

SEMINAR ON NAVIGATING SUBJECT CHOICES: A CRUCIAL GUIDE

Professor David Adebayo Oluwole

Department of Counselling & Human Development Studies

University of Ibadan, Ibadan

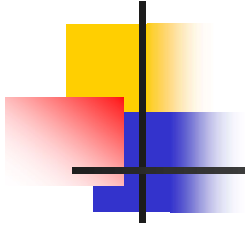
08034105253

daoluwoledr@gmail.com

<https://www.positivepsychology.org.ng/>



Delivered at Royal College, Basorun, Ibadan



- A ***career*** is a lifetime journey of building and making good use of your skills, knowledge and experiences.
- It is the total of all events and relationships in our lives: family, friends, education, work, and leisure activities.



Career Planning Dilemma

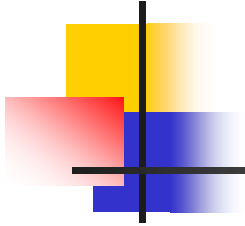
Here

- are some sample questions for you:
- What were your favorite school subjects?
- What did you like to do with your free time?
- What career did you always think about?
- What obstacles do you imagine are in the way of your career path?
- What did your parents want you to do?



What do you want to be?

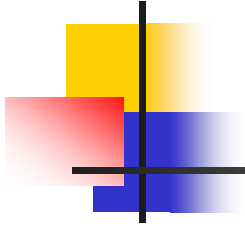




“He who would accomplish little must sacrifice little; he who would achieve much must sacrifice much; he who would attain highly must sacrifice greatly.”

James Allen





“The road to happiness lies in two simple principles: find what it is that interests you and that you can do well, and when you find it put your whole soul into it – every bit of energy and ambition and natural ability you have.”

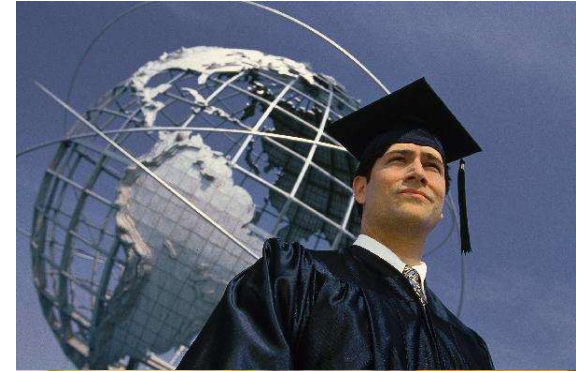
John D. Rockefeller III



What do we want

- Respect in society
- Money
- Fame
- Satisfaction
- Security
- Happiness and Joy

***Don't we want all or some of these
for ourselves while thinking
about a career?***





What leads to unhappiness?

- ▶ Career not matching with one's interest
- ▶ Career not matching with one's potential
- ▶ Career not matching with one's personality

Why does one go for a career that's not a good match?

- ◆ **Opportunity Perception**

Opportunity perceptions

“This is a growing field, many opportunities”

“This will ensure a good job”

“I have read that it is a very good career”

- ◆ **Parental influence**

Parental Influence

“My Dad is an engineer”

“My mummy is a medical doctor and she has told me about it ”

“My brother is a lawyer and I also want to do it”



- ◆ Peer pressure

- ◆ Lack of knowledge or information

Peer Pressure

“My friends would go for this”

“All of my friends will prepare for medicine”

- ◆ Parental pressure

- ◆ Lack of resources

Parental pressures

“My Parents say I should go for law”

“My Parents want me to take care of the business”



As a parent, how you can influence your child?

- Having a strong, mature parent-child relationship
- Set a good example (socially, personally and professionally) for your child
- The attitudes, views and values you adopt and express matter
- The expectations you set for your children's education, career and life must be moderate
- The opportunities you provide for your children to learn and develop are important.



In terms of career choice, as parent you should:

- ❖ Aid, but not dictate, the decision-making process
- ❖ Support your child's decisions
- ❖ Give your children freedom and time to discover their skills
- ❖ Provide motivation to develop and achieve
- ❖ Provide encouragement to pursue interests and ambitions
- ❖ Try to instil a responsible attitude and mature outlook
- ❖ Instil an attitude of self belief by being positive and never critical – as a parent your words will have the biggest effect on your child.



