

## CAREERS - INTRODUCTION

What do you think of when you think of 'Careers'? You have probably heard this word at school, college or at home....

You may have come into contact with a Careers Adviser whilst at school or college

Careers covers a whole range of things but ultimately everything that Careers covers should help you do the following

- Learn about different **jobs and professions**, exist (there are just LOADS! And the list will constantly change with new ones being created and some disappearing)
- Understand what **options** you have at different stages of education
- Understand what **pathways** you can access
- Learn how to **make decisions** about your future that are '**informed**'!
- Learn about yourself! Your **skills, strengths and interests** and how they can be used to get you to where you want to be
- How to **set goals** and make realistic **plans** to take you forward
- Identify any **barriers** that may try and get in your way and figure out ways to **overcome them**
- Become **empowered**! You will be in charge of your future and will need to know how to find out all that you need to know through **Careers Research**

### Question

Where do you think you are at with your ideas about your future?

- ❖ I know exactly what I would like to do in the future
- ❖ I am interested in a few different careers but I don't know much about them or how to get there
- ❖ I have absolutely no ideas what so ever
- ❖ I haven't given it any thought at all

Here's the good news!

All of the above responses are absolutely okay!

Lots of young people are at different stages when it comes to careers and this is **not** an issue – it's what you do next that matters.

There are so many fantastic resources out there and other ways to help you start to move forward which include -

- Careers Websites
- Social Media
- Careers Advisers
- Open events at colleges and universities
- Careers Fairs
- Parents/Carers and Teachers
- Visitors to school/college who may speak to you about the world of work or what it's like to go to university. They may run activities to help prepare you for your future.

**Activity** *(grab a pen and paper and find out about the questions below)*

Find out how you can access Careers Advice and support at your school/college.

- ✓ Who can you speak to at school/college about your future/careers?
- ✓ How do you arrange a meeting?
- ✓ Are there any careers events coming up at school/college?

**Tips**

- Check your school website
- Speak to your form tutor or head of year
- Check your school/college social media

**What can you expect for a meeting with a Careers Adviser?**

- Usually lasts anything between 45 minutes to an hour
- It will be informal and relaxed - they want you to feel comfortable enough to chat with them and tell them all about you, not scare you off!
- They will not expect you to know all there is to know about careers or interests you have in specific job roles - this is a time to explore this together.
- They will help you identify your strengths when it comes to your skills and personal qualities as they are vital to helping you make informed decisions.
- They won't tell you what's best for you! Why? You need to make decisions about your future for yourself and become empowered to do this.
- They won't judge you or make fun of your ideas.
- They will show you how to use online careers resources.

They will summarise everything you've both discussed and put together an action plan based on your next steps. You will probably talk about a lot of different things so this summary/action plan will be useful to help remind you what you have covered during your meeting.

If you have any questions, you can live chat a member of our team [here](#).

We'd love to know if you found this resource helpful, let us know [here](#).