

CAREERS GUIDANCE MEETING

What is this?

A 45 minute one-to-one meeting with a professionally qualified Careers Adviser to help you feel confident about the choices and decisions you are facing on your journey to finding a positive career.

What will be discussed?

Ensuring confidentiality*, the adviser will help you to:

- Identify your personal qualities and skills.
- Explore your interests, likes and family influences, personal barriers and work experience.
- Research ideas for study, training and employment.
- Discover current and future job opportunities.
- Understand job searches, writing a CV and going for interviews.
- Develop your employability skills to be work ready.

Where will we meet?

On campus (in the careers hub within the Learning Resource Centre) or via Teams.



What will you give me?

- Accurate and up-to-date independent and impartial information.
- The opportunity to complete online careers quizzes and skills assessments.
- Alternative sources of information and help, if required.
- A personalised action plan.
- Reflection, challenge, motivation and self-belief.

How should I prepare?

Ask yourself the following:

- Where am I now?
- What ideas do I have?
- What have I explored/researched?
- What do I need help with?
- What thoughts do I have about the future?

Book a 1:1 meeting via this QR code:



* Any Safeguarding disclosures will be reported to the College's Safeguarding Officer.

Source: <https://www.nidirect.gov.uk/articles/careers-guidance-interview>