

## TERTIARY INSTITUTIONS

### What is FutureSelves?

FutureSelves is a software-based approach to help people understand themselves, realise their aspirations, and engage positively with study and the world of work. It is a holistic approach - based on the belief that career and personal issues are often intertwined. FutureSelves helps with:

- Identifying vocational and personal interests
- Raising motivation and performance – so work, study and plans are well chosen and successful
- Overcoming barriers, and discovering opportunities. It helps students find new goals and work out how to achieve them.

FutureSelves works well with tertiary students. The software is very adaptable and the approach reinforces practitioners' existing work.

FutureSelves is a practical application of the possible selves construct. These are all the thoughts images and senses we have of ourselves in the future.

### Why use FutureSelves?

FutureSelves is designed to be practical, but it is based on research about good career approaches:

<i>Successful approaches:</i>	<i>FutureSelves:</i>
Find the right fit	➤ fosters effective thinking and decision making about career
Develop confidence and pro-activity	➤ finds strengths and fosters action
Encourage planful foresight	➤ fosters the ability to think ahead, identify risks and opportunities
Works with the whole person	➤ identifies barriers, but also strategies and opportunities
Can be short, but still effective	➤ is designed for busy people
Appropriately use technology	➤ provides a gateway for quick insight – computers help focus questions
Build relationships and engagement	➤ opens people up

## How is it used?

Students go through a computerised questionnaire that takes 15 to 40 minutes to complete. You can decide what types of questions, and how many of them, you want the web based software to ask.

The software generates graphs and tables of the student's responses. You then work with the student, either individually or in a group, to work out what they mean to the student, how to make plans from what has been learnt, and how to make progress on these plans. We provide information and materials to help you do this, including workbooks and lesson plans.

## Tertiary institutions can use it for

**Fostering change:** Students enjoy going through the software - it fosters introspection and a forward focus. It encourages new development and interest in career choices. It helps better target assistance, so that it meets the unique needs of each client.

FutureSelves can be used for:

- Careers and course selection
- Guidance counselling

### Quotations

'The students love doing the profile. It's very user-friendly and focuses on them. It's personal'

'What appealed to us about FutureSelves was its broad application.'

'It leads to a more practical - proactive focus'

'The students are more aware of where they are at and where they'd like to be. '

'Clients get an opportunity to explore avenues within themselves they hadn't thought about previously. '

## Why is it different?

FutureSelves is a new approach to assisting career transition initiatives that:

1. **Is future focused** and therefore can be used for setting transition goals and strategies.
2. **Considers opportunities and barriers** to success. It also helps build the links between skills and careers, lifestyle and meeting goals.
3. **Supports wider programmes** by rapidly providing rich, meaningful information.
4. **Engages and motivates** clients to think through how to do well.