

Introduction to career decision-making- Episode 1

This is a podcast presented by psychology master's students from the University of the Free State. Brought to you by the Directorate of Community Engagement.

Bontle: Hi, guys. Dumelang. Hello almal, Minjani, abusheni. I am Bontle Sibuyi and I'm sitting today in studio with my colleagues from the Department of Psychology. I'm sitting here with Rea, Tanica and Amantle. Do you ever wonder who you are? What makes you and the person that you are? What moves? Excites? And inspires you. These questions are important when you have to choose a career choice. A career choice that fills your interests and ignites your imagination. While these answers, we could find them today or not. Please stay tuned. In today's episode we are going to talk about everything career choices. Well, we were supposed to be joined in studio today by a guru, a navigator and the career department of the University of the Free State. But unfortunately she couldn't make it today, but we have all the answers that you guys want. Hey guys, I'm sure that everybody has heard such stories while our parents telling us what to study. You are very smart you need to study medicine, you need to study teaching, accounting. Now you have to also be some nurse. We hear people sharing stories like “my parents chose this career path for me. I was told there are many opportunities in this career path. Financially, this was the best decision for me. The social status associated with this particular career is the reason why I chose it”. I mean, can't we choose careers because we love them? Because of the interest that we have in them? Let's hear from Rea. Rea, Ummm Rea what do you think about parents choosing career choices for this for their children?

Rea: Well, Bontle I think I can see both sides of the story really. I think parents are really concerned, they want to guide their children, but at the same time they taken away their autonomy, which isn't good. So I think people need to add some stage, decide for themselves which career they want to follow.

Bontle: Well, you had that guys from one of our colleagues and also in most cases. Which could lead to depression. Imagine waking up in the morning and the first thing you think of is I am going back to that place. I mean, this is understandable why people do fall into depression, isn't it, guys? Let's talk about choosing a career. How does one do this? Well, I've gathered enough information to help you guys maybe answer this question. The first one is self-knowledge. Knowing what your values, interests and abilities are, which will guide you into the right career path. People are different and look at things differently. I mean, for

instance, some people are autistic and creative while others actually thrive in environments that are more technical. I know right now some of you guys could be thinking to yourselves, what are my values, abilities and interests? I mean, we could give you just a moment to actually think about those. I mean, if you don't have the answer right now, that is OK. I mean, how does one even begin to think about this? Now this takes us to the next point- education and training opportunities. Now that you have explored your interests and the type of career that you might be interested in, you need to know the type of training and learning you will need to enable you to enter in that career path. There are available education and training opportunities and I'll just read a couple of them to you. You get TVET, which stands for technical vocational education and training. You get South African universities like the University of the Free State. You get learnerships. And there are many more that you can actually research on. The University of the Free State Career Services also offers some of these services. We are joined today in studio by Rea, who's going to be answering these questions. Where is it located?

Rea: Well, the career services are located at the main campus of the University of the Free State. I'm not sure if the listeners are familiar with the basketball courts on campus. They are quite close to the basketball courts, actually opposite the basketball courts if you look right next to Callie Human, near the Kovie health on campus.

Bontle: You got that right. And what do they offer?

Rea: Yeah. Well, they offer a lot of workshops aimed at getting students to become a lady after their studies. These include CV writing, interview skills, the digital world personal branding for success. It's a lot. They could be face to face or online, and can also be completed on blackboard through self-study and online work readiness tutorials.

Bontle: Services made easier for you. I'm very curious to know reason students go to career services?

Rea: Well, we spoke to Belinda and Mpho from Career services. They say students usually go there to review their CVS or to open up LinkedIn profiles. Those are some of the most common reasons.

Bontle: And the next question we asked was, are they satisfied with the number of students utilising their services?

Rea: Well, they reported being satisfied with the number of students. However, they've seen a decline in attendance when they host career weeks for each faculty.

Bontle: Yeah. And I mean, we have 3 campuses and we are curious to know that are there services in all three campuses?

Rea: Their services can be accessed by every student from any campus of the university. However, their offices are only at the Bloemfontein campus, although students can access their workshops online depending on where they are. They also mentioned that their workshops are digitalised for part time students or night students at the University of the Free State.

Bontle: Well, thank you, so, so much for joining me today. And I mean, if I were you guys listeners, I would definitely be on my way to the career services to help me in this journey of becoming whatever it is that you want to become.

Rea: Definitely.