

S3 into S4 Option Choices Information Evening

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Changing World of Work & Career Management Skills

Jobs exist today which didn't exist five years ago, and this will continue to be the case.

Changing nature of work, including WFH and hybrid approaches, requires flexibility

What is important is that your young person is able to use their career management skills and find the right career path for them.



Meta-skills



Self-management

Focusing

You can maintain interest and concentrate on a task for a period of time, and not be distracted.



Integrity

You are guided by your own principles and values and are considered trustworthy, open and honest by others.



Adapting

You can respond confidently and constructively to new ideas and experiences and unexpected challenges.



Initiative

You are confident in your own abilities and judgement. You can take decisions and have responsibility for your own actions.



Social intelligence

Communicating

You have the ability to openly share information in the best way that helps everyone understand your thoughts and ideas.



Feeling

You can see things from other people's point of view and this helps you understand their feelings and motivations.



Collaborating

You are good at building and maintaining relationships with other people so everyone can work together to achieve shared goals.



Leading

By having a sense of direction and purpose, you can encourage and motivate others to work towards agreed tasks and goals.



Innovation

Curiosity

Being curious is the desire to learn or know something in order to increase your understanding of an opportunity or problem.



Sense-making

You can determine the deeper meaning of what is being expressed and organise information into an understandable form which is easier to use.



Creativity

Using your imagination, you are able to think of new ways of addressing problems and this enables you to visualise solutions.



Critical thinking

You are able to process, analyse and evaluate information to solve complex problems and form an opinion after careful thought.



Important Dos.....

Do:

- **Pick subjects you enjoy and are good at**
- **Consider future job ideas – choose subjects required or preferred for your job idea**
- **Keep your options open – choose a wide range of subjects if you have no job ideas**
- **Talk to people**
- **[My WoW - Options Advice from SJA Pupils](#)**

1. What's one piece of advice you'd give to anyone choosing their option choices?



Important Don'ts.....

Don't:

- **Only choose or not choose a subject because you like or dislike the teacher**
- **Listen to peer pressure and choose a subject because your friend is choosing it**
- **Let others choose for you – it's your future**
- **Choose a subject without taking time to do research**
- **Be afraid to ask questions – no question is a silly question!**

Support and conversations we have in school

SDS careers advisers might speak to your young person about:



Finding out about their self, strengths and skills



Routes into careers including apprenticeships



Making decisions such as option choices



Building and developing networks



Different types of careers and how to research them



Help with creating CVs



Developing the types of skills that are useful in a job

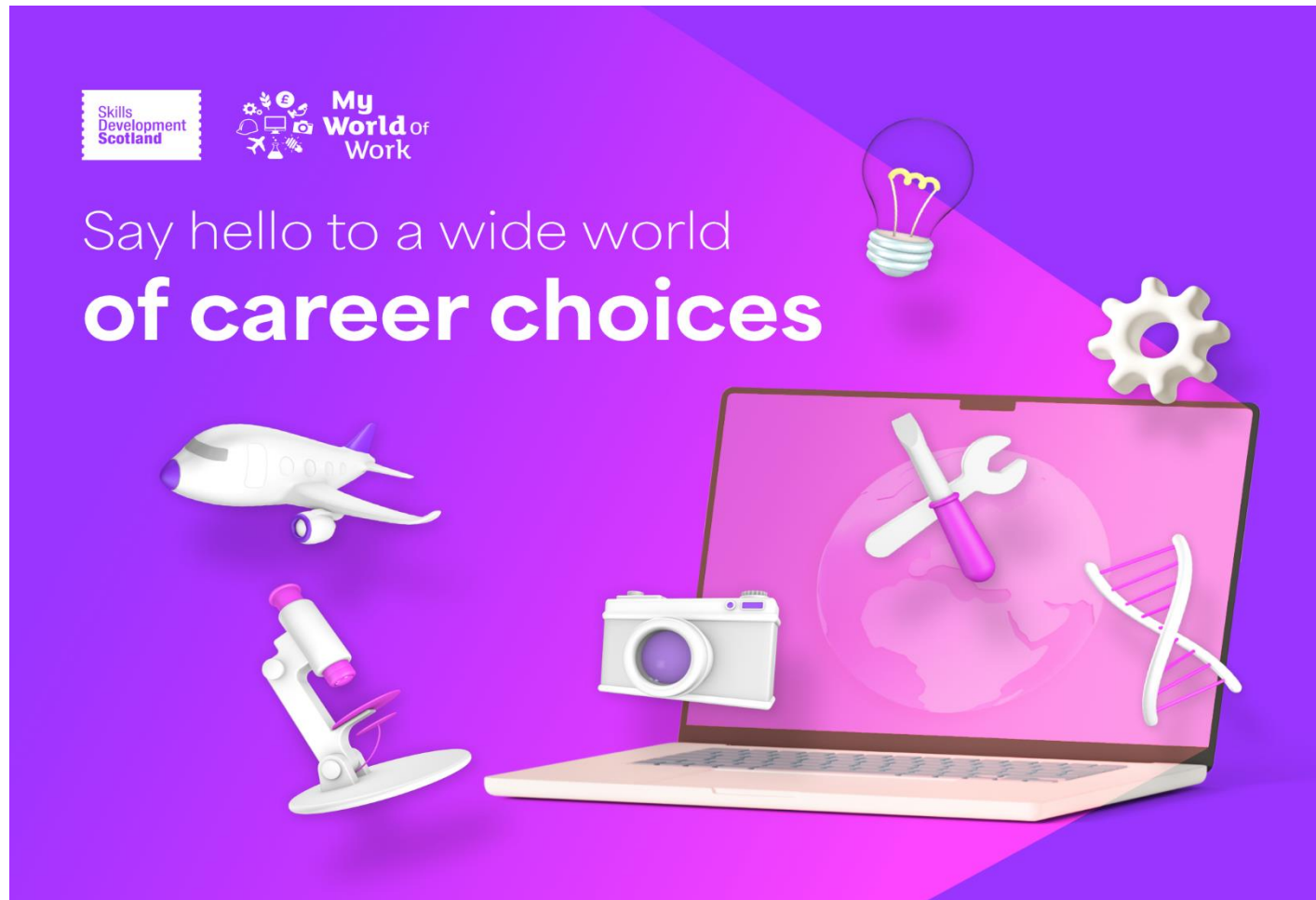


Making applications and applying for courses

My World of Work

What's out there?

How to find the right information



Parent & Carer Voice Survey 2025-2026

Feedback on Skills Development Scotland's (SDS) career service:

Parents and carers are key influencers over young people's career ambitions and choices.

SDS work in close partnership with the school to support our young people to make informed career choices and they would value feedback from parents and carers on their services. You can do this by taking part in a short survey.

All responses are confidential and anonymous, and the results will be used to inform SDS services.

The survey should only take about 10 minutes to complete.

Survey link will be available on school app and website.



Get in touch!

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Contact me on:

In school Monday - Friday

Drop in over interval and
lunch



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