

# LOVE YOUR CAREER



PRESENTER : MARIE KIELTY

DATE Thursday 11<sup>th</sup> February  
@2pm  
WORKSHOP TITLE: Mature  
Students Maximising your  
experience

# Making your Experience Count



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Career Coach-TU Dublin Tallaght

February 2021

# Mature Students...

- ◉ What does this term mean?

Age

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Experience

New Direction ~

Education

(No)skills

~

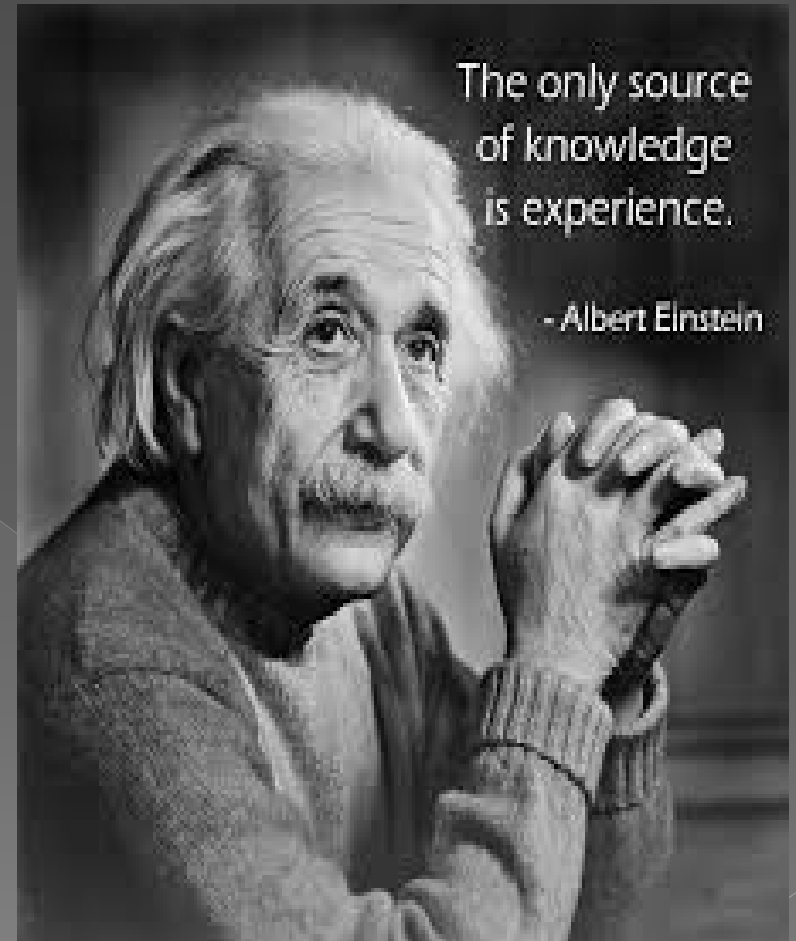
Transferable skills

Options

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Employability

Maturity  
is not measured by age.  
It's an attitude  
built by experience.



The only source  
of knowledge  
is experience.

- Albert Einstein

Two white chalk sticks are positioned diagonally on the left side of the slide, against a dark green background. One is slightly above and to the right of the other.

The ability to read, write and  
analyse; the confidence to  
stand up and demand justice  
and equality; the qualifications  
and connections to get your  
foot in that door and take your  
seat at that table - all of that  
starts with education.

- Michelle Obama

# How to add value...Believe

## **I am ...**

beautiful	friendly	resourceful	active
enthusiastic	creative	confident	tenacious
dashing	jovial	innovative	mature
happy	good	impressive	funny
intelligent	kind	diplomatic	thoughtful
honest	determined	forgiving	talented



# Skills / Strengths / Experience

- Take stock of your VIPS

- Values
- Interests
- Personality
- Skills



# Let us explore this some more...

- Values

What is important to you?



- Interests

What do you like doing?







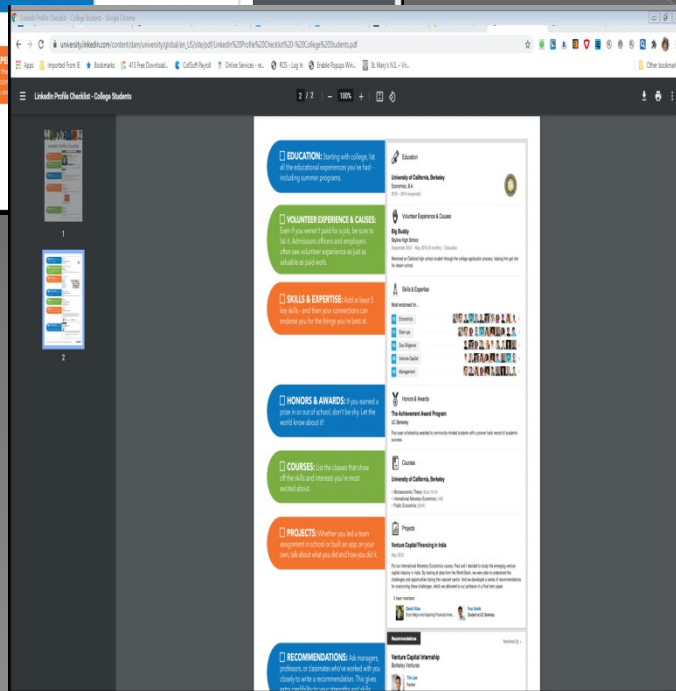
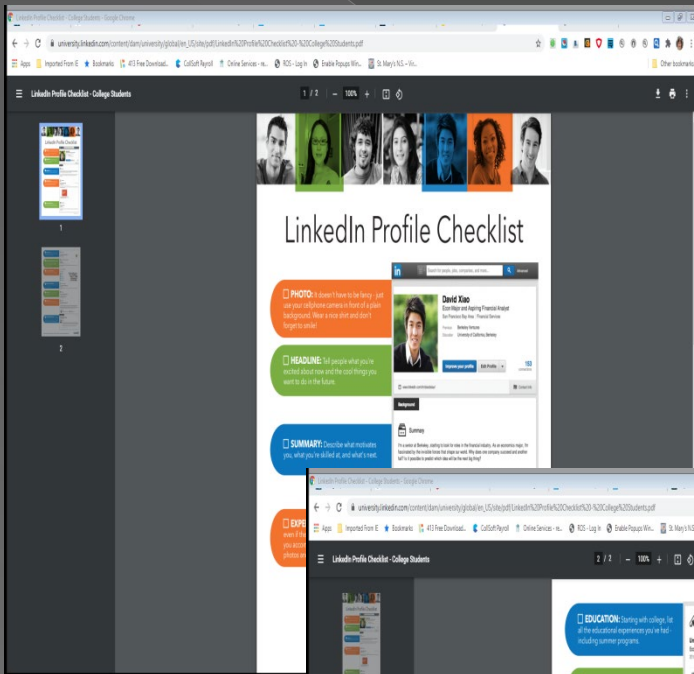
https://www.tudublin.ie/for-students/career-development-centre/students-and-graduates/career-decision-making/

