

EMPLOYABILITY CAN BE LEARNT

The Career Hack is a method of learning to be employable. The habits to cultivate 'employability' may not be as difficult as you think. Habits are learnt or changed sometimes unintentionally, while they can also be created or changed with intention.

Understanding how habits are formed makes replacing them with new ones easier. Habits are built through learning and repetition. A person is thought to develop a habit in the course of pursuing goals by beginning to associate certain cues with behavioural responses that help meet the goal. Learning to be employable is understanding the mindset and habits that will help you achieve your goals.

To develop employability habits, first understand which habits are important. Look at the list below:



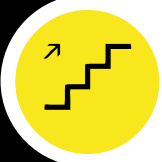
SELF-BELIEF

Confidence in oneself and one's capability, arising from past experiences



SELF-CONTROL

Ability to forgo, voluntarily, short-term temptations, impulses or diversions in order to prioritise higher goals and activities



PERSEVERANCE

A set of attributes including effort, persistence, attention, focus, grit and a commitment to long-term goals



RESILIENCE

The ability to adapt to challenges and seek growth in them, as well as the idea of being able to bounce back from setbacks



CURIOSITY

A strong desire to know and learn, coupled with an openness to new experiences



EMPATHY

Being able to 'walk in another's shoes', identifying with and understanding their feelings and views



CREATIVITY

The production and development of new and useful ideas, often collaboratively



CRAFTSMANSHIP

Pride in a job well done, along with an ethic of excellence

How do you learn the habits of employability? Careers education hasn't got the process completely wrong. Work experience, work placement, volunteering and after-school jobs are the best ways for young people to gain insight into the workplace. There is no better teacher than experience.