

MY CAREER PLAN

The Grade 9 Subject Choice Workbook



**A Guided Journal for Choosing Subjects With
*Confidence***

50+ pages to explore

www.mycareerplan.co.za



Welcome to The Grade 9 Subject Choice Workbook

Choosing your Grade 10 subjects is one of the first important decisions you'll make on your educational journey. While it may feel overwhelming, it is also an exciting opportunity to discover your strengths, interests and future possibilities.

This workbook has been designed to guide you through that journey. Through a series of engaging activities, self-reflection exercises and practical planning tools, you'll gain a better understanding of yourself and the subjects that may suit your interests, abilities and career aspirations.

Remember, there is rarely only one "right" path. Many careers can be reached through different routes, and your subject choices are just one step in a lifelong journey of learning and growth.

Take your time, answer honestly and enjoy discovering the opportunities that lie ahead.

Wishing you every success,

Raffaella - Founder of My Career Plan

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This workbook has been prepared to provide general educational and career guidance for South African Grade 9 learners. Every effort has been made to ensure that the information is accurate at the time of publication. However, subject requirements and career pathways may change over time. Learners and parents are encouraged to verify current information with schools, universities and relevant professional bodies before making important decisions.

The activities and recommendations in this workbook are intended to support, not replace, professional educational or career counselling.

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My Career Plan

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DISCOVER YOURSELF

Before looking at a single subject, it helps to understand yourself a little better, what you enjoy, what you're good at, and what actually matters to you in a future working life. This chapter is not a test. There are no right or wrong answers. Remember, you don't have to know what career you want yet. Very few Grade 9 learners do. The aim of these activities is simply to help you discover more about yourself so that your subject choices become a little clearer.

WHAT INTERESTS YOU?

Tick anything that genuinely interests you – you can tick as many as you like.

- ☐ Science, how things work, or the natural world
- ☐ Helping, teaching, or caring for people
- ☐ Business, money, and how organisations run
- ☐ Art, design, music, or performance
- ☐ Writing, languages, or storytelling
- ☐ Sport, movement, or the human body
- ☐ Nature, animals, or the environment
- ☐ Building, fixing, or making things with your hands
- ☐ Technology, computers, or gaming
- ☐ Justice, fairness, and how society is organised
- ☐ Organising, structured tasks, or working with data

WHAT ARE YOU GOOD AT?

Rate yourself honestly on each, this is about noticing patterns, not judging yourself.

- ☐ Solving problems and figuring things out
- ☐ Communicating clearly, in speech or writing
- ☐ Being creative and coming up with new ideas
- ☐ Staying organised and managing my time
- ☐ Leading or motivating other people
- ☐ Paying attention to detail and getting things right
- ☐ Working with my hands or building things
- ☐ Understanding and supporting other people's feelings

HOW DO YOU LIKE TO WORK?

This isn't about right or wrong answers, it's about noticing your natural preferences. Tick whichever feels more like you in each pair. If you genuinely relate to both, that's perfectly okay, but try to go with the one that stands out most to you.

- ☐ I feel energised by being around people and activities OR
- ☐ I feel recharged by quiet time alone or in small groups

- ☐ I prefer having a clear plan and knowing what to expect OR
- ☐ I prefer staying flexible and adapting as I go

- ☐ I focus on facts, details, and practical reality OR
- ☐ I'm drawn to ideas, patterns, and future possibilities

- ☐ I tend to make decisions based on logic and fairness OR
- ☐ I tend to make decisions based on how they affect people

- ☐ I feel comfortable taking the lead or being noticed OR
- ☐ I prefer working quietly, without being in the spotlight

CAREER COACH'S TIP

There's no 'better' way to work, just different ones. Notice which side you lean toward in each pair; that's useful information for thinking about which subjects and career environments might suit you.

WHAT DO YOU WANT FROM YOUR FUTURE WORK?

When you imagine your future working life, which of these feel important? Rank your top three.

- ☐ Achievement and earning a good income
- ☐ Job security and stability
- ☐ Making a difference
- ☐ Creativity and self-expression
- ☐ Flexibility and freedom in how I work
- ☐ Status and recognition
- ☐ Adventure, travel, or variety
- ☐ Learning and growing as a person
- ☐ Working closely with a team

CAREER COACH'S TIP

Patterns matter more than single answers. If most of your ticks cluster around one or two themes, say problem-solving, or people and communication, that's a strong early signal worth paying attention to as you read the next chapters.

PARENT TIP

Resist the urge to steer these answers. The value of this exercise comes from your child's honest self-reflection, even if their answers surprise you.

CHAPTER CHALLENGE

1. Looking at your ticks above, do you notice any patterns about yourself? For example, that you really like working with people.

2. How would you describe your personality?

3. Now go ask a parent or someone who knows you well, how do they describe you?
4. Is there a problem in the world you'd like to help solve one day, even in a small way?
5. Have you discovered anything new about yourself? For example, your biggest interests or strongest skills?

FUN ACTIVITY

Me and My Future Self

Use magazine cut-outs, printed pictures, drawings, words, colours, quotes, or images from Canva to create a mood board that represents who you are and who you hope to become. There are no right or wrong answers, it should reflect what inspires you. You can include the following:

- Careers that interest me.
- Places I'd love to work.
- Subjects I enjoy.
- My strengths.
- Skills I'd like to develop.
- Things I care about.
- My favourite quote.
- My goals and dreams.
- People who inspire me.
- Words that describe me.

On the next page is an example for you to inspire you.

Careers that interest me

- Psychologist
- Counsellor
- Life Coach
- Author

I want to help people and make a difference.

Places I'd love to work

Somewhere I can inspire and create change.

Subjects I enjoy

- Life Orientation
- Psychology
- English
- Business Studies

My strengths

- Good listener
- Empathetic
- Creative
- Organized
- Determined

Jordan

My future.
My goals.
My life.

Skills I want to develop

- Public speaking
- Writing
- Photography
- Time management

My favourite quote
"The future depends on what you do today."
- Mahatma Gandhi

Things I care about

- Mental health
- Animals
- Equality
- Our planet

My goals

- Graduate from university
- Travel the world
- Help build a better community
- Live a happy, balanced life

Words that describe me

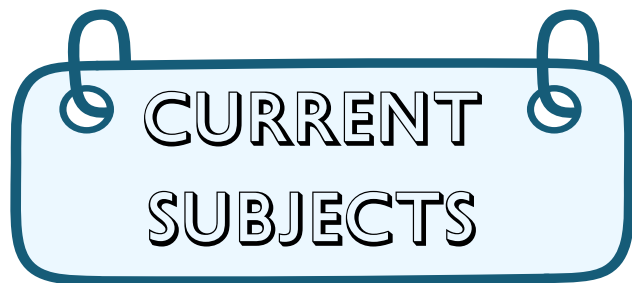
- Kind
- Ambitious
- Curious
- Loyal
- Positive

People who inspire me

My mom, my teachers, people who never give up, and those who help others.

Dream it. Believe it. Achieve it.

ME AND MY FUTURE SELF



CURRENT SUBJECTS

Before thinking about your Grade 10 subject choices, it is helpful to take a closer look at the subjects you are studying now. Your current subjects can tell a lot about yourself, but marks alone don't tell the whole story.

Professional career counsellors use a range of information to help learners make informed subject and career choices. One important tool is an aptitude test which measures a person's natural potential to learn or perform certain types of tasks. It has nothing to do with how hard you study. As it can only be measured using standardised assessments, it isn't something we can determine in this workbook.

Instead we will use the clues that are already available to you. As you reflect on your current subjects think about how well you do, how much effort you put in, what you enjoy and what you find challenging. Looking at these factors together can reveal patterns that provide valuable insight into your strengths, interests and learning preferences.

TAKE STOCK OF WHAT YOU'RE TAKING NOW

So before we jump into a single subject, it's worth getting the full picture first. Write down every subject you're currently taking, don't worry about ranking them or deciding what's "good" or "bad" yet. This is just a starting point. Maybe you're strong in Maths but dread every class, or you love Life Sciences even though your marks aren't quite there yet, that's exactly the kind of gap worth noticing. In the next section, you'll go through each subject and unpack how you actually feel about it, using the three lenses above: how you're doing, how much effort you put in (none, some or a lot) and how much you enjoy it. Also mention if there is anything about that subject that you don't like. See table on next page.

Subject	Am I good at it?	How much effort do I put in?	Do I enjoy it and if so what about it?	If anything, what don't I like about it?

LET'S REFLECT

1. For a subject you're good at but don't enjoy, why do you think that is?

2. Is there a subject where you do well mostly because you're good at memorising, rather than because you're genuinely interested in it?

3. Is there a subject where you're not top of the class, but you always want to know more?

CAREER COACH'S TIP

Good marks, genuine interest, and effort don't always go hand in hand. You may enjoy a subject without achieving your best marks, or achieve excellent marks through hard work rather than natural interest. Looking at these factors together gives you a much more complete picture than marks alone. A professional subject choice assessment helps build a holistic understanding of your potential.

FUN ACTIVITY

Before we look at each subject and begin the decision-making process, let's try and classify each subject you are currently taking into 3 broad categories.



Love it - the subjects you look forward to, enjoy the content and know you want to keep.



Leave it - the subjects you either struggle with or really don't enjoy and can't wait to give up.



Like it - these are subjects you don't love but you're quite content to undertake. Possibly it's the teacher, maybe your marks aren't great in this subject, but could improve with more effort. These are the subjects that usually require the most thought when making subject choices.

CHAPTER 2 MY CURRENT SUBJECTS



LOVE IT • LIKE IT • LEAVE IT

There are no right or wrong answers!

Think about all the subjects you are currently studying.
Write each subject in the box that matches how you feel about it.



I LOVE THESE SUBJECTS!

These are the subjects that you genuinely enjoy. They excite you and you look forward to them.



I LIKE THESE SUBJECTS!

These are subjects you don't love, but you like them.



I STRUGGLE WITH THESE SUBJECTS!

These are subjects you find challenging or don't enjoy.



THINK ABOUT IT...

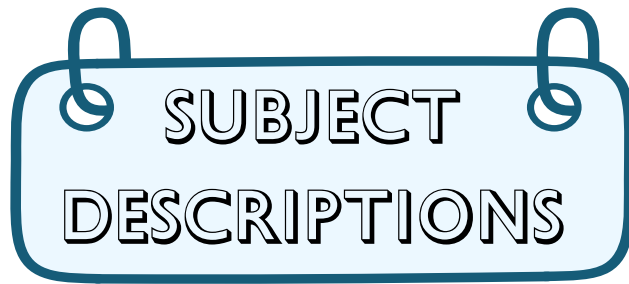
What do the subjects in each group have in common?

