



# Karjeras stunda 11.kl. – **Pašizpēte. Karjeras iespējas**

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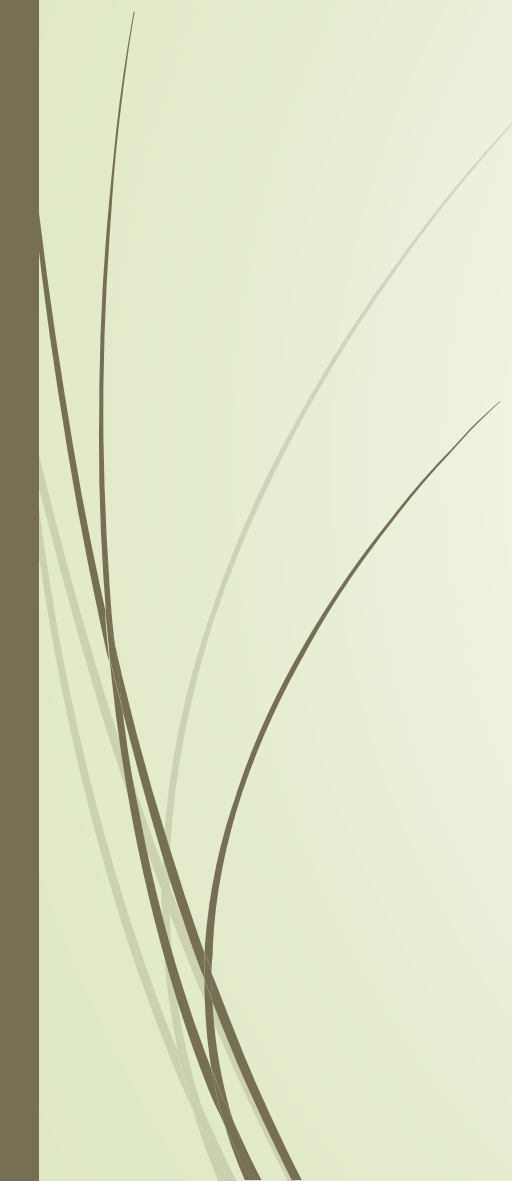
Individuālām konsultācijām var pieteikties e-klasē vai

Tel.28355983





# Prasme vērtēt sevi – 5 profesiju tipi

- Cilvēks un daba
  - Cilvēks un tehnika
  - Cilvēks un zīmju sistēma
  - Cilvēks un mākslas tēls
  - Cilvēks un cilvēks
- 



# Sacerējums – mana dzīve pēc 5 gadiem

- Mērķim jābūt **SMART**
- **S**pecific – konkrēts
- **M**esurable – izmērāms
- **A**chievable – sasniedzams
- **R**elevant – atbilstošs
- **T**ime-bounded – ierobežots/sasniedzams konkrētā laikā

