

Option Choices

Skills Development Scotland (SDS) is Scotland's careers service and we have Careers Advisers in every state secondary school in Scotland. Choosing their options is an important time for your child and we would like to make you aware of how we're helping.

Help from their Careers Adviser in school

They may have already have met their Careers Adviser in a group session at school to discuss how to make the right option choices.

Their Careers Adviser in school, **Kate Faulds**, also offers your child the opportunity to discuss option choices in a one to one meeting. Parents/carers are welcome to attend this discussion. **If you would like to arrange a meeting contact Kate Tel: 07500 097 503 Email: kate.faulds@sds.co.uk**

How you can help

At this stage it's unlikely that your child will have chosen a career but it's never too early to understand more about themselves and consider their strengths and interests. This can be really helpful when making option choices.

A good place to start is My World of Work – Scotland's careers website. It is packed full of activities, tools and tips to help them make the right decisions about their future.

To get started please encourage your child to visit <https://www.myworldofwork.co.uk/my-career-options/where-can-option-choices-take-you> and work through the following Action Plan:

- 1. Register on My World of Work**
- 2. Complete the About Me quiz**
- 3. Try the Strengths tool**
- 4. Try the Skills Explorer tool**
- 5. Use the Option Choices tool**

Completing these tasks will help your child begin to develop career management skills and to find ideas for careers suited to them.

For more information on how best to support your child with subject choices and careers visit **[myworldofwork.co.uk/parents](https://www.myworldofwork.co.uk/parents)**