What do these patterns tell you about your interests, strengths or the type of learner you are?

REMEMBER:

It's okay to change your mind as you learn and grow!





SUBJECT DESCRIPTIONS

This chapter goes through every subject typically offered by South African schools and explains, in plain terms, what each subject is about, who is most likely to enjoy it, where it could lead and an interesting fact.

Not all these subjects are offered at every school so some may not be accessible at your school. Read through the ones that are.

The core subjects are compulsory to ensure an NSC pass. The four compulsory subjects are:

- Two South African languages: One must be a language of teaching and learning, called a home language (HL), and the other a first additional language (FAL).
- Mathematics or Mathematical Literacy
- Life Orientation

Note: many schools also set their own minimum mark to continue with a subject into Grade 10 (often somewhere between 50% and 60%). These thresholds vary from school to school, so check the specific requirement with your own school.

The aim isn't to tell you what to choose, it is to help you make informed decisions and avoid closing doors to future opportunities.

As you read through each subject, think back to the activities you have already completed. Which subjects best match your interests, strengths, work styles and goals.



First and Second Languages

COMPULSORY

South African schools require two South African languages: One must be a language of teaching and learning, called a home language (HL), and the other a first additional language (FAL). The Home Language is one of the most important subjects in the South African curriculum, as it is the only standalone subject that can determine whether a learner passes or fails the academic year. Learners must achieve at least 40% in their Home Language to be promoted, regardless of their performance in other subjects. If a school offers more than one Home Language option, learners should carefully consider their language proficiency as well as the language they are most likely to use for further study and everyday communication. The first additional language must be South African. In other words, languages such as French or German do not qualify as core subjects for an NSC pass. Learners are encouraged to select the first additional language in which they are most proficient to ensure the highest possible marks. PLEASE NOTE: Your school will indicate which languages are offered. Some of the most common include English, Afrikaans, isiXhosa, isiZulu, Sepedi, Sesotho, Setswana, Sitswati and Xitsonga.

USEFUL FOR

- Translation & Interpreting
- Diplomacy & Foreign Service
- Teaching (Languages)
- Tourism & International Business
- Law, especially court interpreting and multilingual legal work

DID YOU KNOW?

South Africa has 12 official languages, more than almost any other country in the world.



French

WHY CHOOSE IT

French is one of the world's most widely spoken languages, with over 320 million speakers across five continents. It is an official language in many countries and is widely used in international organisations, diplomacy, education, and cultural exchange. French has a rich heritage of literature, art, history, and cuisine, making it an important global language. It is also the language of the international community known as La Francophonie, which promotes the French language, cultural diversity, and cooperation among its member countries. French is one of the official working languages of many international organisations and plays an important role in global communication. Studying French helps learners develop their language and communication skills while gaining a deeper understanding of the diverse cultures and traditions of French-speaking communities around the world.

USEFUL FOR

- Translation & Interpreting
- Diplomacy & Foreign Service
- International Business
- Tourism & Hospitality (especially in international markets)
- Liaison and Public Relations

WHO IT SUITS

Students who enjoy:

- Learning new languages and cultures
- Connecting and communicating with different kinds of people
- Creative or expressive use of language

DID YOU KNOW?

French is an official working language of the United Nations, the European Union, and the International Olympic Committee.



Life Orientation

COMPULSORY

Life Orientation equips learners with the knowledge, skills, and values needed to navigate everyday life with confidence and responsibility. The subject promotes personal development, emotional well-being, healthy living, resilience, decision-making, and respect for others while encouraging learners to become active and responsible citizens. It also provides valuable guidance on subject choices, career planning, goal setting, and preparing for further study, helping learners build a strong foundation for success both at school and beyond.

Studying Life Orientation helps learners develop essential life skills that extend far beyond the classroom. Through topics such as citizenship and community involvement, learners strengthen valuable workplace skills, including communication, teamwork, leadership, initiative, time management, and problem-solving. Participation in community service provides practical experience, builds confidence, and encourages learners to make a positive contribution to society while preparing them for future study, work, and everyday life.

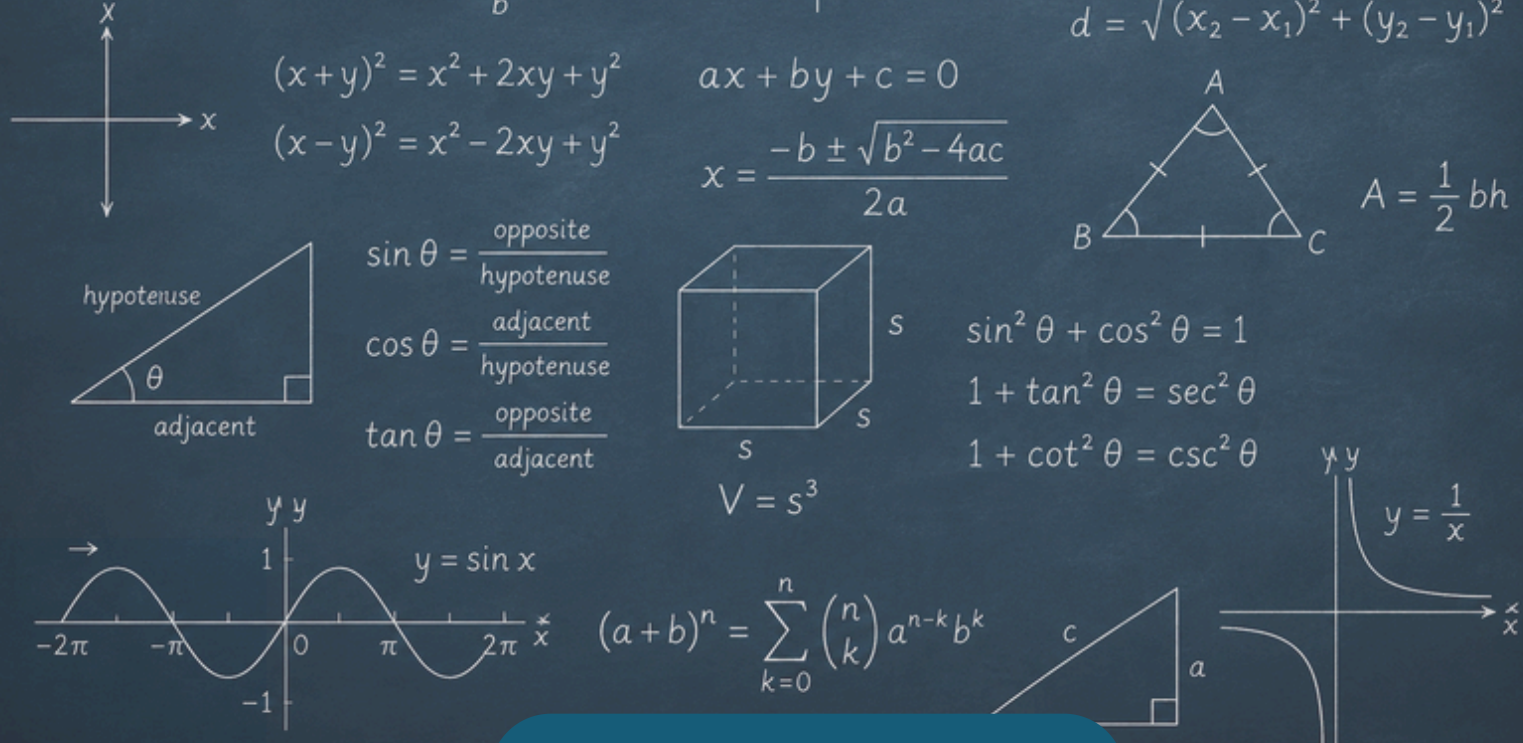
USEFUL FOR

→ FET colleges and some diploma programmes

Life Orientation is often discounted from the APS Score system; however, it remains a requirement for university entrance.

DID YOU KNOW?

Life Orientation is unique to the South African curriculum, most countries don't have a direct equivalent.



Mathematics

WHY CHOOSE IT

Mathematics develops logical thinking, analytical reasoning, and advanced problem-solving skills through the study of topics such as algebra, geometry, trigonometry, calculus, and statistics. It challenges learners to think critically, recognise patterns, and apply mathematical concepts to solve complex problems. Mathematics provides a strong foundation for further study and is essential for many careers in engineering, health sciences, information technology, data science, finance, architecture, and the natural sciences.

USEFUL FOR

- Engineering. all disciplines
- Most Health Sciences Degrees
- Actuarial Science
- Most Commerce degrees, especially Accounting and Economics
- Computer Science & IT-related degrees
- All pure and applied Sciences
- Pilot
- Architect

WHO IT SUITS

Students who enjoy:

- Solving problems and logical puzzles
- Working with numbers and abstract ideas
- Precise, structured thinking

DID YOU KNOW?

The equals sign (=) was invented in 1557 by a Welsh mathematician who was tired of writing "is equal to" over and over.



Maths Literacy

WHY CHOOSE IT

Mathematical Literacy equips learners with practical mathematical skills needed to solve real-life problems and make informed everyday decisions. The subject develops numeracy, critical thinking, problem-solving, and data interpretation skills through topics such as budgeting, taxation, interest, measurements, statistics, and financial planning. Learners gain confidence in applying mathematics to everyday situations, making it an excellent foundation for further study and careers where practical mathematical skills, logical thinking, and informed decision-making are essential.

USEFUL FOR

- Many Humanities degrees
- Some Education routes
- Tourism
- Some Business-related diplomas and certificate
- Bookkeeper
- Entrepreneur such as plumber or fashion designer
- Sales Executive

WHO IT SUITS

Students who enjoy

- Practical, real-world number skills over abstract theory
- Step-by-step, structured processes
- Applying maths to everyday situations

DID YOU KNOW?

Mathematical Literacy was introduced into the South African curriculum in 2006, specifically to build practical, real-world numeracy skills.



Physical Sciences

WHY CHOOSE IT

Physical Sciences explores the principles of physics and chemistry to help learners understand how the natural world works. It develops critical thinking, scientific investigation, problem-solving, and analytical skills through experiments and the application of scientific concepts to real-world situations. Learners gain an understanding of matter, energy, forces, chemical reactions, and the laws that govern the physical world, providing an excellent foundation for further study and careers in engineering, medicine, health sciences, architecture, information technology, research, and many other science-related fields.

