

WHAT IS A CAREERS MEETING?

A careers meeting is a one-to-one meeting which can last up to 45 minutes.
This takes place with a qualified Careers Advisor.

It is a chance to:

Talk about your **ideas for the future**

Explore your **options and pathways**

Identify **next steps** that are right for you

There are **no right or wrong answers** - the focus is on exploring and moving forward.

what will be discussed?

You can talk about:

- Your **skills, strengths, interests and aspirations.**
- Any **ideas or questions** you may have about the future.
- Different **career, college, apprenticeship or university options.**
- **Transferable skills** from subjects and activities.
- Influences on your career thinking.
- Any **worries, barriers or challenges.**
- Reflecting on your experiences and next steps.

What to expect from the careers advisor?

Your careers advisor will:

- Provide **impartial honest guidance.**
- Ask questions to understand **you and your goals.**
- Help you **explore ideas**, not tell you what to do.
- Challenge your thinking in a **supportive way.**
- Help you create **realistic next steps.**
- Signpost useful **resources and information.**
- **Provide you with an action plan to reflect on saved on Unifrog.**

All guidance is confidential, non- judgement and supportive

WHAT CAN YOU DO TO PREPARE?

- Be open and honest.
- Be curious and willing to explore.
- Be ready to identify a few next steps.
- Watch this [Video](https://youtu.be/ONKDYTVJrcY) from MYPATH to find out more:
<https://youtu.be/ONKDYTVJrcY>



CAREERS AT NORTHAMPTON SCHOOL

