

I DON'T KNOW WHAT I WANT TO DO

PROGRESSION SUPPORT AFTER JLC



DECISIONS, DECISIONS, DECISIONS...

Making a decision about your progression and career can be difficult. You can ask yourself a few simple questions that can really help shape your future and next step.

SELF AWARENESS IS KEY

Students make decisions based on:

- Subjects you enjoy
- Subjects you are good at
- That you have some sort of career idea
- What others expect of you
- Simply because you don't know what else to do!

BUILDING A PICTURE

A number of steps can help you reflect on your strengths, personal qualities, skills and experience which can enable you to build a picture of yourself.

WHAT KIND OF PERSON ARE YOU?

- Think about what you are interested in?
- How do you like to learn?
- Do you work well with others?
- What is your temperament? Consider, are you Assertive, reliable, consistent, Energetic, Cautious, Adaptable, Imaginative?

WHAT INTERESTS YOU?

- Consider what jobs may interest you
- Do you have a dream job?
- What's interesting about your studies?
- What do you enjoy?
- Any previous jobs / experience?

Try and make a list of activities that interest you.

WHAT ARE YOU GOOD AT?

- We take lots of our achievements for granted!!
- Remember you are more skilled than you think. Skills transfer across different jobs.

Invest some time in a structure process to consider what you are good at. Are you good at Planning, Problem Solving, Creativity, Decision Making, working in Teams, focusing on Results, Communicating for example?

WHAT MOTIVATES YOU?

If you understand what motivates you then you are more likely to be happy and fulfilled.

What would your ideal job involve? Are you motivated by money, lifestyle, work life balance, working with people, ideas or things? Do you want job security, variety, reputation?

WHAT HAVE YOU ACHIEVED SO FAR?

Drawing on your work experience or extracurricular activities can help you gain a better understanding of yourself and different sectors / roles. You might reflect on volunteering, a student union position, work experience, a part time job, societies or clubs you attend.

Ask Yourself:

- What did you enjoy / not enjoy?
- What did you learn?
- What did you feel you were strongest at?
- Do you want to find out more?

If you don't have a lot of experience, then go and see the Work Experience team in the ARC.

Hopefully you are now starting to think about the type of person you are, what you are good at and the things that motivate and inspire you and linking them to your progression.

USEFUL RESOURCES

There are a number of various websites that will help you explore progression opportunities.

INFORMATION ON CAREERS AND CAREER PROFILES

- <https://nationalcareersservice.direct.gov.uk/Pages/Home.aspx>
- www.purepotential.org
- www.prospects.ac.uk – a useful website to look at career options with your subject.
- www.careersa-z.co.uk
- www.plotr.co.uk – Take a look at the virtual worlds.

A SELECTION OF EMPLOYMENT AND APPRENTICESHIP WEBSITES

- www.apprenticeships.org.uk
- www.notgoingtouni.co.uk
- www.gov.uk
- www.northlincs.gov.uk
- www.indeed.co.uk
- www.jobsite.co.uk

WEBSITES FOR RESEARCH ON UNIVERSITIES AND HIGHER EDUCATION

- www.ucas.com – A good starting point to search for courses / locations
- www.whatuni.com
- <http://university.which.co.uk/>
- <http://unistats.direct.gov.uk/>
- <http://www.thestudentroom.co.uk>

This is not an exhaustive list. We also have a careers library with a selection of books and magazines that will give you ideas on different careers and progression opportunities.

Good luck with your progression and remember the careers team is always here to help you.

Email: careers@leggott.ac.uk