



TIME TO EXPLORE

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THE RIASEC TEST 10





MIND MAP

YOUR WAY TO SUCCESS

Adapted from Jane Genovese, Learning Fundamentals

It's a few weeks from exam day and you're stuck at a topic you've been struggling with for way too long. What do you do when you don't understand something?

Keep reading the same sentence repeatedly? Maybe that will work. Maybe it won't. Or you could grab some coloured pens and mind map out the content.

This is what I do when I'm struggling to understand something. And this has worked for me without fail for the past 10 years. Whilst I'm sold on mind mapping, I realise you may not be. Common barriers to mind mapping are time ("It takes too long") and the perception of a lack of artistic ability ("I can't draw").

But here's the thing: I'm time poor and I can't draw particularly well but I haven't let that stop me. You see, mind mapping is actually insanely easy to do and if you practice and silence your inner critic you can save a whole heap of time studying.

Mind mapping helps you to study less because you understand the information at a deeper level. If you just read your notes over and over, chances are you'll only understand the content at a superficial level and waste a lot of time.

So if you're serious about reclaiming your time and being able to study less and do more of the things you really want to do, then it's worth giving mind mapping a shot.

Below are 5 important things you should keep in mind when you first start mind mapping.

1. DRAW PICTURES (EVEN IF THEY LOOK RIDICULOUS)

Draw lots of pictures. When you get tired of drawing, take a deep breath and continue to draw. The Picture Superiority Effect shows that humans retain more information about an idea when it is conveyed as a picture than just using words. You don't actually have to draw pretty pictures on your mind maps. The main aim is to learn information at a deeper level. And if the picture is absurd and exaggerated, that's even better for helping memory retention and recall.



2. CREATE YOUR OWN MIND MAPS

A year 11 student got really annoyed with me a few years ago because I didn't give her a copy of a mind map I had created before her biology test. Here's the thing: it wouldn't have made much difference if I had given it to her.

Why? Because she didn't create it. You don't learn much complex information by looking at someone else's mind map and images. You get the edge by taking the time to think through the different ideas and map them out.

3. BE PROUD OF YOUR MIND MAPS

People can be patronizing and even rude when they see you mind mapping. I experienced this several times in law school.

"Isn't that cute!" students would say as they saw me mind map legal ideas. But looking back, I can't help but think that maybe these people were slightly insecure.

If someone makes a comment like "Cute pictures!" or "That technique doesn't work for me", just reply politely "You have to do what works best for you" and carry on mind mapping. The results will prove the method.

4. PEN AND PAPER WORKS BEST FOR MIND MAPPING

(Not a computer or iPad)

Don't get me wrong, I think technology is great but just not for mind mapping. When you mind map you want a sense of freedom to explore ideas. You don't want to be limited in any way and you certainly want all your senses to be engaged.

5. USE COLOURS ON YOUR MIND MAPS

Your brain prefers to look at a variety of colours on a page than just one colour. Using different colours for the branches on your mind map helps to separate out each idea as well as highlight and group similar ideas.

YOUR CHALLENGE

So here's a challenge for this week:

Set aside 20 – 30 minutes and create a mind map to understand some information you've been struggling with. Grab some coloured pens, a sheet of paper and a timer and work through the information following the tips above. When a little negative voice says "That looks like rubbish", keep going. When you get bogged down, create another branch. The key is to keep moving. Treat it as a fun experiment. Maybe it will work. Maybe it won't. But like anything in life, you won't know unless you try.



WHAT DO YOU WANT TO BE WHEN YOU GROW UP?

Adapted from Alison Doyle at thebalance.com

Sounds familiar? You've probably been asked this question since you were a child. As you grow up, these questions take a different form, namely:

- "What programme you're going to enrol in?"
- "Which company you would love to work for?"
- "What industry do you want to go into?"

Choosing a career is one of life's major decisions. A common dilemma among young people is the answer to the "what do you want to be" question. Perhaps you have ideas about what you would like to do but you're unsure if they're realistic or even plausible.

Deciding a career isn't easy and being unsure or undecided is normal. So don't fret, start by taking small but important steps to discover who you are..and what you could possibly be.

ASK YOURSELF QUESTIONS

Start asking yourself these questions and your answers might just help point you to a clearer direction :

What do I love to do?

