# For each option:

* Choose Yes / No / I need to think about it more
* It’s ok if for a lot of them you choose ‘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**

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

Who can help me?

What can help me?

**2. Lifestyle & work environment decisions**

# I have decided …

|  |  |  |  |
| --- | --- | --- | --- |
|  | Yes | No | I need to think about it more |
| If I would be willing to relocate for my education or my career |  |  |  |
| If I would be interested in working in another country or traveling for my job |  |  |  |
| What type of environment I would like to work in e.g. an office environment or a non-officeenvironment (outside, in a hospital, in a theatre…) |  |  |  |
| How I think I would work best e.g. I would like to work individually or within a big team |  |  |  |
| 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 |  |  |  |

Who can help me?

What can help me?

**3. Priorities and values**

# I have thought about …

|  |  |  |  |
| --- | --- | --- | --- |
|  | Yes | No | I need to think about it more |
| How important work/life balance is to me |  |  |  |
| How important money is to me |  |  |  |
| What my values are e.g. working in a diverse company, working in a company where they care about the 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, flexibility, the opportunities to progress etc. |  |  |  |

Who can help me?

What can help me?

**4. Career specific decisions**

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

Who can help me?

What can help me?

**Do you need more information?** Check out the Talking Futures [resources page](https://www.talkingfutures.org.uk/parents/resources-for-parents/) for more information and ask your school or college for extra support.