

YOUR CAREERS MEETING



You will meet with Mrs Wild, Careers Adviser, in the careers office (based in the school library).

You will receive an email from Unifrog and an appointment slip to let you know when your meeting will take place.

You can request a careers meeting at any time, you do not need to wait for an appointment. Just email or call into the library.

kwild@farlingaye.suffolk.sch.uk

What to expect from your careers meeting

The aim of a careers meeting is to support you with your choices and to help you move forward. It is not about telling you what to do or doing it for you! You can have as many meetings as you need.



Your meeting can help you with

- Exploring the range of options available to you
- Researching where to look for information to support your decision-making
- Planning out your career ideas and putting them into practice

- Managing difficulties and setbacks with strategies and back up ideas
- Agreeing an action plan to work to

To make the most of your careers meeting

- Write down what you would like to discuss including any specific questions
- Discuss your career ideas with significant others, parents, friends
- Make a list of things you are really good at and enjoy
- Use resources such as Unifrog, UCAS or the National Careers Service to discover your skills and research career ideas