

# I don't know what

# I want to do!

Don't worry, you're not alone – many students feel the same way, particularly in Year 12. Here's some advice from a careers adviser to help you.

A key piece of advice is not to leave things to the last minute – give yourself plenty of time to explore the different options. Here are some steps you can take.

## Step 1 – Do you have any particular careers or career areas in mind?

**Yes** – It would be useful to research your ideas further. You can find out more information about different careers on the UCAS website, or job profiles sections of your national careers website (such as National Careers Service). In particular, take note of entry requirements, any work experience that might be advantageous, and the general skills, interests, and qualities required.

**No** – If you're not sure what you want to do in the long term, don't worry, many people are at this stage. The general advice in this situation is to make sure you look at all the options open to you. You could also use a computer-based careers interest guide to help you identify possible careers that match your interests.

### Tip:

No computer programme can tell you what careers you should or shouldn't do, but that can be a helpful starting point, and a good basis for a discussion with a careers adviser. Programmes may be available at your school / college, or at local careers centres. There are also some versions available online – get advice on which ones to use.

## Step 2 – Do you have any particular careers or career areas in mind?

Have a look at the resources you can download from this course about each of the options.

- I want to go on to higher education

- I think I want to do an apprenticeship
- I want to take a gap year
- I want to go into employment

There are links to a range of website and suggested resources you may find useful in the week two activities – making informed choices.

## Step 3 – Carefully reflect on each option

A good starting point is to consider and compare each option, asking the following questions:

1. What do you feel the potential advantages and disadvantages would be for you? Look at the pros and cons of each.
2. What is the potential impact of each option? Try to consider the impact each option would have for you short term (over the next year), medium-term (the next five years), and longer term.
3. Which one do you most prefer? Try to rank the different options in order of preference – of most interest to least interest.

## Step 4 – Talk through your options with a careers adviser

If you are at school or college, you may be able to speak to someone in the careers department. Alternatively, you could contact one of the national helplines that provide free impartial advice and guidance across the UK:

- National Careers Service – England – 0800 100 900
- My World of Work – Scotland – 0800 917 8000
- Careers Wales – 0800 028 4844
- Northern Ireland Careers – 0300 200 7820