

Consider your experiences

To help you consider your interests, factor in all those experiences that might be your career building blocks. What have you learnt (or what could you learn) about yourself, what are you good at, what do you enjoy and what would you like to do? Use the following table as a guide.

Experience	Description	What did you learn about you?
Work experience/ Structured Workplace Learning	Arrangements between you and an employer where you carry out tasks in the workplace to gain experience in an area of interest	
Community involvement	School committees, sporting associations, youth organisations and other associations.	
Life roles	Including being a family member, learner, worker, friend and citizen.	
Training	Learn how to do new things, upgrade your skills and knowledge.	
Education	Part of lifelong learning. Formal education includes school, Vocational Education and Training (including TAFE) and higher education. Informal education includes workshops, seminars, leisure courses, on-the-job training and workplace mentoring.	
Volunteer work	Performing a task or supply goods or services to a not-for-profit organisation or project without receiving payment, but gaining skills.	
Employment	Working for a public or private organisation and getting paid. This includes full-time, part-time, permanent, casual, temporary, on call, flexible working hours, shift work, job sharing and contract work.	