Know yourself...

How to evaluate yourself ?..





Know yourself...

Exercise

What are your interests & talents?

Note down at least 5 interests & 5 talents on a piece of paper



Know Yourself...



Identification of

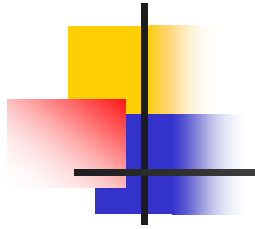
- + Interests
- + Inclinations
- + Talent
- + Skills
- + Strengths
- + Areas to improve upon
- + Personal Characteristics



How?

- + Inputs from friends, family
- + Hobbies
- + Extra-curricular activities
- + Career assessment program

Examples of interests & talents



Writing

Reading



Painting

Communication

Listening

Sports

Dancing



Singing



Pointers for Exploring Careers...

🌱 Know more about the career of your choice

🌱 Nature of work

🌱 Work roles

🌱 Emerging trends

🌱 Career path / Study route

🌱 Prospects

🌱 Related careers/ back-up options

🌱 How?

✚ Reading

✚ Surfing

✚ Career Talks

✚ Seminars

✚ Self Awareness Workshops

✚ Career Exhibition

✚ Career Guidance



Some Career Options

The Big 7 Fields

- Education
- Sciences
- Arts
- Actuarial sciences
- Technology
- Social sciences
- Health

Courses

- Linguistics
- Data science
- Agriculture
- Psychology
- Law
- Engineering
- Architecture
- Medicine
- Accounting
- Economics
- Para-medicine
- Pharmacy
- Psychometry
- Nursing
- Biological Sciences
- Physical Sciences





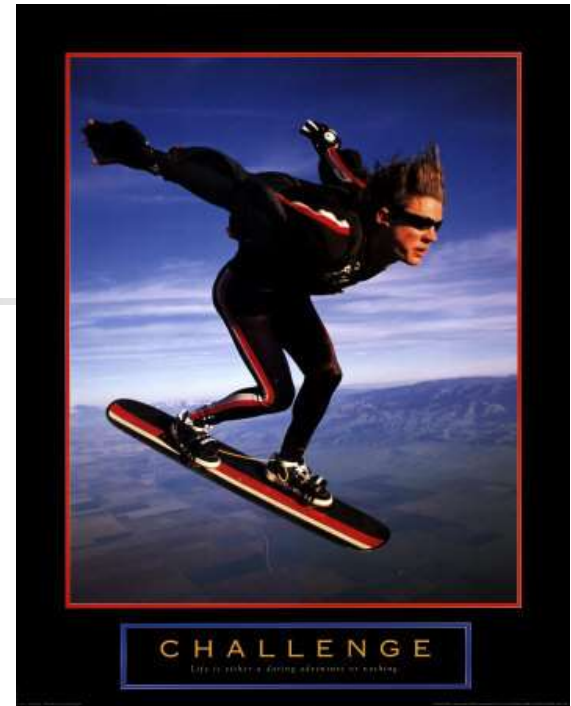
Types of unconventional / Offbeat careers

There are several types of unconventional careers that you could pursue. Some of these jobs require travel or working outdoors, while others are indoors.

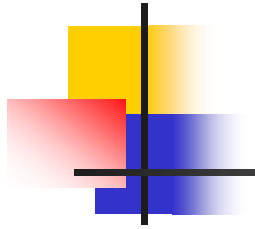
- Courier
- Park ranger
- Ice cream maker
- Comedian/entertainer
- Food photographer
- Wedding planner
- Musician
- Protection agent/security guard
- Funeral director/undertaker
- Makeup artist
- Fitness Training
- Animation
- Game Designing
- Instructional Designing
- Merchandising
- Content writing
- Photography
- Fashion design
- Cinematography
- RJ, VJ, DJ
- Training
- Painting
- Drawing

Taking Action...