point at which you won't compromise any further.

Knowing Yourself -Key Resources	
	What is it?
Careers Portal	Careers Portal Interest-Profiler, Personality Self-Assessment, Career Skills Profiler
Profiling for Success	Take the 'Type Dynamic at Work Indicator' profiling how personality preferences relate to work environments. Login using the following details: Client code: tflhe Access code: dublinit Password: dub2010
Prospects Planner	Career Planning and Job Matching Tools
Self Awareness & Psychometric Profiling Tools	Comprehensive Career Development Centre Self Awareness Handout

+ Knowing What is Out There

# LinkedIn – Are you on it?



- <https://university.linkedin.com/>
- [Download Most Recent Recording](#)
- LinkedIn, with more than 347 million professionals, is an essential tool to help students transition into the working world. In this webinar, you'll learn: How students can develop their professional brand and explore opportunities, best practices to attract more alumni and companies to recruit at your school, strategies used by career centres around the world, and answers to your top LinkedIn questions.

# What can you do?

- ◉ Your CV needs to maximise your skills / experience
  - > Layout
  - > Details
  - > Ambition
  - > Confidence

# Resources.....

- ❑ [https://careersportal.ie/careerplanning/self\\_assessment.php?parent=11&ed\\_sub\\_cat\\_id=13&menu\\_parent\\_id=](https://careersportal.ie/careerplanning/self_assessment.php?parent=11&ed_sub_cat_id=13&menu_parent_id=)
- ❑ <https://www.profilingforsuccess.com/>  
(log in codes above)
- ❑ <https://www.prospects.ac.uk/planner>
- ❑ <https://www.tudublin.ie/media/website/for-students/careers/docs/Self-awareness--Psychometric-Profiling-Tools.pdf>

# Contact your CDC...

① <https://www.tudublin.ie/for-students/career-development-centre/contact-us/>

The screenshot shows a web browser displaying the TU Dublin Career Development Centre contact page. The page has a dark blue header with the TU Dublin logo and navigation links: Courses, For Students, For Staff, Library, Contact Us, and Search. Below the header is a secondary navigation bar with links for STUDY, RESEARCH, CONNECT, EXPLORE, and CAO HUB. The main content area is white and features a sidebar on the left titled 'Career Development Centre' with a list of menu items: Students and Graduates, Career Coaching, Careers Fairs and Events, Employers, Work Placements, Job Opportunities, Career Development Learning, Further Study, Contact us, About us, and Statements of Service. The main content area has a heading 'Contact us' and a paragraph stating that each campus has its own service to help students with their Career Development. It also mentions that updates are posted to noticeboards, plasma screens, and the student e-zine. Below this, it says 'For more information or to make an appointment, please get in touch:' and provides a table of contact information for three campuses: Blanchardstown, City Centre, and Tallaght. The table lists email addresses for each campus. Below the table, it says 'or see the following sections:' and lists three sections: Blanchardstown Career Development Centre, City Centre Career Development Centre, and Tallaght Career Development Centre.

**Career Development Centre**

- Students and Graduates
- Career Coaching
- Careers Fairs and Events
- Employers
- Work Placements
- Job Opportunities
- Career Development Learning
- Further Study
- Contact us**
- > About us
- > Statements of Service

## Contact us

At present each campus has it's own service to help students with their Career Development. We regularly post updates to noticeboards, plasma screens and the student e-zine so keep an eye out.

For more information or to make an appointment, please get in touch:

Blanchardstown	City Centre	Tallaght
<a href="mailto:careers.blanchardstown@tudublin.ie">careers.blanchardstown@tudublin.ie</a>	<a href="mailto:careers.city@tudublin.ie">careers.city@tudublin.ie</a>	<a href="mailto:careers.tallaght@tudublin.ie">careers.tallaght@tudublin.ie</a>

or see the following sections:

- Blanchardstown Career Development Centre
- City Centre Career Development Centre
- Tallaght Career Development Centre

Questions ....

