

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_  
**Location:** \_\_\_\_\_ **Careers Adviser:** \_\_\_\_\_

### What can you expect from a Careers Discussion?

#### It is all about YOU.

It's a chance for you to discuss your plans 1:1 with an experienced and impartial careers adviser. They will help you explore your options in detail and plan your next steps after sixth form.

Whether you have a clear idea or no idea of your future career they can help you get on the right track. They will help you explore your skills, interests, qualifications and career choices.

### What can I expect during and after the discussion?

Your careers adviser will ask you what you want to get from the session and to log on to the Careerpilot website. During the session you will use the site to help you explore and record your current skills, GCSEs, job ideas and option pathways.

At the end of the session you will have some action points to take away – you could also show your parents. A few days later you will be emailed a detailed report, with useful links and information.

### What are the benefits of having a careers discussion?

- **It's for you** – so bring any questions or things you want to explore, find out, get sorted to your meeting.
- **Helps you make informed decisions**—Your careers adviser is totally impartial so won't tell you what to do with your life. They do have access to lots of up-to-date information so can help you weigh up your different options or explore your career ideas to help you make informed decisions.
- **Help you come up with a plan A and a plan B**
- **Give you and your grades a motivational boost!** - Coming up with a plan can give you a give you something to aim for and a goal which could motivate you and up your grades!

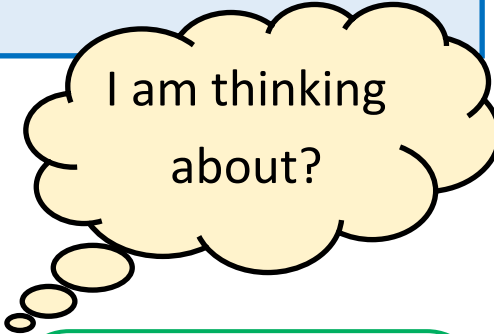
### What if I need help after the careers discussion?

You can book a session, send and email question or come to a drop-in session.

It would be useful for you to start thinking about some of the following before the session, but the **MOST IMPORTANT** thing is that you turn up for the session—your career adviser will help you with all these things.

**Most students do not have firm plans before the careers session so don't feel you need all the answers.**

[careerpilot.org.uk](http://careerpilot.org.uk) will give you lots of career information and tools to help you get started.



I am thinking about?

My interests/values:

My predicted grades:

University, apprenticeship, work, gap year, which appeals to you after Y13?

Jobs I might be interested in.

What do I want to get from the careers discussion?