- Which career is most suited to your personality
- Best route to reach there
- Develop required skills needed
- Develop the right attitude for Success



MR. Holland's Theory of Career Choice



Your Personality Type:
Realistic
Investigative
Artistic
Social
Enterprising
Conventional

Matched
with

Compatible Work Environment:
Realistic
Investigative
Artistic
Social
Enterprising
Conventional



Can lead to
success and job
satisfaction 😊

Realistic Personality

- Likes to work with animals, tools, or machines; generally avoids social activities like teaching, healing, and informing others
- Has good skills in working with tools, mechanical or electrical drawings, machines, or plants and animals;
- Values practical things you can see, touch, and use like plants and animals, tools, equipment, or machines
- Sees self as practical, mechanical, and realistic





Realistic Work Environment

- "Realistic" people create a "Realistic" environment. For example, they particularly value people who are practical and mechanical -- who are good at working with tools, mechanical or electrical drawings, machines, or animals.
- Examples of occupations that have a Realistic environment are:
 - Farmer, Forester, Fire Fighter
 - Police Officer, Flight Engineer, Pilot
 - Carpenter, Electrician, Diesel Mechanic
 - Locomotive Engineer, Truck Driver, Locksmith
- The two work environments that are closest to the Realistic type are Conventional and Investigative. The farthest away is the Social type.

Investigative Personality

- Likes to study and solve math or science problems; generally avoids leading, selling, or persuading people
- Is good at understanding and solving science and math problems
- Values science
- Sees self as precise, scientific, and intellectual





Investigative Work Environment

- "Investigative" people create a "Investigative" environment. For example, they particularly value people who are precise, scientific, and intellectual -- who are good at understanding and solving science and math problems.
- Examples of occupations that have an Investigative environment are:
 - Chemist, Mathematician, Meteorologist
 - Biologist, Dentist, Physician
 - Veterinarian, Pharmacist, Medical Technician
 - Architect, Surveyor, Electrical Technician
- The two work environments that are closest to the Investigative type are Realistic and Artistic. The farthest away is the Enterprising type.

Artistic Personality

- Likes to do creative activities like art, drama, crafts, dance, music, or creative writing; generally avoids highly ordered or repetitive activities
- Has good artistic abilities -- in creative writing, drama, crafts, music, or art
- Values the creative arts -- like drama, music, art, or the works of creative writers
- Sees self as expressive, original, and independent





Artistic Work Environment

- "Artistic" people create an "Artistic" environment. For example, they particularly value people who are expressive, original, and independent -- who have good artistic abilities in creative writing, drama, crafts, music, or art.
- Examples of occupations that have an Artistic environment are:
 - Dancer, Book Editor, Art Teacher
 - Clothes Designer, Graphic Designer, Comedian
 - Actor, Disk Jockey
 - Composer, Musician
- The two work environments that are closest to the Artistic type are Investigative and Social. The farthest away is the Conventional type.

Social Personality

- Likes to do things to help people -- like, teaching, nursing, or giving first aid, providing information; generally avoids using machines, tools, or animals to achieve a goal
- Is good at teaching, counseling, nursing, or giving information
- Values helping people and solving social problems
- Sees self as helpful, friendly, and trustworthy





Social Work Environment

- "Social" people create an "Social" environment. For example, they particularly value people who are helpful, friendly, and trustworthy -- who are good at teaching, counseling, nursing, giving information, and solving social problems.
- Examples of occupations that have a Social environment are:
 - Counselor, Parole Officer, Social Worker
 - Dental Hygienist, Nurse, Physical Therapist
 - Teacher, Librarian, Athletic Trainer
 - The two work environments that are closest to the Social type are Artistic and Enterprising. The farthest away is the Realistic type.

Enterprising Personality

- Likes to lead and persuade people, and to sell things and ideas; generally avoids activities that require careful observation and scientific, analytical thinking
- Is good at leading people and selling things or ideas
- Values success in politics, leadership, or business
- Sees self as energetic, ambitious, and sociable





Enterprising Work Environment

- "Enterprising" people create an "Enterprising" environment. For example, they particularly value people who are energetic, ambitious, and sociable -- who are good at politics, leading people and selling things or ideas.
- Examples of occupations that have a Enterprising environment are:
 - Auctioneer, Sales Person, Travel Agent
 - Recreation Leader, Judge, Lawyer
 - City Manager, Sales Manager, Bank President
 - TV Newscaster, Customs Inspector, Camp Director
 - Hotel Manager, Real Estate Agent, School Principal
- The two work environments that are closest to the Enterprising type are Social and Conventional. The furthest away is the Investigative type.

