

What to expect from a career guidance interview?

A careers guidance interview is an impartial, one-to-one meeting between yourself and a professionally qualified careers adviser. A guidance interview can last about 45 minutes. A careers guidance interview is not like a job interview - there are no right or wrong answers.

Where the interview will take place?

We have a designated careers meeting room, opposite the conference room and near Student Services.

What will be discussed?

During a guidance interview the careers adviser will help you to:

- identify your personal qualities and skills
- identify the skills you would like to develop
- come up with ideas for study and work
- explore specific career areas open to you
- explore current and future job opportunities
- understand the process of job search, writing a CV and going for interviews
- explore your interests, likes and dislikes, family influences, personal barriers and work experience
- think about how study, work experience, and home-life can all contribute to your employability

The careers adviser will give you:

- accurate and up-to-date information
- the opportunity, if suitable, to complete a personality-based assessment which helps individuals to know themselves better
- alternative sources of information and help if required
- an action plan to help you move forward

How to prepare for your interview

Think about:

- your current situation – what planning you have already done, if any
- what you would like to change
- qualifications or additional qualifications and experience required for the career you are interested in
- how much control you feel you have in making choices
- the ideas you already have but don't know how to move forward with or perhaps you have no ideas at all

Benefits of a guidance interview

- increased motivation and self- confidence
- greater self-awareness
- identification of more achievable ambitions
- improved decision making skills
- increased awareness of opportunities

How to arrange a careers interview

There are many ways to contact a careers adviser and set up a careers interview:



dcrossley@bolsover.derbyshire.sch.uk

Speak to Mrs D Crossley in Student Services

Ask your form tutor, teacher or Head of House to make a referral.