

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:



“My name is Richard Allon-Smith and I have been working in a variety of schools and colleges- firstly as a Teacher for many years, but also and more recently full time as a qualified Careers Adviser. You will probably have seen me within your school in recent times as I have worked with Innervate Careers for five years now. Doing careers sessions over the phone or online, however, is a new format for us all-so we’ll be adapting to these challenging coronavirus times together.

I love working with young people to help you find the path you want to go along and to reassure you that it’s ok (and normal!) if that isn’t a straight/direct path. I’ll help you find out a bit more about yourself, where you might want to get to and how you can get there- even in these tricky times we find ourselves in. I will be there to listen and to advise, but never to push you in a direction you don’t want to go. I will also give you lots of tips for further research, including some really useful careers websites.

I look forward to speaking with you soon and exploring ideas for the future together- areas you might be interested in, things you might not have thought of, work experience and shadowing ideas, post-16 courses and options, perhaps apprenticeships, work, or perhaps university for some. There are lots of different choices to aim for. Whoever you are you can have an exciting future- and there is lots to learn and explore.”