

How to prepare for your careers discussion

Soon you will be talking to a career adviser. Their job is to help you find out about and understand the options and opportunities available to you when you complete school, as well as your thoughts and ideas for the future.

This is your discussion and to help you identify what will be most helpful to discuss, the career adviser will ask you lots of questions in the beginning. If you have something you would like to find out or discuss, then do suggest this.

The career adviser will also help you weigh up your thoughts and understanding as to what are the best choices for you. This will help with your long term decision making and moving forwards with a plan. The career adviser will help you identify actions and tasks that you can start doing now to help you move towards your goals.

After the meeting the career adviser will provide you with a career action plan which is a summary of what you discussed as well as any identified actions moving forwards.

If you are in year 10, please take a look at the presentation **What Next? Post-16 Options** before your meeting. This will give you an overview of all the different qualifications and opportunities after your GCSEs.

Also there is a separate document called **Things to consider before your careers discussion**. If you have a go at answering these questions, you will have lots to talk about in your meeting.

When the career adviser calls make sure you are in a space where you can talk and you have no distractions around you. This will mean you can focus and get the most out of the discussion.

Here is some information about your career adviser:



“Hello, my name is Claire Milne and I have been working in education for 15 years. For the last four years I have concentrated on careers, working with students to help them consider the different pathways and options.

As a Career Adviser I hope to provide information, advice and guidance to try to help you find out a bit more about yourself, what you might like to consider in the future, from choosing GCSEs, Sixth Forms/Colleges, university or apprenticeship options and also future planning ideas.

The careers sessions are very much centred around what would be helpful for you, your thoughts and feelings and ideas. I will be there to listen and guide, and explore with you, what you might enjoy, or indeed not enjoy! Whether you have an idea of what you might like to do as a career, or not, I hope this time will provide some space for you, and reassure you in your next steps, providing tools and tips for further research, useful websites and helpful information.

In these unprecedented times, linking in remotely is new way of working, and so I will be learning with you! You will be sent an evaluation link after the careers session and any feedback would be much appreciated.”