

WHAT TO EXPECT

FROM YOUR

CAREERS APPOINTMENT

The aim of a careers appointment is to help you move forward. It is not about telling you what to do or doing it for you! You can have as many appointments as you need.

YOUR APPOINTMENT CAN HELP YOU WITH

- ✓ Exploring the range of options available to you
- ✓ Researching where to look for information to support your decision-making
- ✓ Planning out your career ideas and putting them into practice
- ✓ Managing difficulties and setbacks with strategies such as back-up ideas
- ✓ Deciding on an action plan for you and your careers adviser to work on

TO MAKE THE MOST OF YOUR CAREERS APPOINTMENT

- ✓ Write down what you want to discuss during the interview before you attend, including any specific questions
- ✓ Discuss your career ideas with significant others, parents, friends
- ✓ Make a list of things you are really good at, and things you like to do outside of college
- ✓ Use internet resources such as UCAS and Unifrog or take the National Careers quiz to 'Discover your skills'

BRING YOUR RESULTS TO YOUR APPOINTMENT



UniFrog
<https://www.unifrog.org/sign-in>



UCAS
<https://wwwucas.com/careers-advice>



Quiz
<https://beta.nationalcareers.service.gov.uk>

CAREER ZONE