

You may find it helpful to do one or more of these activities

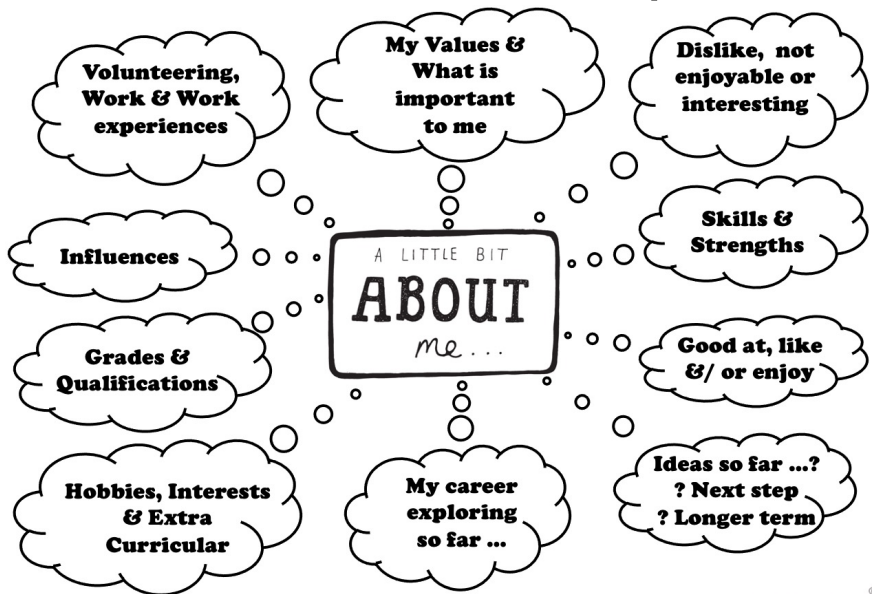


Complete the profiles (*interests, personality, work environment & Skills*) on Unifrog:

- What do they suggest?
- What is your reaction to these? Why?
- Research & evaluate the suggestions
- Reflect - would these be good choices for you & why?



Think about the areas in the mind map



Created by: J Howard®



Ask friends, family & teachers for feedback on:

- What they think you are good at
- What do they admire in you
- What they think your skills & strengths are



Be curious about the jobs the people around you do (*family, friends, teachers, coaches or leaders, managers, friends of friends etc*)

- How did they get there?
- What's a good day or a bad day look like?
- What advice do they wish they had received at your age?



Consider:

- What you would like to get out of your appointment, or
- What would make it worthwhile for you, or
- It would be really helpful for me if we discuss ...

