

iTrack Student Help Sheet: Resources & Conversation Starters

You're up and running with your chats – that's great, congratulations! But what next?

We have created this guide specifically for you. You will find a collection of great resources and even some conversation starters in case you get stuck. Look through this document for hints and tips on getting to know your mentor, exploring post school options and finishing up. Check out a suggested timeline below but note you are welcome to move through the program at your own pace!



Getting to Know Your Mentor

In the first few weeks of iTrack you'll be getting to know your mentor and your mentor will be getting to know you. Need help getting started? Have a look at some conversation starters below!

Learn about your Mentor

Below are a sample list of questions you may find useful to start getting to know your mentor and to find out what you have in common.

- *Do you have any hobbies?*
- *What is your job now?*
- *What is your favourite food?*
- *If you were a superhero, what powers would you have?*
- *What do you do on the weekend?*
- *Do you play any sport?*
- *What is your favourite movie?*
- *What was your favourite subject when you were at school?*
- *What kind of music do you like?*
- *What is your dream job?*

Your Mentor's Career Journey

Ask your mentor about what their career journey has looked like.

- *What was your first job? What did it teach you? What doors did it open? Did you enjoy it?*
- *Did you have an idea about what you wanted to do for work when you were in school?*
- *Did you go to university/TAFE/do an apprenticeship?*
- *How many industries have you worked in?*
- *Is your current career in the same field that you studied?*

Exploring Post Schools Options

The Exploration Stage of iTrack will be your chance to start discussing with your mentor some of the things you might like to do when you finish school. This phase will be different for everyone - it depends on where you are in your journey and whether you've already started making plans for your future.

Personality & Career Quizzes

If you don't know what you'd like to do yet, don't worry! You're in the right place! Personality quizzes can help you find a career that suits you. Choose ONE of the quizzes below and work through it during your Chat .

- 16 Personalities: <https://www.16personalities.com/free-personality-test>
- Truity - The Big 5: <https://www.truity.com/test/big-five-personality-test>
- This quiz will identify your strengths and provide a list of careers and earning potentials within chosen industries <https://joboutlook.gov.au/CareerQuiz>
- Based on the Myers & Briggs personality test, this test will break your personality down into 1 of a possible 16, and can help you narrow down careers best suited for your personality type <https://www.truity.com/test/type-finder-personality-test-new>

Share the result with your mentor. Explore what this means.

Career Resources

- The Australian Blueprint for Career Development identifies the skills, attitudes and knowledge that you should take on board when making choices about your future career. <https://www.education.gov.au/australian-blueprint-career-development>
- National career information and exploration service: helps people to make career decisions, plan career pathways and manage work transitions. www.myfuture.edu.au
- Bullseye Poster: Links occupations and training requirements to subjects studied at school. <https://www.education.gov.au/career-education-resources>

Goal Setting

Do you have a career goal in mind? Share your goal(s) with your mentor or ask them to help you set some goals. They might have some hints and tips on how to get there. Consider:

- What do you want to accomplish by the end of this year?
- What do you want to accomplish within the next few years?
- Where do you want to be in 5-10 years?

Conversation Starters

- *Did you do further study after school? If so, what did you study?*
- *Why did you choose your job or study area?*
- *Tell me about your career? What pathway did you take to get there?*
- *Have you ever had a different career?*
- *What is the best and worst part of your job?*
- *How do you stay motivated?*

Finishing Up

Sadly the time will come when you will need to say goodbye to your mentor. Use the weeks leading up to your last chats tie any loose ends, reflect on lightbulb moments, think about how far you've come and what your next steps could be. Remember, after iTrack, you'll need to continue this journey alone so now's a great time to brainstorm next steps with your mentor.

The last chat is often shorter than usual. Don't leave these conversations to the very last chat. It's important to begin having these discussions prior to the last week of the program. Remember, you won't have any contact with your mentor after iTrack has finished.

Reflective Questions

Now would be a great time to think about and share with your mentor some reflections from the last 18 weeks. You could ask yourself:

- *What are 3 things I have learnt from my mentor?*
- *What would I like to do when I finish school? Has this changed while Chatting?*
- *What were some of the most challenging moments and what made them challenging?*
- *Were your short term milestones/goals mostly met? Did your goals change?*
- *What did you learn to be your greatest strengths? How could you apply these in the future? Any areas for improvement?*
- *How will you use what you learnt in the future?*
- *What are your next steps?*

Remember to share these thoughts with your mentor and say THANKS