Conventional Personality

- Likes to work with numbers, records, or machines in a set, orderly way; generally avoids ambiguous, unstructured activities
- Is good at working with written records and numbers in a systematic, orderly way
- Values success in business
- Sees self as orderly, and good at following a set plan





Conventional Work Environment

- "Conventional" people create an "Conventional" environment. For example, they particularly value people who are orderly, and good at following a set plan -- good at working with written records and numbers in a systematic, orderly way.
- Examples of occupations that have a Conventional environment are:
 - Court, Clerk Secretary, Bookkeeper
 - Bank Teller, Post Office, Clerk, Mail Carrier
 - Typist, Title Examiner, Timekeeper
- The two work environments that are closest to the Conventional type are Realistic and Enterprising. The farthest away is the Artistic type.

Taking action...



Making the right decisions

- Getting placements with preferred companies
- ✓ Identify Postgraduate or higher degree options
- ✓ Part time job / project options
- ✓ Identifying degree or other education options
- ✓ Selecting the right subjects
- ✓ Preparing and writing public exams like NECO, WAEC, UTME, etc

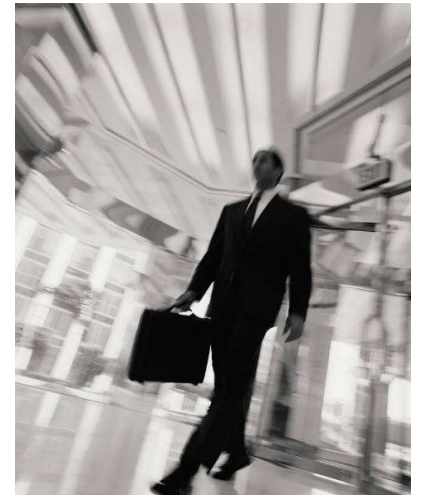
Honing key skills

- ✓ Leadership
- ✓ Planning and organizing
- ✓ Communications skills
- ✓ Interpersonal skills
- ✓ Enhancing creativity
- ✓ Taking initiative
- ✓ Using talents
- ✓ Setting goals
- ✓ Effective Time management
- ✓ Developing critical thinking skills
- ✓ Exploring talents
- ✓ Developing confidence
- ✓ Public speaking



CAREER ASSESSMENT PROGRAM

- Aids in all 3 Stages
 - **Know Yourself**
 - **Exploring Careers**
 - **Taking action**





CAREER ASSESSMENT PROGRAM

Our Career Planning Approach

Know Yourself
(Knowing Interests, Aptitude, Personality)

Exploring Careers
(Based on Interests, Aptitude, Personality)

Taking action
(Planning Education and Skill development)





Evaluating Interest...

- Things that grab your curiosity; activities that give pleasure
- Need to assess the interests and match them with job profiles to see how they can be incorporated into a professional career
- Areas Assessed
 - Interest, Aptitude, Personality

Output of Career assessment Interest Test

Aptitude...

Output of Career Assessment Aptitude Test

Every job requires a specific set of skills / abilities to perform them effectively

- **Closure ability**
- **Clerical ability**
- **Mechanical ability**
- **Numerical ability**
- **Reasoning ability**
- **Spatial ability**
- **Verbal ability**



Personality...



Motivational drives, needs and attitudes are important factors in determining career choices


14 personality factors marked on a scale of 1 to 10

 *Output of Career Assessment Personality Test*

Personality...

Motivational drives, needs and attitudes are important factors in determining career choices

Output of Career Assessment Personality Test



A	Reserved, critical,	Outgoing, easygoing
B	Concrete Thinking	Abstract Thinking
C	easily upset.	Emotionally stable
D	Complacent, undemonstrative,	Excitable, impatient, demanding.
E	Obedient, conforming, humble.	Independent, competitive, stubborn.
F	Serious, introspective, taciturn,	Cheerful, enthusiastic, expressive, alert.
G	Evades rules, quitting, feels few obligations.	Conscientious, persevering, moralistic,
H	Shy, restrained, hesitant.	Venturesome, socially bold, impulsive,
I	Tough minded, self reliant, realistic.	Tender minded, dependent, sensitive.
J	Goes readily with the group, zestful,	Individualistic, inhibited, reflective.
O	Placid, self- assured, complacent, serene	Apprehensive, easily troubled,
Q2	Group dependent, a joiner & sound follower	Self sufficient, prefers own decisions,
Q3	Undisciplined, self conflict, follows own urges	Controlled, socially precise, self-disciplined.
Q4	Relaxed, torpid, unfrustrated.	Tense, frustrated, driven, overwrought



