

What is a career?

The term "career" has in the past been thought of as a single occupation, working for one employer and possibly with a formal qualification.

However in today's world a *career* is everything you do in your life, including:

- ***Paid employment***
- ***Unpaid work (including volunteer work and work experience)***
- ***Learning - this includes all learning throughout your life (formal education, up-skilling, vocational education and training, etc)***
- ***Community activities (including service clubs)***
- ***Family roles***
- ***Interests***
- ***Sport***
- ***Leisure activities***
- ***Social activities.***

In all of these activities you learn skills and develop networks that will help you to accept and meet future challenges

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