What gives me a sense of purpose or direction?

What do I care about?

How do I define success?

Is what I plan to do (or thinking of doing) a personal ambition or is it tied to people's expectations?

DISCOVER YOUR INTEREST & PERSONALITY

Each of us are unique. We all work, think and process information differently. Your interest & personality plays a big role in your career.

If you like what you do, you will most likely excel and thrive in that area. Not sure what personality or interests you have? Take the Personality & Career Interest Test at the pages behind!

MAKE A LIST

Make a list of 5-10 possible jobs or careers you've thought about. Then, organize the list in order of your preference. For your top three choices, list out the positives and negatives.

Eg. If a doctor is at the top of your list, the positive reasons is that you love helping and working with people. On the negative side, it takes over 5 years to study medicine and it is tougher to get into medical school.

Listing the positives and negatives will help you identify what is important to you and give you a more objective viewpoint and expectation of your possible careers.

RESEARCH YOUR CHOICES

This is a very important step that most people tend to overlook in choosing their programme or careers. Do adequate research on your career choices. The resources are abundant these days with your best friend, Google.

You can also speak to more mature individuals or friends who have been working for some time and find out about their career or industry. The more you know, the better informed you are to make good and objective decisions.

STAY FLEXIBLE!

Over time, you will discover that some doors close, but other doors will open too. People change with time as with the job market. Don't box yourself but be bold to take hold of the various opportunities life will give you to learn, explore and grow.

A Chinese saying goes, "The journey of a thousand miles begins with a single step." Even if you do not yet find the answer to THE question anytime soon, you would have at least started the journey. And perhaps when someone asks you what do you want to be (or do), you can answer confidently: "I'm exploring my options and enjoying the journey."

Make Your Cam

ABOUT



Explore is a student development programme specially designed for pre-university students like YOU, Explore aims to:

- Equip you with better interpersonal skills
- Enhance your studying and learning ability
- Enrich your campus life experience
- Empower you to discover your career path and passion in life

ACTIVITIES



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IN 2016 WHAT PEOPLE SAY



"Very entertaining & engaging.
Very lively."

"Humorous, interactive,
useful technique"

TURBOCHARGED LEARNING

by Webster Ku, Trainer & Coach

"It was very beneficial, we got to see how Astro works and it's a great experience because as students we don't usually have opportunities like this. Thanks to Explore!"

"The visit was super good. I was really curious about how the tv shows and films were produced and I got to see the radio studios today!"

COMPANY VISIT TO ASTRO



COMPANY VISIT TO BERJAYA



"Speaker was very h
and willing to share h
with all present at the
also direct and h

SELF DISC BEFORE YO

by Teoh Wee

"He gave good advice on how
and what to do in the working
world."

INTER COMM

*by Justi
Pricewa*



COMPANY VISIT TO SUNWAY LAGOON



ful, warm
experience
talk. He was
nest."

"I learnt a lot throughout the session. It's really informative."

"This session helped me with my ambition to do a law degree."



COMPANY VISIT TO CRYOCORD STEM CELL BANK

"I gained a lot of insight into the radio industry"

"I would recommend this trip to others. It's really fun!"

VERY & MOTIVATION R 20S

at, Co-Founder of myBurgerlab

CAREERS IN LAW

by Alex Woo, Lawyer



"This workshop is helpful and well structured."

"Trainer is very energetic, friendly and motivating. Very good workshop."



COMPANY VISIT TO BFM RADIO STATION

PERSONAL & NICATION SKILLS

im, Assurance Manager,
rhouseCoopers

4 SIMPLE STEPS TO ACE YOUR PRESENTATION WORKSHOP

by Wesley Chan, Trainer - Vision Alliance



"Very motivating and inspiring"

"The talk is interesting and helpful"



CREATING YOUR NET WORTH

by Jan Wong, Co-Founder of Open Minds Resources

It is important in the RIASEC test, to be as honest in the answers, in order to ensure accuracy of results. Choosing too many 'unknown' or 'dislike' checkboxes will skew results or result in a low accuracy. Please understand that the results are guidelines, a tool for indicating preference, rather than a hard-and-fast rule.