USEFUL FOR

- Engineering – all disciplines
- Medicine and most Health Sciences degrees
- Pharmacy
- Architecture
- Any pure Science degree such as Chemistry, Physics, Geology
- Actuary
- Information Technology Industry
- Data Science

WHO IT SUITS

Students who enjoy:

- Understanding how the physical world works
- Experimenting and testing ideas
- Logical, analytical thinking

DID YOU KNOW?

Physical Sciences combines two subjects in one – Physics and Chemistry – examined together as a single NSC subject.



Life Sciences

WHY CHOOSE IT

Life Sciences explores the fascinating world of living organisms, from cells and genetics to ecosystems and the interactions between living things and their environment. It develops scientific thinking, observation, investigation, problem-solving, and analytical skills while encouraging curiosity about the natural world. Learners gain a deeper understanding of biological processes that affect everyday life and build a strong foundation for further study and careers in medicine, veterinary science, environmental science, biotechnology, research, and many other health and science-related fields.

USEFUL FOR

- Medicine and most Health Sciences degrees
- Environmental Science
- Agriculture
- Veterinary Science
- Psychology in some programmes
- Genetics
- Microbiology
- Biomedical Science

WHO IT SUITS

- Students who enjoy
- Curiosity about living things and how the body works
 - Observing, classifying, and investigating
 - Connecting science to health and the environment

DID YOU KNOW?

A single teaspoon of healthy soil can contain more microorganisms than there are people on Earth.



Agricultural Sciences

WHY CHOOSE IT

Agricultural Sciences explores the science behind food, fibre, and other agricultural products by examining the relationship between soil, plants, animals, and the environment. It develops scientific thinking, problem-solving, practical skills, and an understanding of sustainable farming, environmental management, and animal welfare. Learners gain insight into modern agricultural practices and technologies while preparing for careers in agriculture, environmental science, veterinary fields, food production, research, and many other related industries.

USEFUL FOR

- Agriculture & Agricultural Economics
- Animal Science & Veterinary Science
- Forestry
- Viticulture & Oenology (wine-making)
- Environmental & Conservation Science
- Food or Plant Science
- Biotechnology
- Agricultural Engineering

WHO IT SUITS

Students who enjoy:

- Hands-on, outdoor, practical work
- Curiosity about how food and farming systems work
- Combining science with real-world application

DID YOU KNOW?

Agriculture and its value chain support close to a fifth of South Africa's jobs. From farm and forestry to food processing, retail and export.



Agricultural Management Practices

WHY CHOOSE IT

Agricultural Management Practices introduces learners to the principles of modern farming, agribusiness, and sustainable food production. It develops practical skills in crop and animal production, business management, problem-solving, and decision-making while combining theoretical knowledge with hands-on learning. Learners gain an understanding of how agricultural products are produced, managed, and marketed, making this subject an excellent choice for those interested in farming, agribusiness, environmental sustainability, food production, and a wide range of careers in the agricultural sector. Where Agricultural Sciences leans toward the biology and chemistry of farming, this subject leans toward running the farm as a business – useful for learners more drawn to management than laboratory science.

USEFUL FOR

- Agribusiness & Farm Management
- Agricultural Economics
- Agricultural Extension Services
- Rural Development
- Supply Chain and Logistics
- Environmental and Land Management

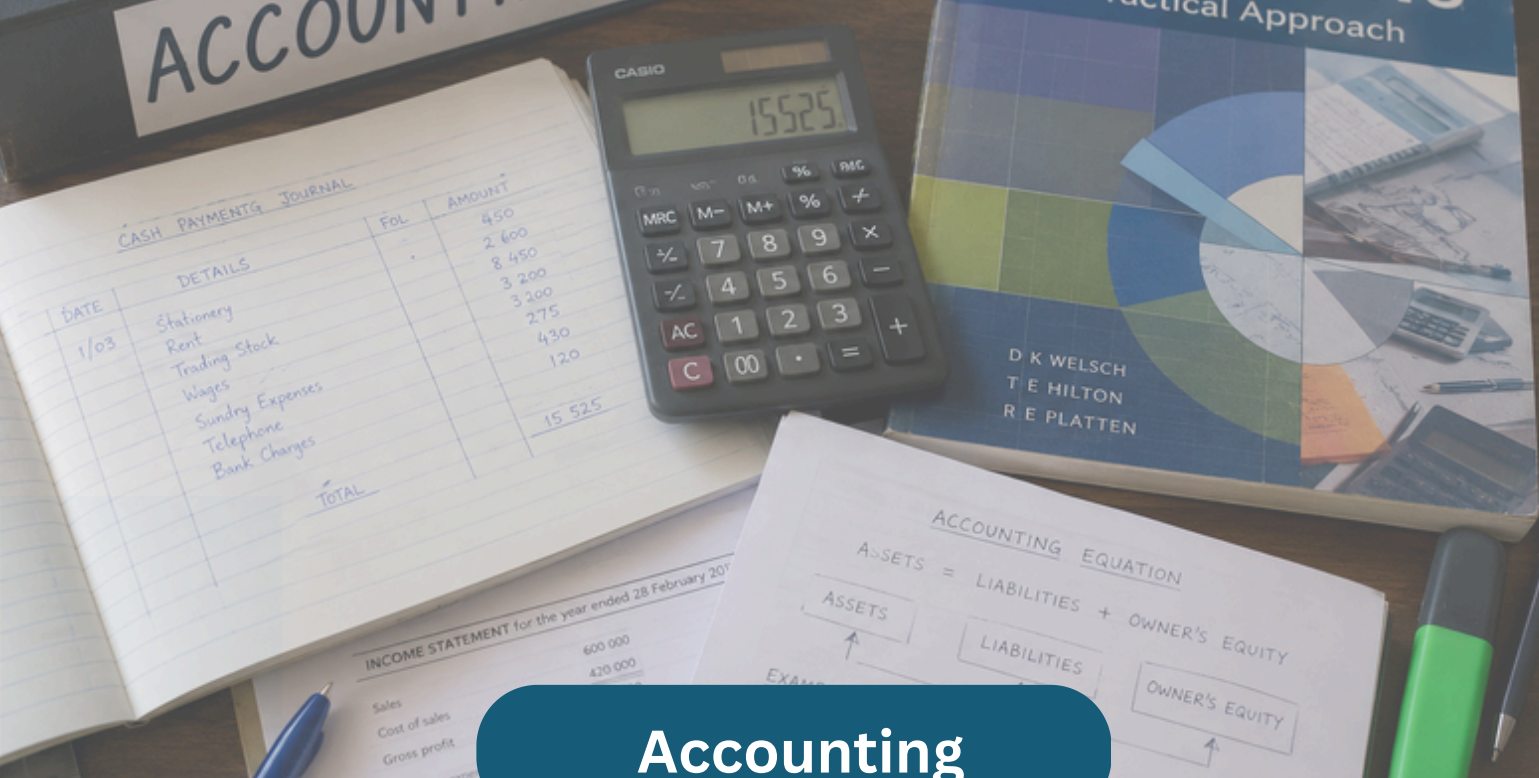
WHO IT SUITS

Students who enjoy:

- Practical, hands-on farm or business work
- Taking initiative and managing resources
- Making decisions and solving real-world problems

DID YOU KNOW?

This subject was introduced as a hands-on alternative for learners interested in the business side of farming.



Accounting

WHY CHOOSE IT

Accounting equips learners with the knowledge and skills to record, analyse, and interpret financial information. It develops important abilities such as logical thinking, accuracy, problem-solving, financial literacy, and attention to detail while providing an understanding of how businesses measure performance and make informed financial decisions. Whether you are interested in becoming an accountant, entrepreneur, financial manager, or pursuing a career in business or finance, Accounting provides a strong foundation for further study and a wide range of rewarding career opportunities.

USEFUL FOR

- BCom Accounting & the CA(SA) pathway
- Auditing
- Financial Management
- Bookkeeping & Financial Accounting diplomas
- Banking & Finance
- Tax Practice/Taxation
- Actuarial Science

WHO IT SUITS

Students who enjoy:

- Precision, structure, and working with numbers
- Clear rules and systems
- Detailed, methodical work

DID YOU KNOW?

Double-entry bookkeeping – still the method taught today – was first documented in 1494 by an Italian monk and mathematician.



Business Studies

WHY CHOOSE IT

Business Studies helps learners understand how businesses work, from managing money and marketing products to leading people and making strategic decisions. It develops practical skills such as financial literacy, problem-solving, communication, and planning, while encouraging creativity and an entrepreneurial way of thinking. Whether you dream of owning your own business, working in the corporate world, or simply understanding how organisations operate, Business Studies provides a strong foundation for many careers and further study in commerce, management, and entrepreneurship.

USEFUL FOR

- Business Management
- Entrepreneurship
- Marketing
- Human Resource Management
- Retail & Logistics Management
- Business Management
- Entrepreneurship
- Marketing

WHO IT SUITS

Students that enjoy:

- Leading, organising, or starting projects
- Thinking about how organisations and money work
- Taking initiative and managing risk

DID YOU KNOW?

Some of the world's largest companies, including Apple and Amazon, started as small ventures run out of a garage.



Economics

WHY CHOOSE IT

Economics helps learners understand how individuals, businesses, and governments make choices about using limited resources. It develops valuable skills such as analytical thinking, problem-solving, decision-making, and interpreting real-world issues. Learners explore topics including inflation, unemployment, economic growth, trade, and how markets operate, while gaining insight into both local and global economies. Whether you are interested in finance, business, government, or simply understanding the world around you, Economics provides a strong foundation for many careers and further study in commerce, finance, law, and public policy.

USEFUL FOR

- Economics degrees
- Data analysis/ Data Science
- Actuarial Science (alongside Mathematics)
- Finance & Investment Management
- Public Policy
- International Relations — economics-focused routes
- Valuable groundwork for banking, financial markets, or government policy work.

WHO IT SUITS

Students who enjoy:

- Understanding how systems and markets work
- Analysing trends and data
- Decision-making on a larger scale
- Wanting to understand news, politics and money in daily life

DID YOU KNOW?

The word "economics" comes from the Greek "oikonomia," meaning "household management."



History

WHY CHOOSE IT

History is the study of people, events, and societies of the past, helping us understand how the world has changed over time. By investigating historical evidence and different perspectives, learners develop a deeper understanding of the decisions, events, and movements that have shaped today's societies. History encourages curiosity, critical thinking, and the ability to analyse information, identify patterns, and evaluate evidence. It also strengthens research, communication, and writing skills while fostering an appreciation of democracy, human rights, and cultural diversity. By studying the past, learners gain valuable insights into the present and are better equipped to make informed decisions about the future.

