Careers Advice or Personal Guidance

What will be discussed?

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

* identify your personal qualities and skills

Suzie Beaumont

Careers Advisor

* 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

To book a Careers Guidance interview email [suzie.beaumont@cscd.ac.uk](mailto:suzie.beaumont@cscd.ac.uk) or ask a member of staff to help you arrange it.