

What to expect from...

YOUR CAREERS APPOINTMENT



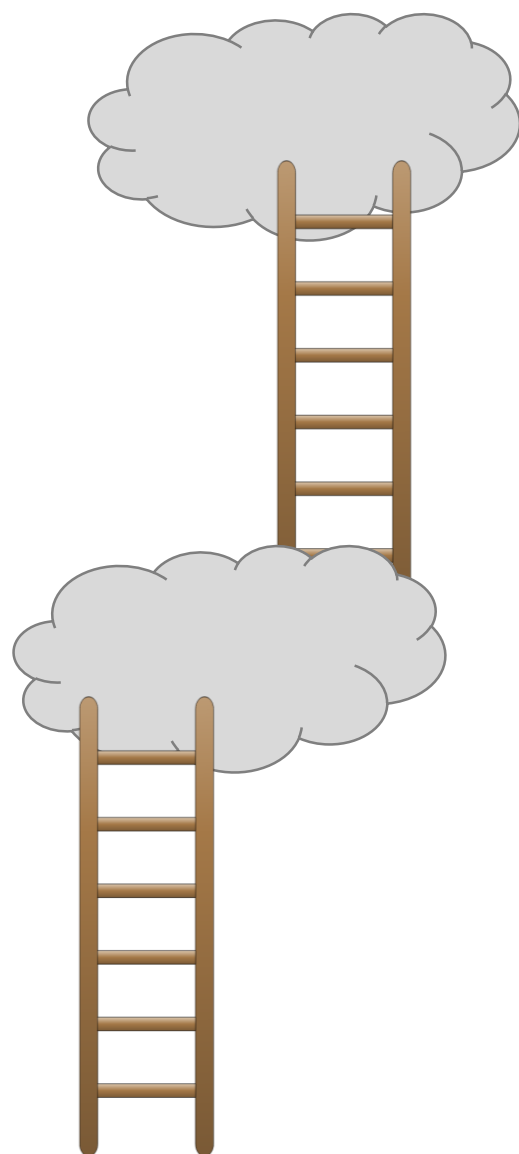
The aim of a Careers appointment is to help you move forward.
It is not about telling you what to do or doing it for you!
You can have as many appointments as you need.

Your appointment 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
- ✓ Deciding on an action plan for you to work on

Before your Careers appointment...

- ✓ **Write down what you want to discuss** during the meeting before you attend, including any specific questions
- ✓ **Speak to the people in your life** (parents, carers, friends) about your career ideas
- ✓ **Make a list of things you are really good at**, and things you like to do outside of college
- ✓ **Use internet resources** such as UCAS, Unifrog and Kudos (license code: bpccareers) to help you think of career ideas or interests



www.ucas.com



www.unifrog.org



<https://kudos.cascaid.co.uk>