USEFUL FOR

- Law — many faculties value or expect History alongside English
- Journalism & Media Studies
- Politics & International Relations
- Archaeology & Heritage Studies
- Museum & Heritage Management
- Public Administration
- Diplomacy & Foreign Service
- Teaching

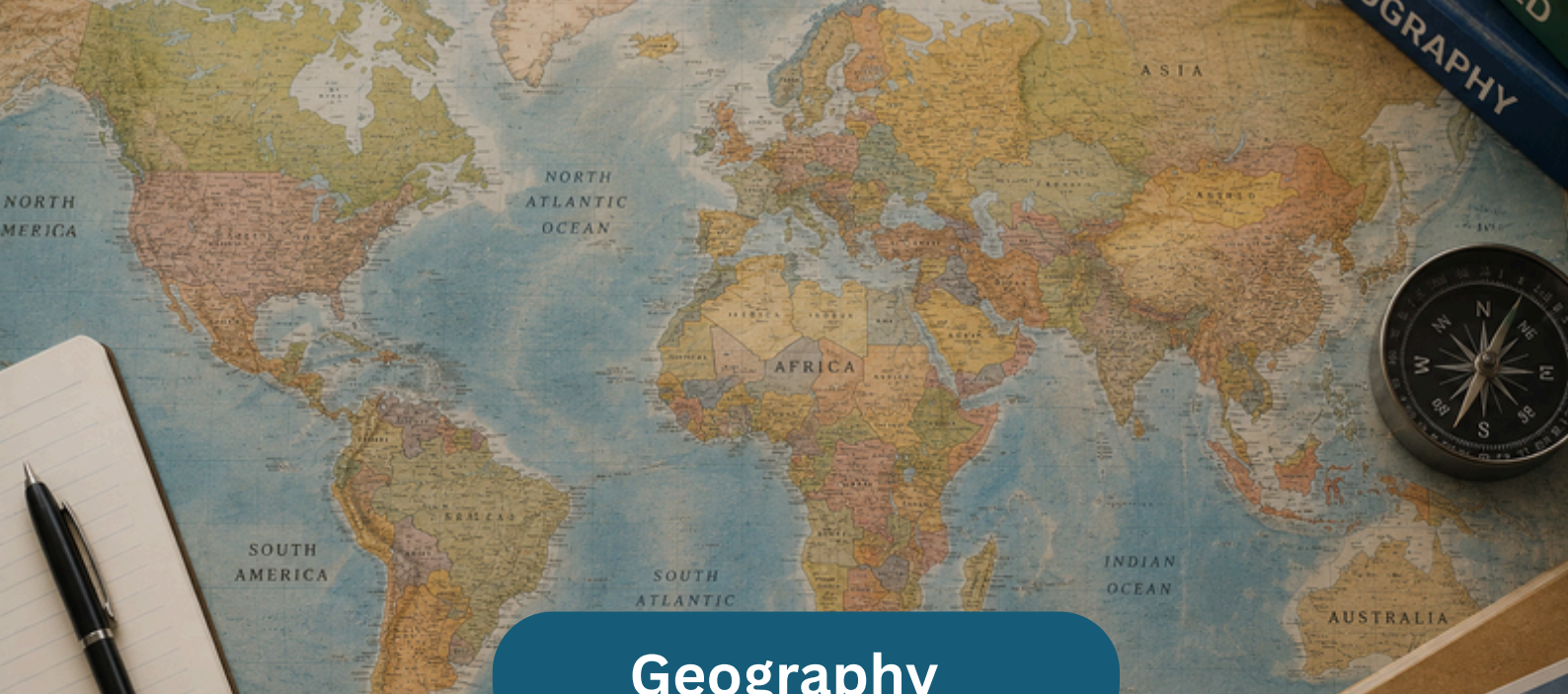
WHO IT SUITS

Students who enjoy:

- Understanding how and why past events shaped today
- Reading, researching, and constructing arguments
- People, society, and change over time

DID YOU KNOW?

South Africa's Constitution is often cited as one of the most progressive in the world, a direct product of the history covered in the FET curriculum.



Geography

WHY CHOOSE IT

Geography explores the relationship between people, places, and the environment. It helps learners understand how natural and human processes shape the world around us, from landscapes and weather patterns to population growth, urbanisation, and the use of natural resources. Learners investigate global issues such as climate change, sustainability, and environmental management while developing map-reading, data interpretation, and research skills. Modern Geography also incorporates technologies such as Geographic Information Systems (GIS), which are used to collect, analyse, and present geographical information to solve real-world problems. Through the study of Geography, learners gain a greater understanding of our changing world and the connections between people, places, and the environment.

USEFUL FOR

- Environmental Science & Environmental Management
- Urban & Regional Planning
- Geology & Earth Sciences
- GIS (Geographic Information Systems)
- Tourism Management
- Disaster Risk Management
- Agriculture — especially combined with Life Sciences

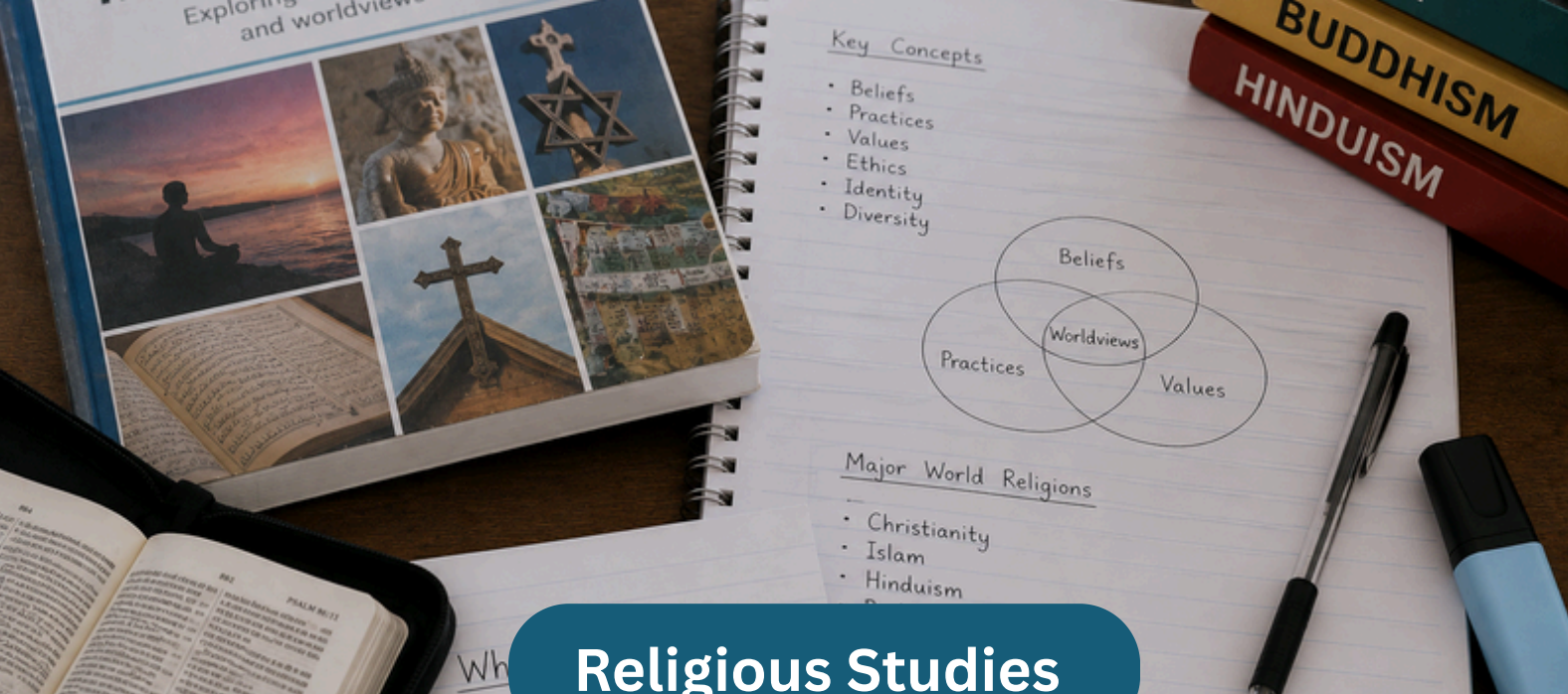
WHO IT SUITS

Students who enjoy:

- How places, people, and environments connect
- Fieldwork as well as analysis
- Real-world systems and patterns

DID YOU KNOW?

Geography is one of the only school subjects that studies both physical processes (weather, geology) and human systems (cities, economies) side by side.



Religious Studies

WHY CHOOSE IT

Religion Studies is the academic study of the world's major religions, belief systems, and worldviews. Learners explore the beliefs, values, practices, sacred texts, and historical development of different religions while examining their influence on individuals, societies, and cultures. The subject encourages critical thinking, respectful discussion, and an appreciation of religious diversity. Learners also investigate contemporary issues such as ethics, human rights, social justice, conflict, and the role of religion in modern society, developing research, analytical, and communication skills. Religion Studies is not religious instruction. It is an academic subject that examines a range of religions and belief systems from an objective and comparative perspective.

USEFUL FOR

- Theology & Ministry
- Religious Studies & Philosophy degrees
- Social Work
- Chaplaincy
- Teaching (Religion Education / Life Orientation)

WHO IT SUITS

Students who enjoy:

- Understanding different beliefs and worldviews
- Thoughtful discussion and reflection
- People, culture, and meaning

DID YOU KNOW?

Religion Studies in South African schools takes a comparative approach, covering multiple world religions rather than promoting any single one.



Information Technology

WHY CHOOSE IT

Information Technology (IT) focuses on the design, development, and use of computer systems and software. Learners develop problem-solving and logical thinking skills while learning how to analyse problems, design solutions, and write computer programs using a programming language. The subject also covers areas such as data management, systems technologies, networking, and the ethical use of technology. Information Technology is well suited to learners who enjoy solving complex problems, thinking analytically, and working with computers. As the subject involves logical reasoning and mathematical concepts, a strong foundation in Mathematics is highly recommended.

USEFUL FOR

- Computer Science
- Software Engineering
- Information Systems
- Groundwork for Data Science & Data Analytic
- Network Specialist
- Systems Developer

WHO IT SUITS

- Students who enjoy
- Logical thinking and solving technical problems
 - Building or creating with technology
 - Working with structured systems and code

DID YOU KNOW?

