

# Discover your options

## Careers, Internships & Employment

# Self-Reliance Skills for Graduates in the 21<sup>st</sup> Century

Careers, Internships & Employment would encourage you to develop your self-reliance skills by involving yourself in wider university life. Build your self knowledge and self-reliance skills by participating in academic classes, gaining work experience through summer internships, part-time work or volunteer work; and becoming actively involved in clubs. These types of experiences will assist you to develop skills and attributes that will help you in your career development.

### Self-reliance skills include:

- Action Planning
- Coping with uncertainty
- Self awareness
- Development focus
- Exploring & creating opportunities
- Matching and decision-making
- Networking
- Negotiation
- Political awareness
- Self-confidence
- Self promotion
- Transferable skills

### Careers, Internships & Employment can help you develop these skills in these ways:

- **Log on UC CareerHub**  
See: [www.careerhub.canterbury.ac.nz](http://www.careerhub.canterbury.ac.nz). Find out about summer work, internships, final year and graduate job opportunities. Learn what skills and attributes employers are looking for.
- **Use career resources** located in the Careers Resource Area to identify your values, current skills and job interest areas to increase your self knowledge & identify skill development areas.
- **Read career resources.**  
See: [www.canterbury.ac.nz/careers/career\\_resources/index.shtml](http://www.canterbury.ac.nz/careers/career_resources/index.shtml)
- **Refer to the Discover Your Options resources.**
- **Read the Guide to Job Hunting.** See: [www.canterbury.ac.nz/careers/career\\_resources/GTJH/job\\_hunting.shtml](http://www.canterbury.ac.nz/careers/career_resources/GTJH/job_hunting.shtml)
- **Attend a Drop In** and/or meet with a career consultant.
- **Attend career related seminars.**  
See UC CareerHub for details.
- **Talk with employers at careers fairs,** employer recruitment presentations and other events, as advertised on UC CareerHub.

Source of self reliance skills: Association of Graduate Recruiters (AGR), UK: 1995. Used in a presentation (Graduate attributes, career skills & the curriculum: A strategic view of careers provision in universities) by Bob Porrer, Interim Director, University of Auckland Carer Centre and formally Director of Student Services, University of Edinburgh.