Education

Arts and social science education	English, mathematics, literature, and any two of crs, government, economics, Yoruba language
Science education	English, mathematics, biology/agriculture, chemistry and physics
Special education	English language, mathematics, biology, and two other subjects
Adult and lifelong education Early childhood education	English, mathematics, and any three of science, arts or social science subjects
Guidance and counselling/counselling psychology	English, mathematics, biology and any two of science, arts or social science subjects
Educational planning and administration	English, mathematics, economics and any two of science, arts or social science subjects
Library science	English, mathematics, and any three of science, arts or social science subjects



Arts

Religious studies	English, Literature in English, three other Arts subjects including Christian Religious Knowledge and any other subject.
Fine and Applied Arts	English Language, Fine Art and three other Arts subjects or Social Science subject.
Theatre Arts	English, Lit. in English and three other relevant subjects.
Linguistics	English, Literature in English, three relevant Arts subjects and any other subject.
English or French language	English, (French), Literature in English, Government or History or any other Arts subjects.
International relations	English, Literature in English, Government or History or any other Arts subjects.
History	English, Literature in English, History and any other three subjects from Arts and Social Sciences.
Mass Communication	English, Literature in English, Government, CRS or any other Arts subjects.
Yoruba/ Hausa/ Igbo etc	English, Yoruba/Hausa/Igbo etc; and three other subjects in Arts or Social Sciences.
Music	English, Music, one other Arts subject plus any other subject.



Social Sciences

Criminology and Security Studies	English, Economics, Government, and any one of the following History, Geography, Literature in English, French, IRK, Hausa
Law Civil law Commercial law	English, Literature, government, economics and any other Art Subject.
Sociology and Anthropology Social Work Public Administration Psychology Mass Communication Human Resources Management Economics Business Administration Banking and Finance Accounting	English, government, any three Social Science or Arts Subjects among economics, language, history, literature, etc
Geography Demography and Social Statistics	English, government, geography, economics and any two Social Science or Arts Subjects



Agricultural science/Engineering

- ✓ Agricultural Extension
- ✓ Agricultural Economics
- ✓ Agriculture
- ✓ Agronomy
- ✓ Animal Production and Science

English, Chemistry, Biology/Agric Science, Physics and Mathematics.

Engineering related courses

- ✓ Geology
- ✓ Mechanical Engineering
- ✓ Electrical/electronic Engineering
- ✓ Computer Science
- ✓ Computer Engineering
- ✓ Chemical Engineering
- ✓ Civil Engineering
- ✓ Chemistry
- ✓ Architecture
- ✓ Agric engineering

English, Chemistry, Physics, Mathematics, Biology and any of Geography, Further mathematics, Technical drawing



Biological Sciences

- ✓ **Medicine and Surgery**
- ✓ **Nursing**
- ✓ **Pharmacy**
- ✓ **Radiography**
- ✓ **Medical Laboratory Science**
- ✓ **Veterinary Medicine**
- ✓ **Medical Rehabilitation and orthopaedics**
- ✓ **Dentistry**
- ✓ **Food and nutrition**
- ✓ **Biochemistry**

English, Chemistry, Physics, Mathematics, Biology

Ask Yourself

Which group people do you want to belong?

- Those who MAKE IT HAPPEN.
- Those who WATCH IT HAPPEN.
- Those who WONDER "WHAT HAPPENED!?"



