

## **Capsule 1**

**Goal:** Choosing an occupation

### **Introduction**

Entering the job market or deciding to go back to it can sometimes be a very difficult process. So difficult, in fact, that you sometimes do not know where to start.

Still, you have to start somewhere. At l'itinéraire pour l'emploi, we suggest you start by asking yourself in what field you would like to work, and what occupation would interest you. What was your dream job when you were a child? What did you study later on? Were they completely different fields? The lists in Capsule 1 will help you with your choice.

Then, you can go look at Web sites of employers that offer jobs in the field you selected. Gather as much information as possible to make sure your choice is the right one. Meet with an employment advisor if necessary, and ask questions about the occupations that interest you and the employers in the region.

Choosing an occupation is the first step. Do it well! It will determine the rest.

### **Fields of Employment**

22 fields

Administration – Management

Agri-food Industry

Arts

Graphic Arts – Design – Architecture

Trade – Sales – Marketing – Publicity

Communications – Information – Media – Journalism

Construction – Public Works

Education – Teaching

Electronics – Electricity – Energy

Environment

Finance – Banking – Insurance

Real Estate

Industry

Information Technology – Internet – Multimedia

Justice – Law – Public Security

Mechanics

Fashion

Healthcare – Paramedical – Social – Psychology  
Personalized Services – Aesthetics – Beauty  
Sports and Leisure  
Tourism – Hotel Industry – Food Service Industry  
Transportation (air, land, sea)

### Evaluation questionnaire

1. Have you **read the description of the occupations** for the field of employment that interests you? Y/N
  - a. (If No): We often have misconceptions about occupations we have never tried. Choosing an occupation without knowing what to expect and later discovering that it is not made for us is a waste of time. At l'itinéraire pour l'emploi, we strongly advise you to learn as much as possible about the occupations that interest you before making a choice.
  
2. Have you **been on Internet sites** from businesses or organizations that offer jobs in the fields that interest you? Y/N
  - a. (If No): Visiting an employer's Internet site is often as informative as going on site – sometimes even more! Within minutes, you can learn all kinds of things, not only about the employer's activities but also sometimes the working conditions. At l'itinéraire pour l'emploi, we strongly advise you to visit the Internet sites of the most active employers in the field that interests you.
  
3. Do you feel that you **have enough information** on the field or occupation that interests you in order to make the right choice? Y/N
  - a. (If No): If you feel you still need more information after reading and searching on the Internet, do not hesitate to **meet with an employment advisor**. This person will give you information about the field or occupation that interests you, answer your questions about employers, and help you make sure that you have made the choice that is right for you.
  
4. Have you **chosen an occupation**? Y/N
  - a. (If Yes): Congratulations! Move on to Capsule 2.
  - b. (If No): Choosing an occupation is the first step of the roadmap that l'itinéraire pour l'emploi has set up for you. This step will determine everything. Take the time you need to do it well.