learning style and this has proved useful for students.

## What does the career report contain?

After the initial consultation, a detailed and personalised career report is written by us. This will capture the feedback from the assessments, outline a short list of specific career options, and career information. For those preparing for the CAO, the report will contain a menu of courses relevant to the choices identified based on the points range that they expect to get. For many careers, there are different paths into them including options in UK colleges, which we would also highlight. For some people, the right course option is a shorter more practical course combined with the right work experience. For those who are about to graduate, the service will highlight the career paths that suit their talents and whether a postgraduate course would be of value at some stage. The report will be issued to you by post or email within 10 days of the initial meeting.

## How much does the service cost?

The Career Direction Service costs €500. This includes – psychometric assessments, the career consultation, career report and follow-up over 12 months. It is a service that will help to avoid wasting time on the wrong course as well as avoiding the financial costs that often accompany such wrong turns and disappointments.

## What does the follow-up service involve?

Sometimes, students take time to consider the options developed as they may differ from the ideas that they had. That is why we support all our clients with a follow-up service for a 12 month period after the consultation. The follow-up support is provided in person, by phone or email. It could involve a discussion to try and prioritise one option over another. Or, if the Leaving Cert does not go according to plan, a student may need to re-evaluate their options because of lower or higher points. For those who are about to or recently graduated, the follow-up often focuses on how they are selling themselves on their CV and at interview as well as their career strategy.

## Can I call or drop in to have a chat about my own situation?

You are more than welcome to call or make an appointment to have a chat about your future career. This will help you to decide if the service is appropriate for your needs. We will outline what the service can do for you, without being pushy. Typically, we get calls

- From mums and dads who are concerned that their son or daughter has lots of ability but no direction.
- From people who are struggling with their degree choice and it affecting their confidence.
- From people who did a general degree and thought they would know what they wanted to do by the time they graduated but still haven't a clue.

Call us now for a chat: (01) 6425721

Send us an email

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