

FINDING A MATCH

MY INTERESTS

Pick five activities below which are most interesting to you. They might be things you already know you're good at or that you already enjoy, or that you'd like to do more of in the future.

MAKING THINGS	HELPING OTHER PEOPLE	BEING OUTSIDE	WORKING ALONE
CREATING SOMETHING COMPLETELY NEW	PERFORMING IN PUBLIC	SPOTTING ISSUES	TALKING TO PEOPLE
WORKING WITH OTHERS	THINKING THROUGH COMPLICATED IDEAS	SHOWING PEOPLE HOW TO DO THINGS	MAKING THINGS LOOK NICE
USING FACTS TO UNDERSTAND THINGS	SOLVING PROBLEMS	CARING FOR OTHERS	DOING THINGS IN NEW WAYS
GETTING TO KNOW NEW PEOPLE AND PLACES	LOOKING INTO DETAIL	MAKING DECISIONS	BEING PHYSICALLY ACTIVE
USING TECHNOLOGY	USING MY IMAGINATION	KEEPING THINGS TIDY	SELLING THINGS
WORKING WITH NUMBERS	CHANGING WHAT PEOPLE THINK	ORGANISING PEOPLE	MEETING NEW PEOPLE
SOLVING PROBLEMS	MAKING PLANS	RESEARCHING TO GET INFORMATION	FIXING THINGS
GETTING OTHER PEOPLE TO DO THINGS	WRITING	DOING EXPERIMENTS	LOOKING UP INFORMATION

DIFFERENT FIELDS

FIELD	HUMANITIES AND SOCIAL-SCIENCES	ECONOMICS AND MANAGEMENT	SCIENCES	ENGINEERING AND TECHNOLOGY	ARTS AND LANGUAGES
RELATED SUBJECTS	Geography, History, Law, Media, Politics, Psychology, Sociology, Sport sciences	Accounting, Business, Economics, Finance, Management Marketing, Mathematics, Statistics	Biology, Chemistry, Mathematics, Medicine, Pharmacy, Physics	Aerospace, Chemistry, Civil Engineering, Electrical Engineering, Mechanics, Technology	Art, Drama, Foreign Languages, Literature, Music, Photography
KEY SKILLS REQUIRED/ DEVELOPED	Communication, Critical thinking, Independence, Interpersonal skills, Leadership, Negotiation, Research, Social media understanding	Analytical skills, Commercial awareness, Communication, Critical thinking, Data handling, Negotiation, Numeracy, Problem solving	Analytical skills, Attention to detail, Data handling, Logic, Objective thinking, Numeracy, Problem solving, Research	Analytical skills, Attention to detail, Design, Data handling, Numeracy, Problem solving, Programming, Research, Software engineering	Communication, Confidence, Creativity, Cultural awareness, Design, Independence, Personal awareness
RELATED CAREERS (NB many of the careers listed fit under multiple fields but, for simplicity, have not been repeated here)	Charity, Health and social care, Law, Media, NGO, Not-for-profit, Public sector, Sport and recreation, Teaching and education	Accountancy, Administration, Advertising, Banking, Business, Finance, Hospitality, Human Resources, IT, Management (consulting), Marketing, Public Relations, Public Sector, Recruitment, Retail, Sales, Telecommunications, Tourism	Agriculture, Conservation, Environment, Health and social care, Manufacturing, Medical sciences, Medicine, Research, Sciences	Architecture, Conservation, Construction, Defence, IT, Logistics, Maintenance, Manufacturing, Telecommunications, Transport	Art and design, Culture, Hospitality, Media, Music, Performing arts

Given the words you picked, which subjects or career areas would you like to explore more?

SEARCH FOR THE HERO

Who do you admire for their career?

You might pick someone because of what they've achieved or how they've approached their career or for some other reason.

What does this person do?

What do you admire about this person's career?

List three things that stand out to you. They might be things they've achieved (e.g. they've reached the 'top' of their profession, earned lots of money, travelled a lot) or how they've done things (e.g. they've developed other people along the way, gained respect from their team or peers, looked after the environment).

1.

2.

3.

What does this make you think about what matters to you in your own career or studies?

WHAT STANDS OUT?

When thinking about different types of organisation or institution, what has stood out as particularly important?

How important are each of the following to you?

	RANK
Reputation e.g. brand, prestige, awards and ratings	
Size of organisation e.g. number of staff and/or students	
Stability e.g. prior (market) success	
Future plans e.g. innovative approaches, future strategy and vision	
Money money money e.g. starting salary, available funding and earning potential	
Location e.g. close to home, far away from home, lots of travel opportunities	
Working culture e.g. hours, sociability, working relationships, team working	
Management and support e.g. hierarchical structure, coaching support etc.	
Wider responsibility e.g. to society, environment etc.	
Approach to work and assessment e.g. lectures, tutorials, teamwork, performance standards and grading.	

Rank them from 1 (most important) to 10 (least important) in terms of how much each will impact your decisions.

ALL ABOUT YOU

We wouldn't start out on a journey without knowing where we wanted to go. And the best career journeys are those grounded in our motivations, values and interests. Use this space to capture and focus on what really matters to you.

2. WHEN YOU WERE YOUNG

Look back to your childhood.
Before you knew about the 'right'
or 'expected' thing to do.
What did you love?
What did you enjoy spending
your time doing?

3. YOUR SUCCESSES

When in your life have you been
really successful, thriving, at your best?
What motivated you to achieve
these things?

What does this tell you
about what you love
doing and next steps
worth exploring?

1. SPARKING YOUR INTEREST

What do you most enjoy doing?
What about this energises you,
makes you tick or sparks your interest?
Be really forensic.

4. MY CHALLENGES

When have you faced a real
challenge in your life so far?
How did that challenge shape you?

PICKING PRIORITIES

I WOULD RATHER...

Tick one of each pair below (NB the pairings are not opposites of one another but have been paired up to help you start thinking about different priorities)

	Work long hours	Travel to lots of different places	
	Work or study somewhere that is internationally renowned/ has a well-known brand	Be financially secure (e.g. through high earnings or good bursaries)	
	Be part of a large organisation	Get lots of coaching, advice and support from my manager or tutor	
	Be close to home/ family	Work for or study at an innovative organisation	
	Be part of an organisation that has robust assessment of performance	Be part of a small, close-knit organisation or team	
	My organisation had a strong sense of ethics and environmental and social responsibility	My organisation had exciting plans for future growth	
	Work and be judged as part of a team	Be part of a stable, well-established organisation	
	There was a fun, relaxed and sociable culture in my organisation	Be in charge of my own working patterns and hours	
	Have great earning and promotion potential	Be based in a new location	

MY FUTURE

Thinking about the questions above, what are you thinking about your future? What matters most to you? What will you trade off? And what are the limits to this?