# Kur meklēt noderīgu informāciju?





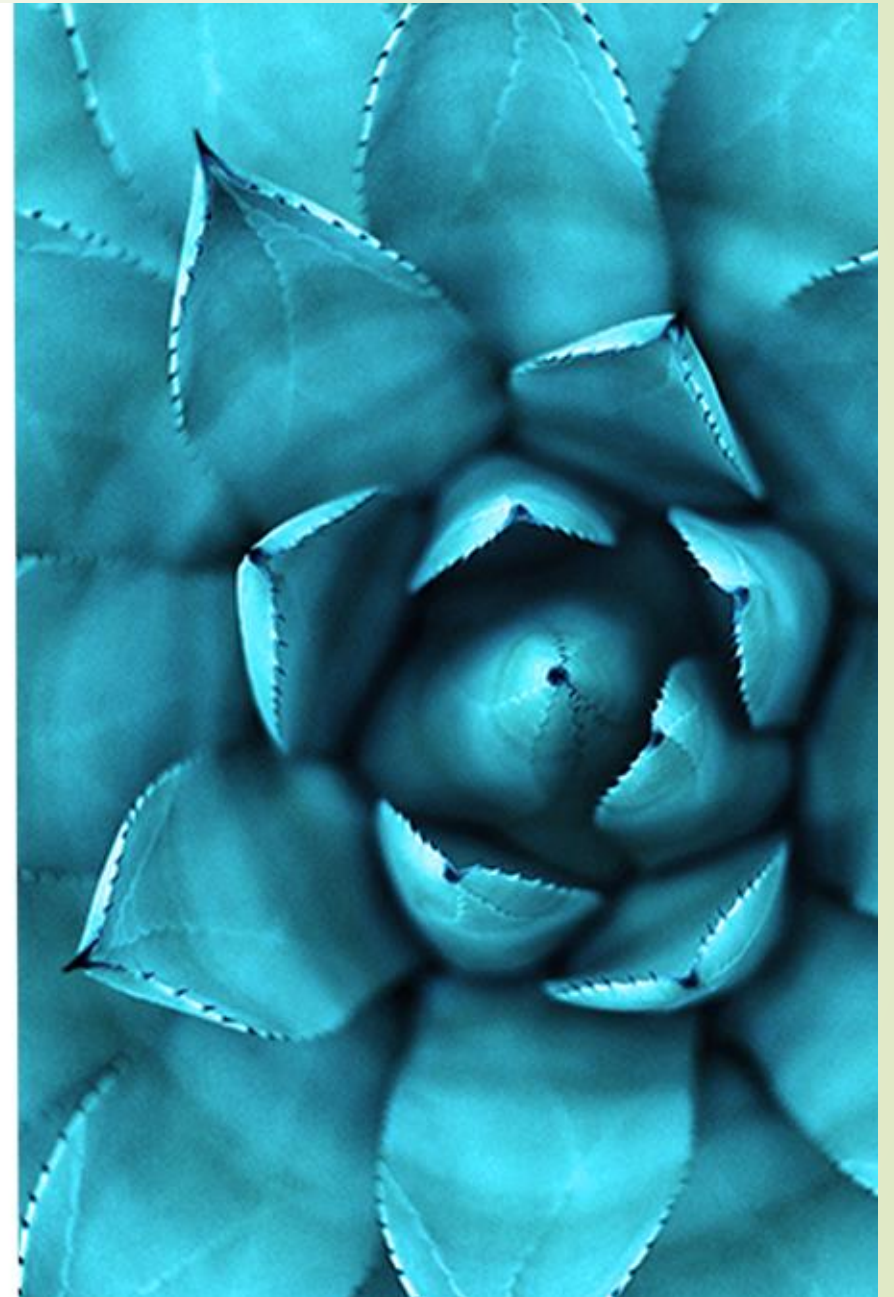
# WORLD TRADE FORUM

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# Holanda tests

- ▶ Pagājušā gadsimta vidū ieguva milzīgu popularitāti karjeras attīstības atbalsta metodika, kuru izveidoja izcils amerikāņu zinātnieks un psihologs Dž. Holands. Lielāko savas dzīves daļu testa veidotājs strādāja par Mičiganas universitātes profesoru un kļuva par dažu zinātnisko koncepciju pionieri psiholoģijas un datorzinātnes jomā.
- ▶ Eiropā Dž. Holanda testu bieži izmanto, stājoties darbā, lai noteiktu personas profesionālo tipu, un, pamatojoties uz saņemto informāciju, izdara attiecīgus secinājumus.
- ▶ Holands identificē 6 personības tipus:
- ▶ Mākslinieciskais
- ▶ Izzinošais
- ▶ Sociālais
- ▶ Uzņēmīgais
- ▶ Konvencionālais
- ▶ Praktiskais
- ▶ [http://www.niid.lv/tests/testi/tests4\\_1.php](http://www.niid.lv/tests/testi/tests4_1.php)



**R****Realist**

- Do you like practical hands on activities?
- Do you like working with tools?
- Do you like working with equipment? and machinery?
- Do you like building things?
- Do you like making things better?
- Do you like working outside?
- Do you like growing things?

**A Doer.** Doers tend to follow tradition, are practical with of common sense. Realistic in their approach, doers usually like to get things done.

**Possible careers might be:** *Hospitality, Tourism, Cookery, Land & Conservation, Horticulture, Mining & Resources, Automotive, Carpentry, Electrical, Engineering, Welding, Bricklaying, Building & Construction, Plumbing, Hairdressing, Beauty Therapy, Health & Safety.*

**I****Investigator**

- Are you analytical, intellectual and explorative?
- Do you like science?
- Do you like conducting research?
- Do you like analysing and solving problems?
- Do you have good maths skills?

**A Thinker.** Thinkers tend to be independent and are often curious about how things work. They generally have an investigative approach to life.

**Possible careers might be:** *Business & Computing, Accounting, Land & Conservation Management, Horticulture, Mining & Resources, Automotive, Carpentry, Wine, Electrical, Engineering, Welding, Health & Safety, Applied Science, Surveying, Web Based Technologies.*

**A****Artistic**

- Are you creative, original in thought and have an interest in self-expression?
- Do you like activities like art, drama, dance, music or creative writing?
- Do you like using your imagination?
- Do you have an interest in visual arts, language and writing?

**A Creator.** Creators usually prefer to follow careers that are more independent and less structured and are generally thought of as being creative with an artistic approach to life.

**Possible careers might be:** *Hairdressing, Interior Design, Beauty Therapy, Art, Fashion Design, Building Design, Travel and Tourism, Furniture Making, Visual Arts.*

**S****Social**

- Do you think of yourself as being friendly and trustworthy?
- Are you cooperative and supportive?
- Do you like healing and nurturing others?
- Do you like helping people as in teaching, counselling, nursing or giving information?
- Do you like working in a team environment
- Do you solving social problems?

**A Helper.** Helpers are usually people who are good listeners and have excellent communication skills. They are generally socially minded and love to help others.

**Possible careers might be:** *Aged Care, Nursing, Child Care, Sport, Recreation and Fitness, Community Services, General Education, Youth Work, Disability Work, Education Support, Training and Assessment.*

**E****Enterprising**

- Are you sociable, energetic and ambitious?
- Are you interested in leadership, business or politics?
- Are you competitive, persuasive and motivating?
- Do you like selling ideas or things?
- Do you like power, status and thrive on taking risks?

**A Persuader.** Persuaders enjoy meeting people and speaking in public. Enterprising individuals are usually thought of as being persuasive and take an innovative approach to life.

**Possible careers might be:** *Business Administration, Management, Computing, Fashion Design, Interior Design, Hospitality, Travel & Tourism, Hairdressing, Beauty Therapy, Retail, Building Design.*

**C****Conventional**

- Are you a detailed person who is organised, accurate and efficient?
- Do you like working with written records, numbers, systems and machines in an orderly way?
- Do you work well with data, numbers

**An Organiser.** Organisers love organising things. They have good implementation and follow up skills and are structured and methodical in their approach to life.

**Possible careers might be:** *Business Admin, Computing, Accounting, Accounts Admin, Carpentry,*





**Paldies par uzmanību!**

