

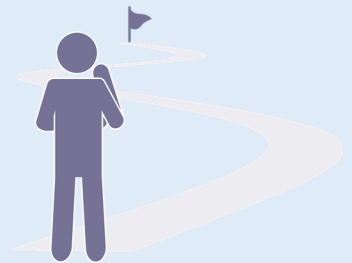
What to expect from your

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

BE
PREPARED



- ✓ **Write down** what you want to discuss and any questions you may have
- ✓ **Discuss** your careers ideas with others e.g. tutor, family and friends
- ✓ **Make a list** of things you are really good at
- ✓ **Use internet resources** such as UNIFROG, National Careers Service, UCAS

Don't forget to bring your grades & target grades!

UNIFROG



National
Careers
Service



UCAS
Careers
Quiz

