



Referring back to your “How ready am I” activity reflect on your answers and think about a couple of statements that you would like to develop and/or improve. Below are some suggestions you could do to develop and/or improve your confidence in these areas.

Things you could do if you score low on a statement:

### **I know what I want from a job**

- Think about your school subjects, do you prefer ones which are practical or require more reading & writing?
- Try completing the About Me Quiz on My World of Work
- Start to think about when you are really enjoying something, where are you, what are you doing & who are you with?

### **I know how I learn –**

- Do a learning skills test, there are lots of them on the internet & most of them only take a few minutes to complete
- Think about whether you learn by listening to your teachers or do you prefer when you can look at something or read the information. Or do things make more sense when you do practical activities?

### **I feel confident that I know my Strengths -**

- Start to think about the things you find easy & enjoy – can you work out why you think they're easy?
- Complete the Strengths Test on My World of Work - look at the strengths and try to link them to things you enjoy doing – can you see the link between enjoying things and your Strengths

### **I know how I would use my Strengths in what I plan to do –**

- Have you found out enough about the job role or choice you're thinking about?
- Use the job descriptions in MyWow to find out about the skills and strengths you would need for different job roles
- Have a look at job advertisements, what kind of skills and strengths are employers looking for?

### **I know all the options available to me –**

- If there was an option on video that you're less aware of, try to find out more about it.  
If returning to school for S5 there may be an option you know less about eg foundation apprenticeships, find out more by speaking to your guidance teacher.

### **I know how to research my options further –**

- My Career Options section on MyWow
- Sign up for open days and information sessions.

### **I know who can help me –**

- Get a piece of paper & put your name in the middle of it. Try to think of everyone you know and start to think about how they might help you. Think about how you can expand this network, eg through work experience, volunteering, sports, connecting with neighbours.

### **I feel confident about speaking to the people who can help me -**

- Practise the communication skills that help you build your network. Start small, maybe start by having a conversation at home, or with your friends. Once you gain a bit of confidence about talking of your ideas & what you think are your strengths, you may be able to start to speak to people you know less well & they may be of use to you