



What skills can graduates gain?

Through studying a degree in Sociology, graduates develop a valuable set of skills and

What jobs and activities might graduates do?

Graduates with this degree are employed in a range of jobs — see some examples below.

Note: This list is not exhaustive, and some jobs may require further study, training or experience. It is recommended to start with the section 'How can I gain a sense of career direction?'

Social researcher

- Design and develop research projects
- Use a range of quantitative and qualitative methods to gain insight
- Analyse data and findings to write reports

Policy analyst / advisor

- Identify and investigate issues and opportunities e.g. in society, law or governance
- Interpret and consult on existing policies
- Prepare reports and recommend changes

Research analyst / advisor

- Organise and conduct research
- Develop and test theories, interpret results
- Write reports, make recommendations and publish research

Social worker

- Support and guide individuals and whānau
- Build relationships and link people to resources, services, groups and events
- Write reports and coordinate budgets

Analyst

- Collect, analyse and interpret data
- Identify and forecast trends and needs
- Present information to assist decision-making

Market researcher

- Develop research strategies
- Analyse and evaluate results and information
- Provide advice and recommendations

Advocate

- Advise and represent individuals, groups or a cause
- Examine and draft contracts
- Provide relevant information to clients

Human resources advisor

- Advertise vacancies and recruit staff
- Advise on workplace policies and procedures
- Oversee activities such as staff development, health and safety, pay and reward

Counsellor

- Support a client to talk about their feelings and experiences
- Listen to and reflect upon the client's issues
- Raise self-awareness and understanding
- Discuss options and assist the client to make choices

Probation officer

- Manage, supervise and monitor the behaviour of offenders
- Provide assessments of an offender's likelihood of recidivism and suitability for parole
- Enable and monitor access to services and programmes

Examples of other job titles and careers include:

- Community development worker
- Secondary school teacher
- Academic, lecturer
- Marketing coordinator
- Housing manager / officer
- Police officer
- Youth worker
- Charity officer
- Family support worker
- HR administrator
- International aid / development worker.

Further study options

Sociology graduates can progress their studies from honours right through to PhD level. These degrees provide advanced research, project and writing skills. Postgraduate study can also lead to an academic career in teaching and research.

UC offers a range of conversion qualifications e.g. in Teaching and Learning, Social Work, Journalism, Applied Data Science, Policy and Governance, Business Management, Counselling, and Māori and Indigenous Leadership.

Further study may facilitate career benefits such as specialist skills, entry into a specific occupation, higher starting salary, faster progression rate, and advanced research capability.

It is important to determine which, if any, further study options align with future career aspirations.

For further UC study options visit:

www.canterbury.ac.nz/study/academic-study

How can I gain a sense of career direction?

Understanding yourself and others is important to gain a sense of direction. This grows with experience; therefore, trying new things and reflecting on an ongoing basis is important.

Career planning checklist

Discover and reflect on:

- Your values, interests, strengths, abilities, and aspirations
- Your connection to whānau, people, and places
- Lifestyle preferences and location
- The skills you want to gain, use, or enhance

Engage in a variety of experiences to learn about:

- How you want to contribute to society, the environment, and global challenges
- The tasks, responsibilities and work environments you prefer
- Your work values, priorities and interests

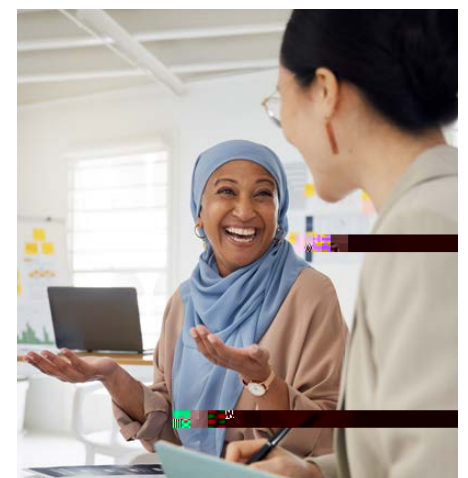
Learn more and gather career and study information

(refer to page one of this resource)

- Speak with people working in careers that interest you; check the realities of a job/career
- Gather information from various sources

Identify your next steps

- Talking to a career consultant can help you to identify your next steps. Visit: www.canterbury.ac.nz/life/jobs-and-careers



and how this impacts upon time as a resource, and as a life circumstance.

What have been the highlights of your career so far?

I worked on the COVID-19 response, with a particular focus on how economic packages are delivered for Māori and Pacific communities, the Treasury's first wellbeing report where I led the development of the Māori wellbeing chapter, and a number of Māori economic strategy projects, including the recently released He Kai Kei Aku Ringa as the lead analyst. I now get to work directly with hapū in Te Tai Tokerau on Te Tiriti matters.

How has sociology informed your career?

I've found sociology endlessly valuable in the public service as it helps me to consider problems from a variety of perspectives and think broadly about potential consequences and outcomes. I feel like sociology has given me the skills to adapt to any new subject matter, and to form a career focused on people and making the world a better place. I wouldn't change a thing.



Morgan

Senior Analyst, Te Arawhiti

Past experience: Analyst, Treasury and MBIE

Bachelor of Arts in Sociology

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