1 Read each statement. If you agree with the statement, fill in the circle. There are no wrong answers!

	R	I	A	S	E	C
1. I like to work on cars						
2. I like to do puzzles						
3. I am good at working independently						
4. I like to work in teams						
5. I am an ambitious person, I set goals for myself						
6. I like to organize things, (files, desks/offices)						
7. I like to build things						
8. I like to read about art and music						
9. I like to have clear instructions to follow						
10. I like to try to influence or persuade people						
11. I like to do experiments						
12. I like to teach or train people						
13. I like trying to help people solve their problems						
14. I like to take care of animals						
15. I wouldn't mind working 8 hours per day in an office						
16. I like selling things						
17. I enjoy creative writing						
18. I enjoy science						
19. I am quick to take on new responsibilities						
20. I am interested in healing people						
21. I enjoy trying to figure out how things work						

	R	I	A	S	E	C
22. I like putting things together or assembling things	<input type="radio"/>					
23. I am a creative person			<input type="radio"/>			
24. I pay attention to details						<input type="radio"/>
25. I like to do filing or typing						<input type="radio"/>
26. I like to analyze things (problems/situations)	<input type="radio"/>					
27. I like to play instruments or sing			<input type="radio"/>			
28. I enjoy learning about other cultures				<input type="radio"/>		
29. I would like to start my own business					<input type="radio"/>	
30. I like to cook	<input type="radio"/>					
31. I like acting in plays			<input type="radio"/>			
32. I am a practical person	<input type="radio"/>					
33. I like working with numbers or charts		<input type="radio"/>				
34. I like to get into discussions about issues				<input type="radio"/>		
35. I am good at keeping records of my work						<input type="radio"/>
36. I like to lead					<input type="radio"/>	
37. I like working outdoors	<input type="radio"/>					
38. I would like to work in an office						<input type="radio"/>
39. I'm good at math		<input type="radio"/>				
40. I like helping people				<input type="radio"/>		
41. I like to draw			<input type="radio"/>			
42. I like to give speeches					<input type="radio"/>	
Total						
Grand Total	R	I	A	S	E	C

R	I	A	S	E	C

Tabulate your results

- 2 Add up the number of filled in circles in each column and then add the two columns together for a grand total.
- 3 Using your grand total scores from above, transfer the scores for each letter into the appropriate column below.

R	= Realistic	Total: _____
I	= Investigative	Total: _____
A	= Artistic	Total: _____
S	= Social	Total: _____
E	= Enterprising	Total: _____
C	= Conventional	Total: _____

- 4 Take the three letters with the highest scores and record them under "My Interest Code".

MY INTEREST CODE

- 5 Turn the page to see what this means!

What does the test say....

R = Realistic

These people are often good at mechanical or athletic jobs. Good college majors for Realistic people are...

- Agriculture
- Health Assistant
- Computers
- Construction
- Mechanic/Machinist
- Engineering
- Food and Hospitality

Related Pathways

Natural Resources
Health Services
Industrial and Engineering Technology
Arts and Communication

I = Investigative

These people like to watch, learn, analyze and solve problems. Good college majors for Investigative people are...

- Marine Biology
- Engineering
- Chemistry
- Zoology
- Medicine/Surgery
- Consumer Economics
- Psychology

Related Pathways

Health Services
Business
Public and Human Services
Industrial and Engineering Technology

A = Artistic

These people like to work in unstructured situations where they can use their creativity. Good majors for Artistic people are...

- Communications
- Cosmetology
- Fine and Performing Arts
- Photography
- Radio and TV
- Interior Design
- Architecture

Related Pathways

Public and Human Services
Arts and Communication

S = Social

These people like to work with other people, rather than things. Good college majors for Social people are...

- Counseling
- Nursing
- Physical Therapy
- Travel
- Advertising
- Public Relations
- Education

Related Pathways

Health Services
Public and Human Services

E = Enterprising

These people like to work with others and enjoy persuading and performing. Good college majors for Enterprising people are:

- Fashion Merchandising
- Real Estate
- Marketing/Sales
- Law
- Political Science
- International Trade
- Banking/Finance

Related Pathways

Business
Public and Human Services
Arts and Communication

C = Conventional

These people are very detail oriented, organized and like to work with data. Good college majors for Conventional people are...

- Accounting
- Court Reporting
- Insurance
- Administration
- Medical Records
- Banking
- Data Processing

Related Pathways

Health Services
Business
Industrial and Engineering Technology



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