

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 APPOINTMENTS 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 careers ideas with parents, family, friends, etc.
- ✓ **Make** a list of things you are really good at, an things you like to do outside of school/sixth-form
- ✓ **Use** internet resources such as UCAS and Unifrog and/or take the National Careers quiz to 'Discover your skills'



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



UCAS  
<https://www.ucas.com/careers-advice>



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