

Careers guidance interview

A careers guidance interview is an impartial, one-to-one meeting between you and Miss Berry, the Careers Leader for Parklands. Once you have completed the pre-interview form, the interview will take about 20 minutes. A careers guidance interview is not like a job interview - there are no right or wrong answers. It is purely to make sure that you have all the information you need to take the next step, whether that is college, an apprenticeship, the armed forces or employment with training.

Where the interview will take place

In the top office (all safety precautions in place)

What will be discussed

During a guidance interview the careers leader will help you to:

- identify your personal qualities and skills
- identify the skills you would like to develop
- come up with ideas for study and work
- explore specific career areas open to you
- explore current and future job opportunities
- understand the process of job search, writing a CV and going for interviews
- explore your interests, likes and dislikes, family influences, personal barriers and work experience

The careers adviser will give you:

- accurate and up-to-date information
- a reminder about using Indigo to research jobs and pathways
- alternative sources of information and help if required
- an action plan to help you move forward

How to prepare for your interview

Think about:

- your current situation – what planning you have already done, if any
- what you would like to change
- qualifications or additional qualifications and experience required for the career you are interested in
- how much control you feel you have in making choices
- the ideas you already have but don't know how to move forward with or perhaps you have no ideas at all

Benefits of a guidance interview

- increased motivation and self-confidence
- greater self-awareness
- identification of more achievable ambitions
- improved decision making skills
- increased awareness of opportunities

