**Careers: what can you do? – 7 practical ideas**

The choices you make now could influence what you do for the next 50 years! That’s a lot of time to do something if you don’t enjoy it. There are some things which you can do at any time during years 7-11 that will help you make the right choices and give you the best chances of finding a career that you love:

1. **Get some work experience**

Sometimes jobs are different to what we think they will be like. For example working as a hairdresser may seem very creative, but when you work there for a week you may find the long hours on your feet difficult or not enjoy having to be friendly every day, even when you feel unwell or tired.

Trying out a few different jobs by doing **work shadowing** or a **part time job** will help you to rule jobs in and rule jobs out, giving you a better idea of what you do and don’t like. *No jobs interest you?* Trying out *any* job will help you decide if you really like it or not. If you don’t enjoy it it’s not a failure, because you have successfully identified what you don’t enjoy doing and you can move on to something else – hopefully closer to what you do enjoy. Lots of small ‘failures’ can lead you to success if you learn something new each time.

1. **Research - Careers & Jobs**

To make an informed choice you need to know what is out there. You can do this by using websites, youtube, friends, family, teachers, businesses and careers advisers. See our Links page to help you with this.

1. **Research – Colleges & Apprenticeship providers**

When you leave year 11 you can do what you want to do and you can choose which college you want to go to. From Longdendale there are around 15 different colleges within an hour’s travel – that’s a lot of choice. Find out about them by going to their open day. Try to choose a college that you like, with a course that you will enjoy and be good at. It’s important that you consider how you will get there too. See our Colleges page to find a list of colleges.

1. **Prioritise**

If you can’t decide on a career idea (or college) a good way to help prioritise is to score your ideas. For career ideas give a score out of 10 for things like:

Income - how close is this job to giving me the income I want?

Job satisfaction - how much will I enjoy it?

Job Tasks - how many of the work tasks are ones that I would enjoy doing every day for the next fifteen or twenty years?

Lifestyle - what lifestyle do I want and how closely will this job give me that lifestyle?

Working hours - what working hours do I want (shifts, regular, irregular, weekends, evenings) & how closely does this job fit?

Training – how many years does it take to train and does this match my commitment?

When you have scored each job you can compare scores and see which ones match best. Careers matching questionnaires can do some of this online. Give it a go on the National Careers Service website. *(link to* [*https://nationalcareersservice.direct.gov.uk/tools/skillshealthcheck/Pages/default.aspx*](https://nationalcareersservice.direct.gov.uk/tools/skillshealthcheck/Pages/default.aspx)*)*

1. **Find out about yourself**

If you don’t know what you are good at then how can you sell yourself to a college, your future manager or to a university? There are lots of online questionnaires that can help you to work out good career matches for your personality type, interests and skills. The National Careers Service is a national website designed to give you impartial information about careers. It’s free and anyone can use it. Use their Skills Health Check to help find a good match for you. *(link to* [*https://nationalcareersservice.direct.gov.uk/tools/skillshealthcheck/Pages/default.aspx*](https://nationalcareersservice.direct.gov.uk/tools/skillshealthcheck/Pages/default.aspx)*)*

1. **Make your CV**

Creating a CV will help you to identify your strengths and evaluate the skills you need to improve. This will be useful for applying to college. If you want an apprenticeship then you MUST have a CV, so spend time on it, then leave it for a few days and come back to it. Ask other people, like teachers, family and your career adviser to help you with it and check it.

1. **Don’t struggle alone**

There are lots of people in school who want to help. If you feel like you can’t make a choice or need help to find some information, speak to someone – your tutor, a teacher, a support worker, the career adviser. If they can’t help, ask someone else.

**How can I contact a careers adviser?**

Our career adviser in school is Steph Senio, who works for Positive Steps, so you can arrange to see her in term time by dropping in to her office located in the common area.