Ada Lovelace, widely regarded as the first computer programmer, wrote her algorithm in 1843 – over a century before computers were actually built.



Computer Applications Technology

WHY CHOOSE IT

Computer Applications Technology (CAT) equips learners with the practical computer skills needed for study, work, and everyday life. The subject focuses on the effective use of computer hardware, software, and digital technologies to create documents, analyse data, solve problems, and communicate information. Learners develop proficiency in applications such as word processing, spreadsheets, databases, presentations, and web design while learning how to use technology responsibly and efficiently. CAT also encourages logical thinking, creativity, digital literacy, and problem-solving, preparing learners to use information and communication technology (ICT) confidently in a rapidly changing world. CAT focuses on using software rather than programming – learners set on Computer Science or Software Engineering should generally choose IT instead where it's offered.

USEFUL FOR

- Office Administration & Business Support roles
- Information Systems – some programmes accept CAT rather than IT
- General digital literacy for any Commerce or Humanities degree

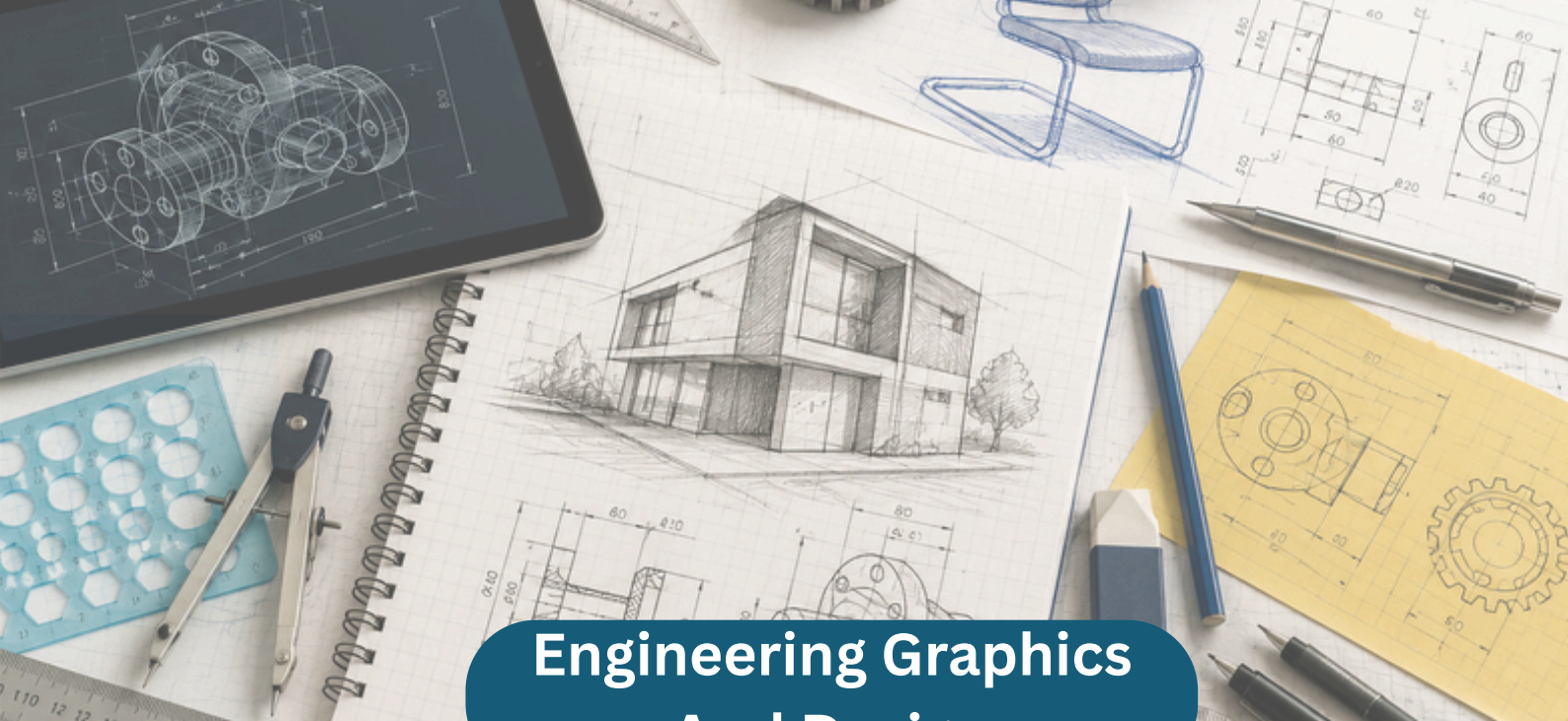
WHO IT SUITS

Students who enjoy:

- Structured, practical, real-world tasks
- Organising information and working with software
- Routine, detail-focused work

DID YOU KNOW?

CAT covers real workplace tools like spreadsheets and databases, making it one of the most directly job-applicable subjects in the curriculum.



Engineering Graphics And Design

WHY CHOOSE IT

Engineering Graphics and Design (EGD) combines technical drawing with engineering principles to develop learners' design, visualisation, and problem-solving skills. Learners produce accurate engineering drawings using industry standards while exploring concepts related to civil, mechanical, and structural engineering. The subject requires precision, logical thinking, creativity, and attention to detail, helping learners develop strong spatial awareness and technical communication skills. EGD is well suited to learners who enjoy mathematics, design, engineering, and creating practical solutions to real-world problems.

USEFUL FOR

- All Engineering disciplines – Civil, Mechanical, Electrical, Industrial
- Architecture
- Interior Design
- Draughtsmanship
- Product & Industrial Design

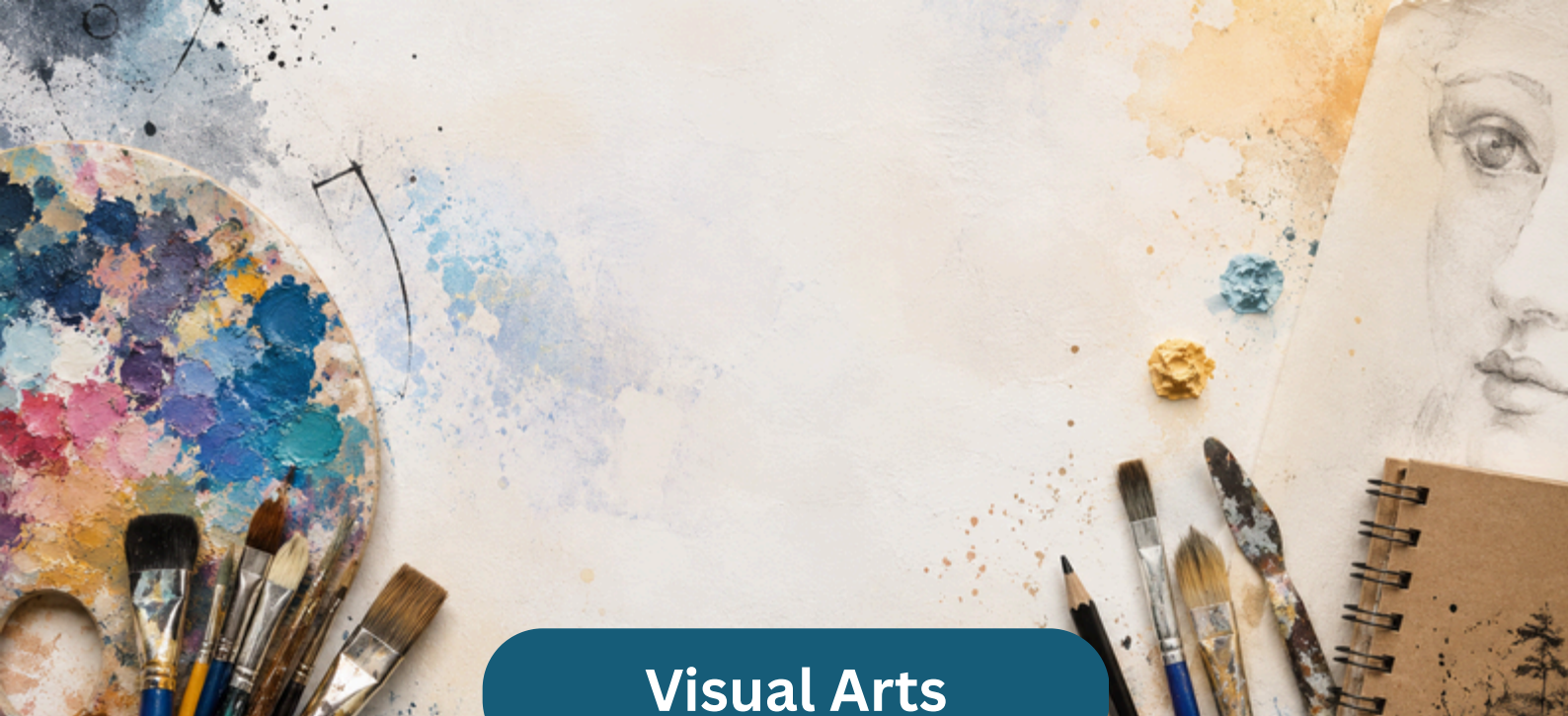
WHO IT SUITS

Students who enjoy:

- Precise, hands-on technical work
- Visualising and designing how things fit together
- Logical, structured problem-solving

DID YOU KNOW?

EGD is based on the same technical drawing standards used by real engineers and architects in industry.



Visual Arts

WHY CHOOSE IT

Visual Arts encourages learners to explore ideas, express themselves creatively, and communicate through a variety of visual media. Learners experiment with drawing, painting, sculpture, printmaking, photography, and digital art while developing practical artistic techniques and an understanding of art history and contemporary visual culture. The subject nurtures creativity, observation, imagination, and critical thinking, while helping learners build confidence in presenting and discussing their own work. Visual Arts is well suited to learners who enjoy creative expression, problem-solving, and exploring different ways of seeing and interpreting the world.

USEFUL FOR

- Fine Art
- Graphic Design & Illustration
- Architecture — many programmes value a portfolio
- Interior Design
- Animation
- Art Teaching

WHO IT SUITS

Student who enjoy:

- Creative and original self-expression
- Working with imagery, colour, and design
- Exploring ideas without a fixed answer

DID YOU KNOW?

Visual Arts learners build a new practical portfolio every year, and Grade 11 work often carries through into the final Grade 12 body of work, making consistent, developing effort more valuable than one strong final piece.



