No Career Ideas – Exploring your Career Options

Thinking about career planning and options starts with **self-awareness**.

* Think what your values are and what you want from a career.
* Consider your interests and motivations for the future.
* Reflect on the skills and strengths you have and those you enjoy using.

If you have completed the Leicester Award you may have already reflected on this.

**In preparation for your appointment with a careers consultant, consider these questions below and write your responses in the spaces provided.**

What are your interests, skills and what do you like doing?

1. 5.

2. 6.

3. 7.

4. 8.

What is important to you in a job? Consider what have you enjoyed during previous employment or positions of responsibility. (This could be linked to your values.) List your priorities:

1. 5.

2. 6.

3. 7.

4. 8.

FURTHER ACTION: Look at [**Prospects Planner**](http://www.prospects.ac.uk/myprospects_planner_login.htm). This is a useful tool that can help you to consider and reflect what you want from a job, what motivates you, and what skills you can offer to an employer. When you have completed this you will get a list of occupations that you may wish to consider, you can look into options which you think would be interesting. You may also like to look at [**Options with your Subject**](http://www.prospects.ac.uk/options_with_your_subject.htm).

Now you have completed the exercises listed above, can you identify any areas of work that are of particular interest to you? For each option you may want to consider what experience, skills, further study is required. Please list 3 options below and weigh up the pros and cons for each option and how confident you feel with your choice and pursuing each option using a scale of 1-10 (10 being extremely confident):

Choice 1 /10

Choice 2 /10

Choice 3 /10

Career Action Plan (To be completed during your appointment)

**Further research to identify career options**

Where can I find out more information about the career choices in mind?

Is postgraduate study or any other form of qualification required?

**Researching specific career ideas**

What skills do I need to build upon that are relevant to my potential career choices?

What opportunities can I get involved with to help build my skills?

**Decision making/Narrowing down your options**

To help you make a well-informed decision, consider what you might need to help you work out whether you would like to pursue any careers of interest further. You may want to weigh up the pros and cons for each choice. You can visit the [**Mindtools**](https://www.mindtools.com/pages/main/newMN_TED.htm) website for support with decision making models.

**Next Steps**  
Make sure your actions are SMART - Specific, Measurable, Achievable, Relevant and Time bound  
What are my 3 key action points?   
1.

2.

3.

**Please bring this form with you to your appointment.**