

WHAT TO EXPECT FROM YOUR CAREERS APPOINTMENT

The aim of a careers appointment is to help move you forward. A Careers Adviser will not tell you what to do or make choices for you. This is your chance to discuss your ideas and make sure you are aware of the options available to you.

Your appointment can help you to

- ✓ Consider your strengths and weaknesses and talk about your interests, abilities and values
- ✓ Discuss and explore your ideas and talk about what you want from your future
- ✓ Manage any difficulties and come up with strategies such as back up plans
- ✓ Determine your next steps and develop a plan to achieve your goals

How to make the most of your careers appointment. Think about...

- ✓ What do I want to get out of the appointment?
- ✓ What ideas do I already have about my future?
- ✓ What am I good at and what interests me?
- ✓ Do I have any questions I want to ask my Careers Adviser?