Dramatic Arts

WHY CHOOSE IT

Dramatic Arts combines performance, creativity, and critical thinking to help learners communicate ideas and emotions through theatre. Learners explore acting, movement, voice, improvisation, script interpretation, and stagecraft while studying plays, theatre history, and different performance styles from South Africa and around the world. The subject develops confidence, teamwork, communication, creativity, and problem-solving skills, while encouraging learners to explore diverse cultures, perspectives, and contemporary social issues through performance. Dramatic Arts is ideal for learners who enjoy storytelling, performing, collaborating with others, and expressing themselves creatively.

USEFUL FOR

- Drama & Theatre Studies
- Acting & Performance
- Film & Television
- Directing & Production
- Speech & Drama Teaching
- Public Relations & Presenting

WHO IT SUITS

Students who enjoy:

- Performing and expressing yourself in front of others
- Storytelling and exploring characters or ideas
- Working closely with a group

DID YOU KNOW?

Dramatic Arts assesses both performance and written theory, so it suits learners who enjoy performing and analysing in equal measure.



Music

WHY CHOOSE IT

Music is a creative and practical subject that allows learners to develop their musical talents while gaining a deeper understanding of music from different cultures, styles, and historical periods. Learners build skills in performance, music theory, composition, and listening, while developing confidence, discipline, and creativity through regular practice. Music also strengthens concentration, communication, teamwork, and critical thinking as learners perform individually and as part of ensembles. By exploring the role of music in society and culture, learners gain an appreciation for its ability to communicate ideas, tell stories, and bring people together. Music is well suited to learners who enjoy performing, creating, and expressing themselves through sound.

USEFUL FOR

- Music Performance & Composition
- Music Teaching
- Sound Engineering & Music Production
- Music Therapy

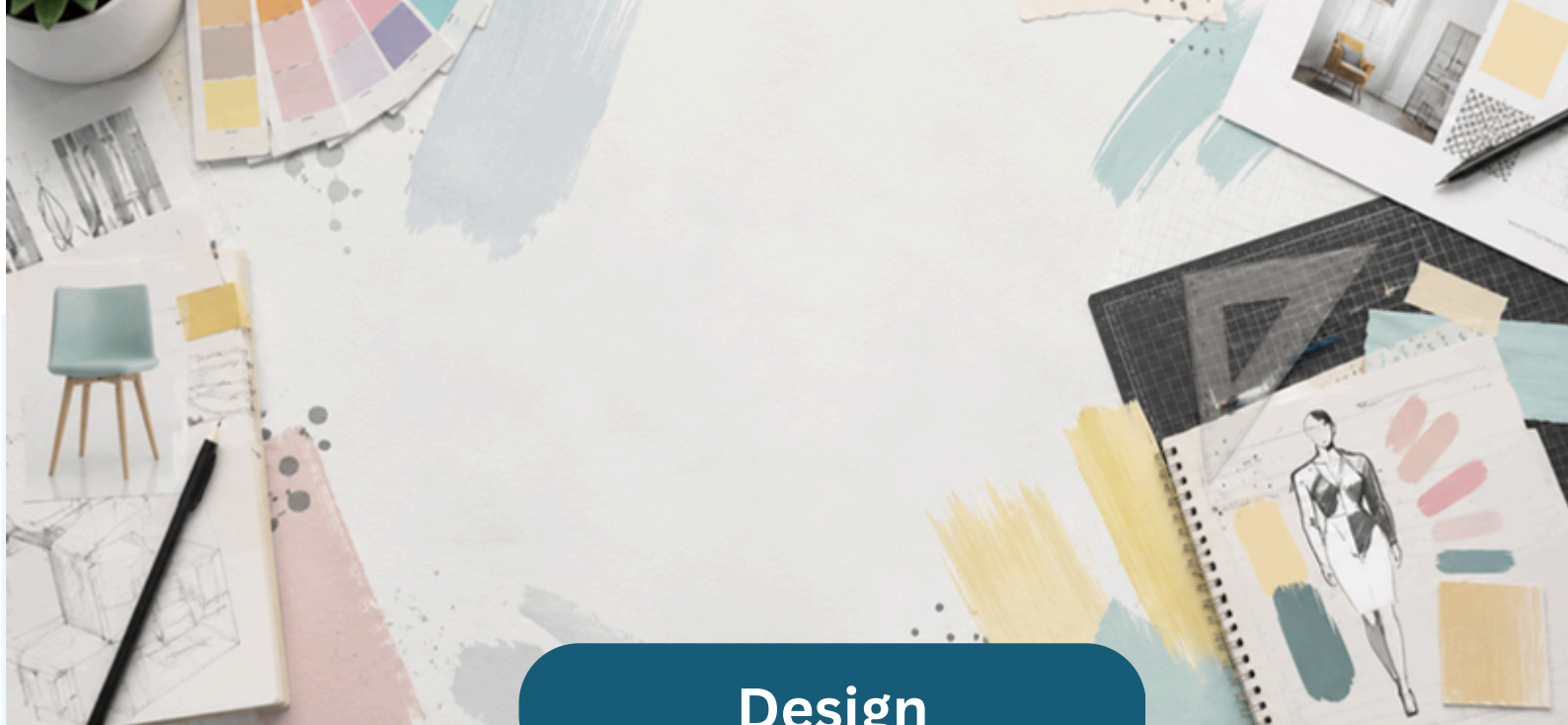
WHO IT SUITS

Students who enjoy:

- Creative expression through sound and performance
- Practising and refining a craft over time
- Combining structure (technique) with creativity

DID YOU KNOW?

Learning an instrument has been shown to improve memory and spatial reasoning – skills that transfer well beyond the subject itself.



Design

WHY CHOOSE IT

Design is a creative and practical subject that encourages learners to solve problems through innovation, imagination, and visual communication. Learners explore a range of design fields, including product, graphic, environmental, and surface design, while developing skills in drawing, research, planning, and model-making. The subject combines creative thinking with practical application, teaching learners how to generate ideas, evaluate solutions, and present their work effectively. Design also develops critical thinking, attention to detail, and the ability to communicate concepts visually. It is well suited to learners who enjoy creativity, experimentation, and finding original solutions to real-world challenges.

USEFUL FOR

- Graphic Design
- Product & Industrial Design
- Fashion Design
- Interior Design
- UX/UI Design

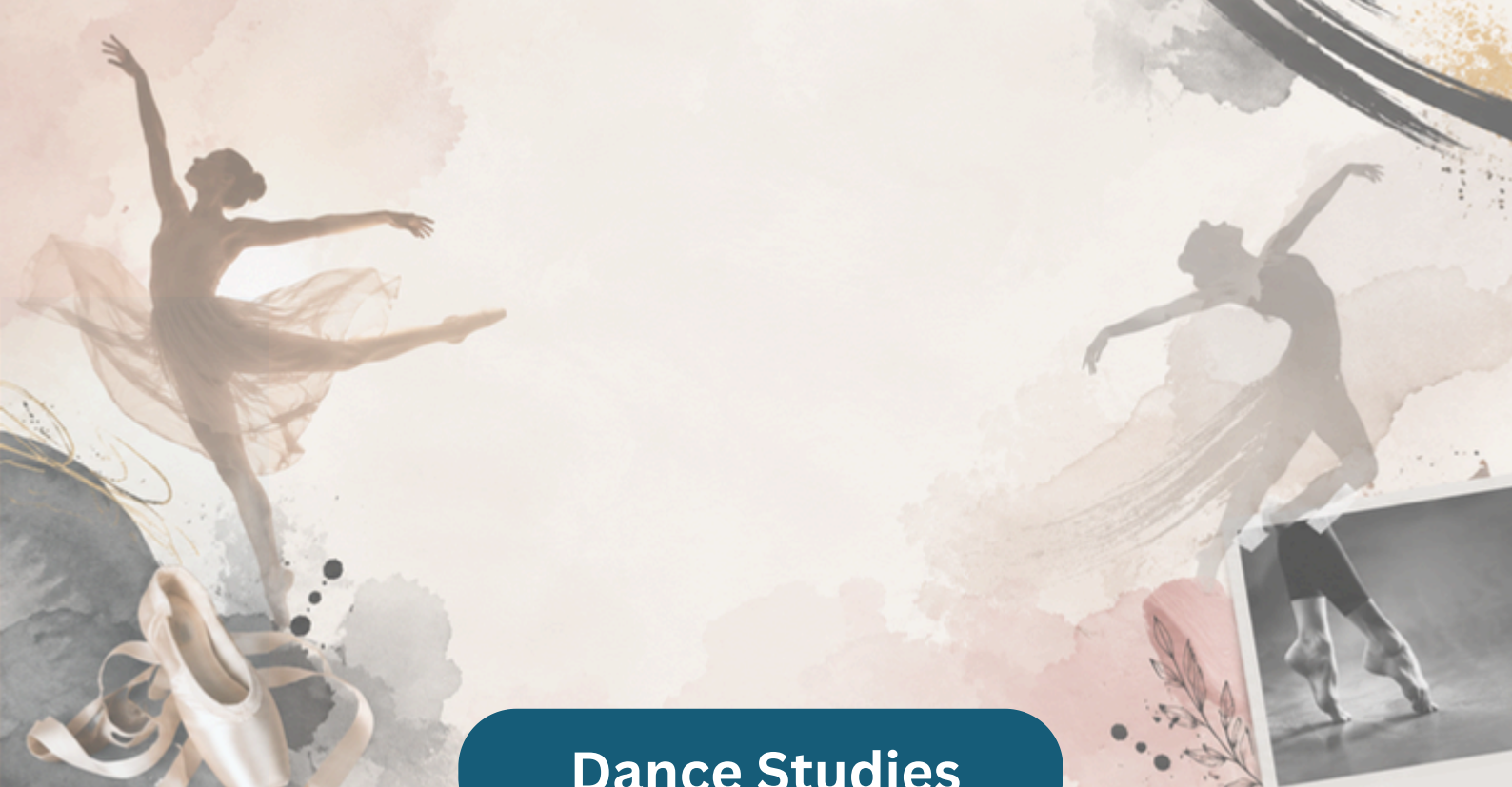
WHO IT SUITS

Students who enjoy:

- Creative problem-solving with a practical outcome
- Visualising and building original ideas
- Combining creativity with technical skill

DID YOU KNOW?

Design as a school subject often bridges Visual Arts and EGD, blending creative and technical thinking.