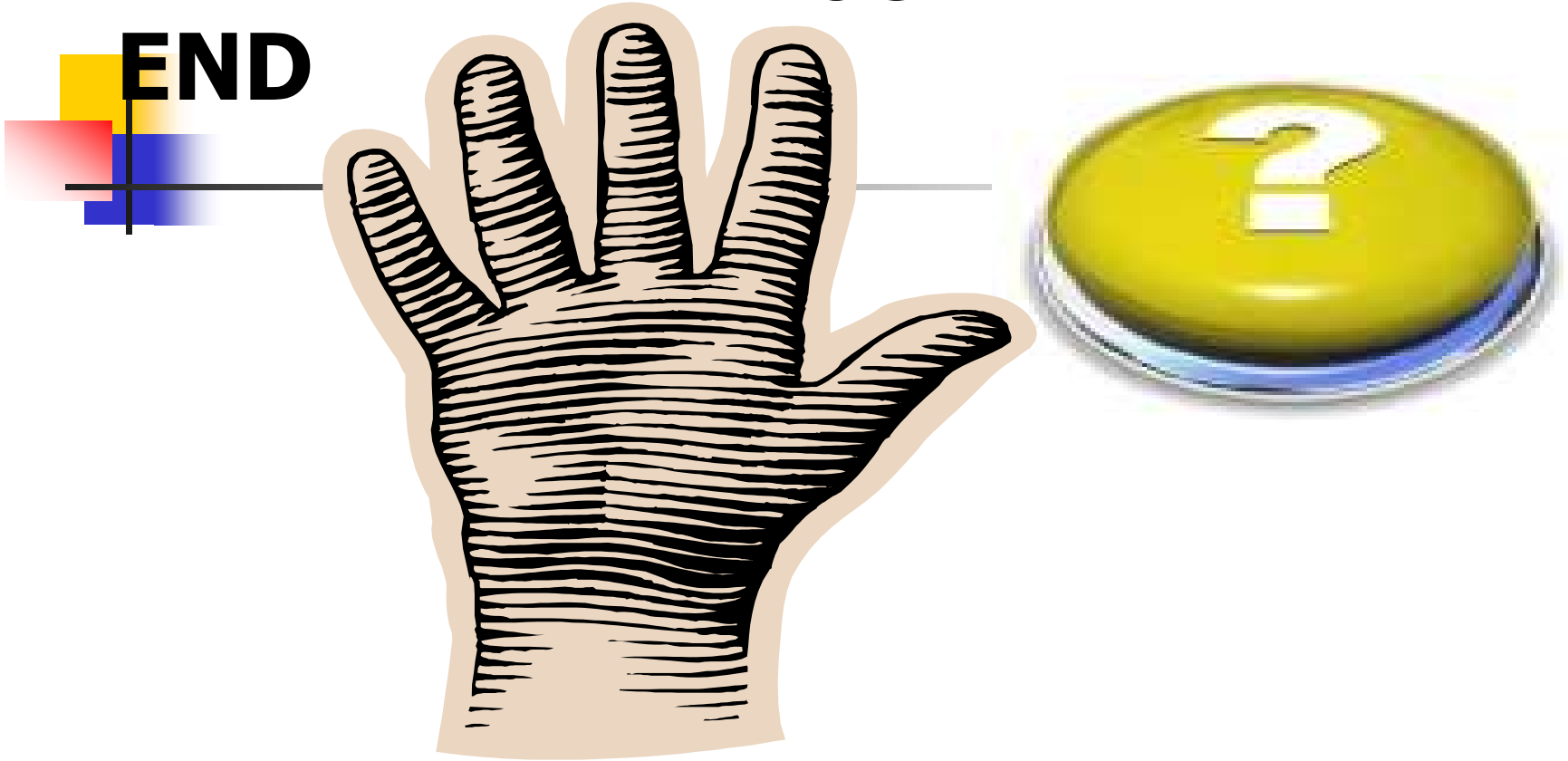


Conclusion

- In practice, individuals are likely to develop these skills through a range of opportunities, which can be nested or embedded learning, where one skill is developed through another, or a number of skills are developed in combinations.
- You may continue to benefit from developing these skills as you continue your education and training into adulthood. You may also need to spend time acquiring, consolidating and applying skills that other people may take for granted.
- Bearing all these in mind, we are on sure footing towards career, self and skill development.
- For being such a wonderful audience, I thank you all.

THANK YOU

END



D.A.O.

**For self-improvement, visit
<https://www.positivepsychology.org.ng/>**