Explore Your Options

Making sense of what you know...

How much information do you have about this area of learning or work?

Do you know:

- What qualifications you need?
- What skills you need?
- What opportunities are available?
- What people involved in this actually do?
- Where would you be located?
- What you would be paid?
- Whether it would involve travelling?
- Whether it would include moves to other places?
- What training you would be offered?
- What qualifications it would give you?
- What other possibilities it could lead to?
- What the working environment is like?
- Who you would work with?
- How long people stay in jobs or courses like this?
- Why people leave?
- What the employment prospects are like?

Sorting it all out...

How clear are you about what you know?

Have you asked yourself:

- Can I see myself doing this?
- Can I name three things I like about it?
- Is there anything important I don’t like about it?
- What three other questions do I need to ask about this?
- Do I know who to ask?
- Have you asked your family, tutors or friends and carefully considered their replies?
- Do you think I am able to do this?
- Can you see me doing it?
- Do you know any more about this job or course?
- Do you have friends who know?
Focusing on what is important...

How well does it match your expectations?

Things to consider:
- Can you match at least three of your own strengths to this?
- Are there any gaps in your skills?
- Do you know why you want, or don’t want, to do this?
- Have you talked to other people about this?
- Have you collected at least three different points of view?
- Have you got enough information?
- Do you know where and how you can find out more?
- Have you thought about what changes this will make to your life?
- Can you make a strong case for not doing this?
- Can you make a strong case for you doing it?
- Would you want this on your CV when you are older?
- Have you considered the impact on your personal and social life of this type of work/learning

Understanding how it all fits together...

Have you done some serious thinking about what this means for you?
- Do you believe you have all the information you need?
- Do you understand how your qualifications are relevant to work?
- Have you thought of anything else you could do to strengthen your ability to do this?
- Do you know what you need to do to get into this work or this course?
- Can you identify three changes this work or course will demand of you?
- Do you know what your family/friends feel about it?
- Are you clear about your own point of view?
- Have you thought about other things you can do?
- Are you ready to take some action?

Ideas into action, take some small steps.

1. Get any more information you need from:
   - The organisations who produced the information
   - Those who do the work/provide the course/training
   - Careers Service or internet

2. Reflect on what you’ve found. Are you still interested in this career area? If so, how can you gain experience and prepare for future applications? If not, try repeating the process for another area.

3. Remember you can talk to a careers adviser to help you weigh up your decisions of plan your next steps.

Visit: www.ncl.ac.uk/careers