Dance Studies

WHY CHOOSE IT

Dance Studies combines practical dance training with the academic study of dance as an art form. Learners develop their performance skills while exploring dance theory, choreography, music, anatomy, health and fitness, and the history of dance across different cultures and time periods. The subject encourages creativity, discipline, teamwork, and self-expression while building confidence, coordination, and physical fitness. Learners also analyse and appreciate a variety of dance styles and performances, developing critical thinking and communication skills. Dance Studies is ideal for learners who enjoy movement, performing, and expressing ideas through dance.

USEFUL FOR

- Professional Dance & Choreography
- Dance Therapy
- Performing Arts Management
- Dance Teaching

WHO IT SUITS

Students who enjoy:

- Physical, expressive performance
- Discipline and practising a craft over time
- Being creative through movement

DID YOU KNOW?

Dance Studies is one of the few school subjects assessed almost entirely through practical performance rather than written exams.



Consumer Studies

WHY CHOOSE IT

Consumer Studies explores the relationship between consumers, products, and the environment while equipping learners with practical skills for everyday life. The subject focuses on food, clothing, housing, and consumer decision-making, encouraging learners to make informed, ethical, and sustainable choices. Learners also develop creativity, problem-solving, planning, and financial management skills through practical tasks and entrepreneurial activities, including the design and production of marketable products. Consumer Studies combines theory with hands-on learning and is well suited to learners who enjoy creativity, business, hospitality, fashion, nutrition, or interior design.

USEFUL FOR

- Food Science & Nutrition
- Dietetics – often alongside Life Sciences
- Fashion & Textile studies
- Hospitality Management
- Consumer Science degrees

WHO IT SUITS

Students who enjoy:

- Practical, everyday problem-solving
- Helping others make informed decisions
- How products, food, and homes are managed

DID YOU KNOW?

Consumer Studies covers real consumer protection law, so learners finish the subject knowing their legal rights as a shopper.



Tourism

WHY CHOOSE IT

Tourism is a dynamic and practical subject that explores the travel, hospitality, and tourism industries. Learners gain an understanding of how tourism contributes to local and global economies while studying topics such as tourist attractions, accommodation, transport, customer service, tour planning, and sustainable tourism. The subject develops communication, organisational, problem-solving, and planning skills, while encouraging an appreciation of different cultures, destinations, and responsible travel practices. Tourism is well suited to learners who enjoy working with people, exploring new places, and learning about the travel and hospitality industry.

USEFUL FOR

- Tourism Management
- Travel & Events Management
- Hospitality Management
- Airline & Aviation careers — cabin crew, ground operations

WHO IT SUITS

Students who enjoy:

- Learning about people, places, and cultures
- Helping others plan and have good experiences
- Social, people-facing environments

DID YOU KNOW?

Tourism is one of South Africa's largest employment sectors, contributing a significant share of the country's GDP.



Hospitality Studies

WHY CHOOSE IT

Hospitality Studies is a practical subject that introduces learners to the food, accommodation, and hospitality industries. Learners develop skills in food preparation, nutrition, menu planning, customer service, housekeeping, and hospitality management while gaining an understanding of industry standards and professional practices. The subject combines theory with practical application, encouraging creativity, organisation, teamwork, and attention to detail. Hospitality Studies also develops communication, problem-solving, and time-management skills, making it well suited to learners who enjoy working with people, preparing food, organising events, and delivering excellent service.

USEFUL FOR

- Culinary Arts & Chef training
- Hotel & Hospitality Management
- Event Management
- Food & Beverage Management

WHO IT SUITS

Students who enjoy:

- Hands-on, practical work
- Helping and taking care of others
- Fast-paced, people-facing environments

DID YOU KNOW?

Hospitality Studies includes real food safety and hygiene content modelled on what's used in the professional kitchen industry.



Further Studies Mathematics

WHY CHOOSE IT

Further Studies Mathematics (FSM) is an advanced mathematics subject offered by the Independent Examinations Board (IEB) as part of its International Secondary Certificate (ISC) programme. Designed for learners with a strong aptitude and passion for Mathematics, the subject extends beyond the standard school curriculum by exploring more advanced mathematical concepts and challenging problem-solving techniques. Learners develop higher-order reasoning, analytical thinking, and mathematical modelling skills while tackling complex, real-world problems. Further Studies Mathematics provides an excellent foundation for learners who enjoy mathematical challenges and wish to deepen their understanding of the subject in preparation for further study.

USEFUL FOR

- Actuarial Science
- Pure or Applied Mathematics degrees
- Competitive Engineering programmes
- Physics
- Theoretical or research-focused Computer Science

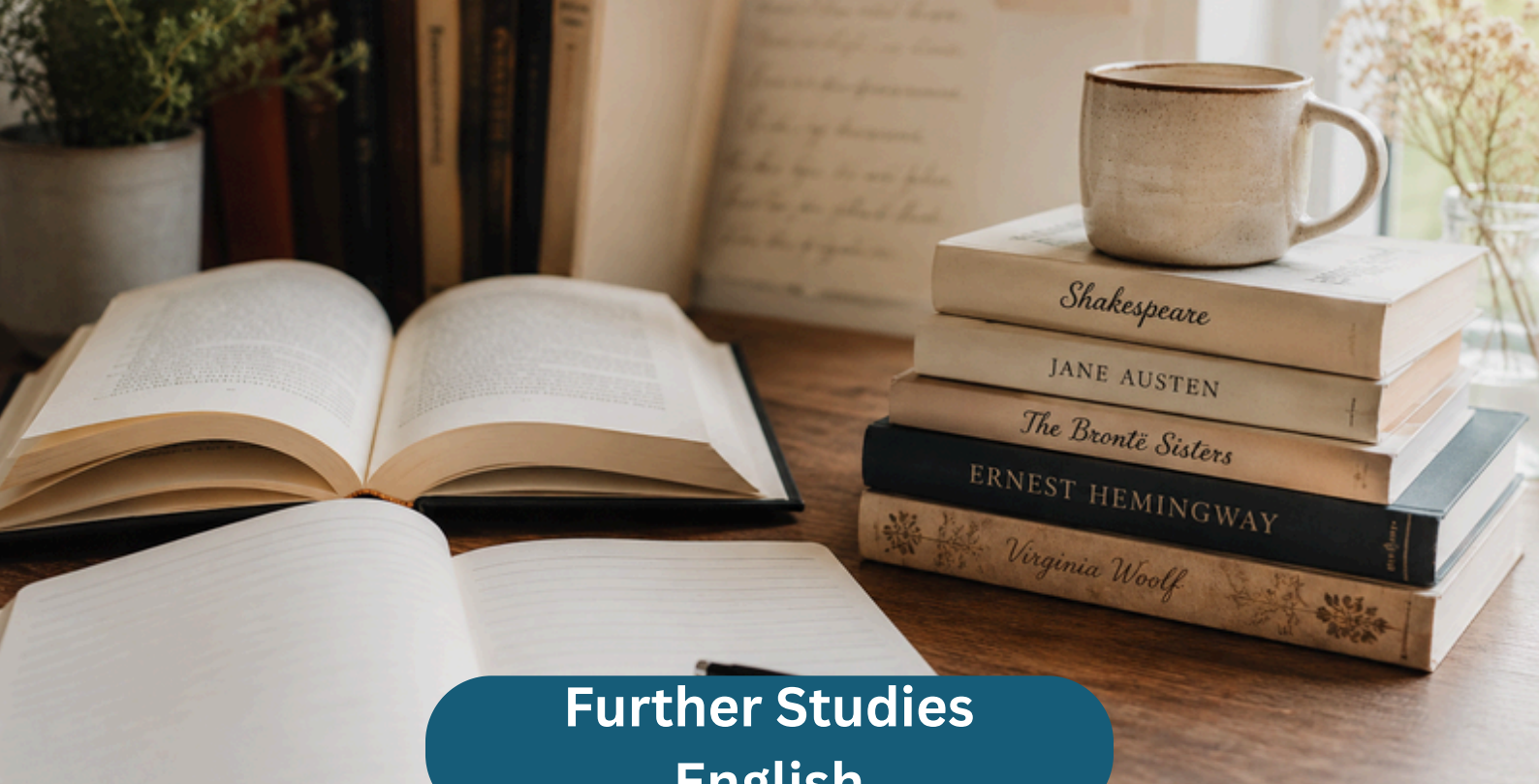
WHO IT SUITS

Students who enjoy:

- Being challenged by complex problems
- Exploring ideas in more depth than the standard syllabus
- Abstract, theoretical thinking

DID YOU KNOW?

This is the modern version of what used to be called Additional Mathematics — it was reintroduced by the IEB after being phased out of the mainstream curriculum for a period.



Further Studies English

WHY CHOOSE IT

Further Studies English is an advanced English subject offered by the Independent Examinations Board (IEB) as part of its International Secondary Certificate (ISC) programme. It is designed for learners who have a strong interest in literature, language, and critical thinking and who enjoy engaging with challenging texts and complex ideas. Learners develop advanced reading, writing, analytical, and communication skills while exploring a wide range of literary works and perspectives. The subject encourages independent thinking, thoughtful discussion, and academic writing, making it well suited to learners seeking an intellectually demanding extension to their English studies.

USEFUL FOR

- Competitive Law programmes
- Journalism & Media Studies
- Humanities degrees at top-tier universities
- English Literature or Linguistics

WHO IT SUITS

Students who enjoy:

- Close reading and analysing texts in depth
- Writing and expressing ideas with precision
- Exploring language, literature, and argument

DID YOU KNOW?

Further Studies English is quality-assured by Stellenbosch University's Unit for International Credentialing, and is benchmarked against UK A-Level standards.

WHAT TO CONSIDER

Choosing your Grade 10 subjects can feel like a huge decision, but it does not mean you are choosing your career forever. What you are choosing is which opportunities you want to keep open. Think of every subject as a key, some keys unlock many doors, while others unlock fewer. Your goal is to avoid accidentally closing doors to careers you may want in the future.

THERE IS NO 'PERFECT' SUBJECT COMBINATION

Choose subjects based on:

- Your interests
- Your strengths
- Your academic ability
- The careers you are considering
- Keeping your future options open

Avoid choosing subjects simply because:

- Your friends are taking them
- Someone says a subject is "easy"
- A subject sounds impressive
- Your parents chose similar subjects years ago

THE BIG IDEA — GATEKEEPER SUBJECTS

Some subjects are known as gatekeeper subjects because they are required for many university degrees.

Mathematics

Keeps many options open, including Engineering, Health Sciences, Computer Science, Actuarial Science, Accounting, Architecture, and Data Science.

