

- For each option:

- Tick yes/no/I need to think about it more
- It's ok if for a lot of them you select 'I need to think about it more' some people continue thinking about the
 answers to these questions throughout their lives and they may change their minds, but it's helpful to start
 thinking about decisions you're sure of and areas you might need help with
- If you answered 'no' or 'need to think about it more' complete the extra sections:
- Who can help me? E.g. your school or college Careers Leader, careers professionals and family members, employers and teachers, students in education or training
- What can help me? E.g. school or college careers resources and websites, work experience

1. Preparing to make decisions			
I can describe the skills I have gained from my studies, interests or experiences e.g communication, numeracy, digital skills, creativity	Yes	No	I need to think about it more
I know what my interests and passions are	Yes	No	I need to think about it more
I know what I enjoy most in and out of school or college	Yes	No	I need to think about it more
I have a strong and up to date CV and/or personal statement	Yes	No	I need to think about it more
I have practised for interviews, including those organised on virtual platforms	Yes	No	I need to think about it more
I have developed work-related experience and employability skills. For example through community work/work experience/part time work/ traineeship and other activities	Yes	No	I need to think about it more
Who can help me?			



What can help me?



2. Lifestyle & work environment decisions

I have decided ...

If I would be willing to relocate for my education or my career	Yes	No	I need to think about it more
If I would be interested in working in another country or traveling for my job	Yes	No	I need to think about it more
What type of environment I would like to work in e.g. an office environment or a non-office environment (outside, in a hospital, in a theatre)	Yes	No	I need to think about it more
How I think I would work best e.g. I would like to work individually or within a big team	Yes	No	I need to think about it more
What sort of working pattern might suit me e.g. I would like to work regular hours or I would like have flexibility and plan my own time	Yes	No	I need to think about it more

Who can help me?

What can help me?





3. Priorities and values I have thought about ... How important work/life balance is to me Yes No I need to think about it more How important money is to me Yes No I need to think about it more What my values are e.g. working in a diverse company, working in a company where they care about the I need to think about it more Yes No community or environment What the most important things are that I would look for in a job e.g. pay, work/life balance, the people, I need to think about it more Yes No flexibility, the opportunities to progress etc. Who can help me? What can help me?





4. Career specific decisions			
know which sectors I am interested in e.g Healthcare, Law, Creative arts	Yes	No	I need to think about it more
have an idea of the jobs available in those sectors	Yes	No	I need to think about it more
have heard from, and spoken to, people who work n these sectors	Yes	No	I need to think about it more
know where to find more information about these sectors / jobs	Yes	No	I need to think about it more
know what qualifications I may need to achieve to access some of the jobs in these sectors	Yes	No	I need to think about it more
know my education and training options for the auture and am clear about what I need to do to be successful in each step	Yes	No	I need to think about it more
know the financial implications of my options and decisions	Yes	No	I need to think about it more
Who can help me?			

Do you need more information? Check out the Talking Futures <u>resources page</u> for more information and ask your school or college for extra support.



What can help me?