Physical Sciences

Often required for Engineering, Medicine, Dentistry, Pharmacy, and many Natural Science degrees.

Choosing these subjects does not force you into these careers, but not choosing them may limit your options later.

IT'S OKAY NOT TO KNOW YET

Many Grade 9 learners feel pressure to know exactly what career they want. That is completely normal. Your goal today is simply to make the best decision with the information you have now.

COMMON SUBJECT CHOICE MISTAKES

- Choosing subjects because your friends are taking them
- Dropping Mathematics without understanding the consequences
- Leaving career planning until Grade 12
- Choosing only subjects you enjoy without considering future opportunities

ACTIVITY – WHAT IS INFLUENCING MY DECISION?

- ☐ My parents
- ☐ My friends
- ☐ My teachers
- ☐ My marks
- ☐ Careers I'm interested in
- ☐ I don't know yet

Other: _____

Which influence should matter the most?

CAREER COACH'S TIP

The smartest subject choice is usually the one that keeps the most doors open while still matching your strengths and interests.

PARENT TIP

Encourage your child to explore different careers rather than expecting them to have everything planned. The aim is to choose subjects that provide flexibility while building on their strengths.

If you already have a career in mind, you can check which subjects you'll need to keep that path open. No book could list every career that exists so rather than trying to, the examples below are worked examples. They show you a few of the most common faculties.

If you don't have a career in mind, don't stress. Rather work with the subjects themselves and choose the subjects that will keep the most doors open for you. This is when a subject choice assessment could be useful to help you make an informed decision.

HEALTH SCIENCES

Medical Doctor

Subjects needed:

- Mathematics
- Physical Sciences
- Life Sciences
- Home Language

ENGINEERING

Civil Engineer

Subjects needed:

- Mathematics
- Physical Sciences
- EGD (recommended)

COMMERCE

Chartered Accountant (CA)

Subjects needed:

- Mathematics
- Accounting

LAW

Lawyer / Advocate

Subjects needed:

- Home Language
- History
(recommended)
- any strong academic
combination

CREATIVE & DESIGN

Graphic Designer

Subjects needed:

→ Visual Arts or Design

(recommended, portfolio often required)

IT & COMPUTER SCIENCE

Software Developer

Subjects needed:

→ Mathematics

→ Information Technology
(strongly recommended)

DID YOU KNOW?

Many careers don't have one subject combination. What matters most is choosing any compulsory (gatekeeper) subjects your career requires, while selecting your remaining subjects based on your strengths, interests and future goals.

CAN'T FIND YOUR CAREER HERE?

Use these steps:

- Identify which faculty your career belongs to (Health Sciences, Engineering, Commerce, Law, Humanities, IT, Arts, or another)
- Check which of those subjects are marked Compulsory or gatekeeper-level choice
- Use the worksheet below to record what you find

Career I'm curious about	Faculty (see Chapter 3)	Subjects needed

Now that you know what different careers actually need, try designing three different Grade 10 subject combinations before making your final decision.

MY COMBINATIONS

	Subjects	Fields it opens	How excited am I about this combination (rate out of 5)
Option 1			
Option 2			
Option 3			

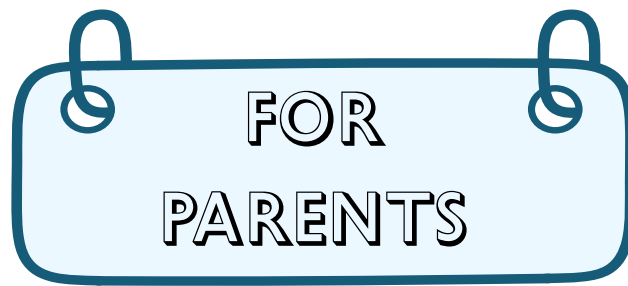
GUT-CHECK QUESTIONS

For your top combination, answer honestly:

- ☐ Do I enjoy most of these subjects?
- ☐ Am I capable of passing all of these subjects comfortably?
- ☐ Does this combination keep open at least one career I'm curious about?
- ☐ Am I choosing any of these subjects just because of other people?
- ☐ Would I still be happy with this combination if my top career choice changed?

CAREER COACH'S TIP

If two combinations feel equally good on paper, choose the one that keeps more doors open, you can always narrow down later, but it's much harder to reopen a closed door.



Subject choice can feel just as stressful for parents as it does for learners. These tips are here to help you support your child through the decision without unintentionally adding pressure.

CONVERSATION STARTERS

- "What subjects are you actually enjoying at school right now?"
- "Is there a career you've been curious about lately?"
- "What would you choose if nobody else's opinion mattered?"
- "What's worrying you most about this decision?"

SIGNS YOUR CHILD MAY BE CHOOSING FOR THE WRONG REASONS

- Their subject choices only match their best friend's, not their own interests
- They're avoiding a subject purely because they've heard it's "hard"
- They can't explain why they want a particular subject or career
- They seem anxious or shut down whenever the topic comes up

HOW TO SUPPORT WITHOUT PRESSURING

- Share your own experience, but be clear it's one data point, not a directive
- Avoid tying your own unfulfilled ambitions to their choices
- Normalise not having a fixed career plan at 14 or 15
- Focus the conversation on keeping options open, not on picking "the one" career

PARENT TIP

If your child is torn between a subject they love and one that keeps more doors open, it's worth discussing rather than deciding for them, the goal is a decision they can own, not one imposed on them.

CHOOSE YOUR SUBJECTS

You've explored your interests, learned how subjects connect to careers, tested combinations, and thought about your options from both directions. This final chapter pulls it all together into one action plan.

BEFORE YOU DECIDE — FINAL CHECKLIST

- ☐ I've reflected on my interests, strengths, and values
- ☐ I understand which subjects are gatekeeper subjects
- ☐ I've read through the subjects I'm considering
- ☐ I've compared at least two subject combinations
- ☐ I've checked my top career ideas against the subjects they require
- ☐ I've spoken to a parent, teacher, or guidance counsellor about my choice
- ☐ My final combination keeps more than one door open

MY ACTION PLAN

Subject	Why I'm choosing it

ONE FINAL THOUGHT

No single subject determines a career on its own — it's the combination that matters, and the combination that keeps the most doors open at age 14 or 15 is usually the right choice, even if the final career isn't clear yet.

The next chapter looks at what a professional assessment adds beyond this workbook, if you'd like extra clarity before deciding.

BENEFITS OF PSYCHOMETRICS

Everything in this workbook is designed to help you reflect, reason, and narrow down your options on your own. That's genuinely valuable, but it has a limit. A checklist can only capture how you see yourself. A professional assessment measures things a self-report can't: how you actually perform, not just how you feel about your own abilities, and it does this using instruments that have been tested and validated on thousands of people

SELF-REFLECTION VS A FORMAL ASSESSMENT

	This Workbook	A Professional Assessment
What it measures	How you see and describe yourself	How you actually perform, think, and respond
Method	Self-report checklists	Validated psychometric instruments
Blind spots	Can miss things you don't notice about yourself	Designed to reveal patterns you may not be aware of
Best used for	A first pass, organising your own thinking	Confirming, challenging, or sharpening that thinking

THE FOUR THINGS A PROPER ASSESSMENT MEASURES

Aptitude

What you are naturally capable of, not what you enjoy, and not what you assume about yourself. Aptitude tests measure things like:

- Numerical reasoning
- Verbal reasoning
- Spatial and abstract reasoning
- Logical problem-solving

It's common for a learner to enjoy a subject without having strong aptitude for it, or to have strong aptitude for something they've never considered. Aptitude testing catches both.

Interests

A structured interest inventory goes further than "what do I enjoy?", it maps your interests against established occupational categories, revealing broader patterns than a self-made checklist can. For example, it can show:

- Whether your interests cluster around people, data, things, or ideas
- Whether your stated interests match your underlying interest profile
- Career fields you may not have considered but that match your pattern

Values

Values are what you need from a working life to feel satisfied long-term, separate from what you're good at or interested in. An assessment explores things like:

- Security vs autonomy
- Achievement and status vs work-life balance
- Helping others vs independent, individual work
- Creativity and variety vs structure and routine

A career can match your aptitude and interests perfectly and still feel wrong if it conflicts with your values, this is often what's behind a career that "looks right on paper" but doesn't feel right in practice.

Personality

Personality shapes how you naturally work and interact with others, which affects long-term fit as much as ability does. Assessment looks at dimensions such as:

- Introversion vs extroversion
- Preference for structure vs flexibility
- People-orientation vs task-orientation
- How you handle pressure and change

Two people with identical aptitude and interests can thrive in very different environments depending on personality, this is often the difference between choosing a field and choosing a role within that field.

HOW THE FOUR COMBINE

Subject choice sits at the intersection of all four. A mismatch in any one of them creates a hidden risk that's easy to miss when you're only reflecting on your own:

- High aptitude, low interest — strong grades but disengagement and burnout risk over time
- High interest, low aptitude — motivation without the results to match, leading to frustration
- Good aptitude and interest, mismatched values or personality — a career that looks ideal but never quite feels right in practice

CAREER COACH'S TIP

The goal of an assessment isn't to hand you a single "correct" answer, it's to show you where these four factors align and where they don't, so your subject choice is based on evidence rather than guesswork or gut feel alone.

WHAT THE PROCESS ACTUALLY LOOKS LIKE WITH MY CAREER PLAN

1. Initial Consultation

A conversation to understand your context — current subjects, interests, concerns, and what you're hoping to get out of the process.

2. The Assessment Itself

A battery of age-appropriate, validated instruments covering aptitude, interests, values, and personality. This is typically completed in one sitting, generally online. Aptitude must be done online with me. The remainder of the tests can be done at your own convenience.

3. Feedback Session

Results are explained in plain language, not just numbers and jargon, but what they actually mean for you, including where the four areas align and where they pull in different directions.

4. Practical Guidance

The results are translated into concrete subject and career guidance, which subjects and combinations best support the patterns the assessment revealed. You will receive a comprehensive report detailing all the findings.

5. Follow-Up Support

An opportunity to ask further questions once you've had time to sit with the results, and revisit the guidance as your thinking develops.

PARENT TIP

An assessment works best alongside this workbook, not instead of it, the self-reflection your child has already done gives the assessment richer context to work with, and gives you both more to discuss once the results are in.

CONTACT MY CAREER PLAN - If you have any further questions regarding the assessment process or would like to book an assessment for your child, please book on our website www.mycareerplan.co.za