

Future Me

Option Choices



Skills
Development
Scotland

My
World of
Work

Who we are...



Is your
career
service

Is your
career
website

It's decision time! We can help.

Making your option choices is likely to be the first big decision you'll make at school.

This might sound scary, but it's exciting too as you're in charge!

And you're going to get lots of ideas, help and support along the way.

The choices you make now might impact what careers you can do later, so take time to think about it carefully and discuss your decisions.

Whether you know what you want to choose, or still haven't got a clue, it's important to keep your options open.

There are people who can help you decide including your careers adviser who will give you help individually at school as well as in groups with your classmates.

A good place to start is by thinking about where you are on your journey so far, such as looking at your personal profile.

And this booklet will give you top tips. So let's get started!

In this issue:

- the five questions you should ask yourself before you pick your options
- the tools on **My World of Work** that can help you make your choices
- where your option choices could take you
- jobs of the future
- **Career Management Skills** – and the help from your careers adviser
- meeting your careers adviser.



There's no such thing as **boy** subjects or **girl** subjects!

The Big Five

It's really important when you choose your options that you're making the best decisions for you.

Take a bit of time to think about the following five questions.

1 What do I enjoy?
If you are interested in something, learning more about it can be fun. You are also more likely to do well if you're doing something you love.

2 How do I like to learn?
For example you may enjoy languages because you get to talk and listen, or art and design or science subjects because you get to be creative.

3 What am I good at?
Think about classes you've done well in, but remember this is also an opportunity to study things you've never done before.

4 What do other people think?
Ask people you trust what they think you're good at and could do well in. The answers may surprise you. But remember, in the end you have to make the choices that are right for YOU.

5 Where could these choices take me?
You may need to have studied certain subjects to get into a job. Think about what types of jobs might suit you.



Remember, you can do anything you want to. Whether you have a passion for science, or languages are your thing, the choice is yours!

The tools for the job

Discover what you're good at and explore your interests. It'll be a big help when choosing your options.

You might not have decided what you want to do when you leave school, and that's okay. But having an idea of the kind of job or industry you might like to work in will make your option choices a whole lot easier. Remember, there are no boy or girl likes/dislikes, strengths, skills, subjects or careers.

You can aim for whatever career you want – no matter what race you are, if you're care experienced,

or if you're disabled – none of that matters when choosing your career.

Register on My World of Work to create an account.

This account will be personalised just for you with all your career suggestions and hints and tips on what to try next on the site. Tick the email box when you register and we'll also send ideas on to you.



Discover your interests

About Me tool

What's better than getting paid to do a job you love! Use the About Me tool to find out more about your personality and get career suggestions based on the things you like doing – your interests.

Discover your strengths

Strengths tool

Your strengths are the things you're good at. Knowing your strengths can help you pick subjects, options and careers which bring out the best in you. You might even have strengths you aren't aware of. Try the Strengths quiz and discover yours!

Develop your skills

Skills tool

Skills are things you can develop and learn to help you do certain tasks. You might learn new skills in the classroom or in your spare time. Find out where your skills could take you.

Picking your subjects

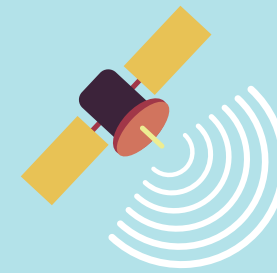
Option Choices tool

Enter your favourite subjects into this tool, including Foundation Apprenticeships, and get suggestions for the types of careers they could lead to.



Get started at myworldofwork.co.uk/subjectchoices

Where could your choices take you?



Think about your career like a big Google Map. The place you're heading to may be the same as someone in your class, but you could both go totally different ways to get there.

Your career will be like this too – honest! What's important is that you find the right career path for you. There are loads of routes open to you.

College or Uni

Studying at **college** or **university** might be right for you. For some careers, like medicine or law, it's the only way to get the qualifications you'll need.

Work

You may want to go straight into employment when you leave school. You could go and work directly for an employer, start your own business, or even do some volunteering as a valuable way to get real experience of the workplace.

Where could your choices take you?

An apprenticeship is a real job where you also get time away to study.

A Modern Apprenticeship lets you work, earn and get an industry-recognised qualification – this is a qualification that employers know about and really value.

There are more than 100 different types of **Modern Apprenticeships**, in hundreds of different jobs.

Graduate Level Apprenticeships allow you to study for a degree while working in a related job.

Thousands of companies of all sizes in all different types of industries have apprenticeships in Scotland – so there's bound to be one that suits you.

Foundation Apprenticeships

You may not have heard, but you can do a Foundation Apprenticeship while you're still at school.

It's a way of learning in S5 and S6 that helps you build a strong foundation for your future by giving you real work experience before you even leave school.

It's not part of your subject choices this time around, but it's good to be aware it's an option for you later in school.

Unlike your other subjects, you get time out of the classroom and get to work on real projects at college and with some of Scotland's biggest and best employers.

It's a chance for you to try something new and it might even help you make up your mind about what you want to do for a job.

The mix of work experience and a qualification will also help you when it comes to leaving school for a job, college, university or another apprenticeship.

You take a Foundation Apprenticeship the next time you make option choices and work towards a qualification over one or two years and they are available in a wide range of subjects.

They are:

- Accountancy
- Business Skills
- Civil Engineering
- Creative and Digital Media
- Engineering
- Financial Services
- Food and Drink Technologies
- Hardware and System Support
- Scientific Technologies
- Social Services Children and Young People
- Social Services and Healthcare
- Software Development

Visit apprenticeships.scot/foundation to find out more.



Remember, your **careers adviser** is there for you in school to help you understand all of your options. They can talk you through your choices to help you find the right path for **you**. They can also help you find extra support if you need it so that you can follow the path you want.

Jobs of the future



STEM careers are ones in areas linked to science, technology, engineering and maths. Useful subjects include Physics, Chemistry, Biology, Maths, Computer science, Design and Manufacturing, Art. Foundation Apprenticeships will also help you get in.

STEM jobs are for everyone, for example women as well as men, people of all races and disabled people. In a STEM job you will create things and solve problems. Many could offer you the chance to change the world!

Teams made up of different people with different ideas are best for doing these things. So STEM jobs are worth thinking about when you're choosing your options.

Go explore at My World of Work.

Digital Technology



Scotland is home to some of the world's most exciting technology companies. Almost every employer in Scotland needs people with digital technology skills.

You could be the next:

- Coder
- Designer
- Ethical hacker
- Games developer
- Robotics engineer
- Data scientist
- Tester

Energy and the environment

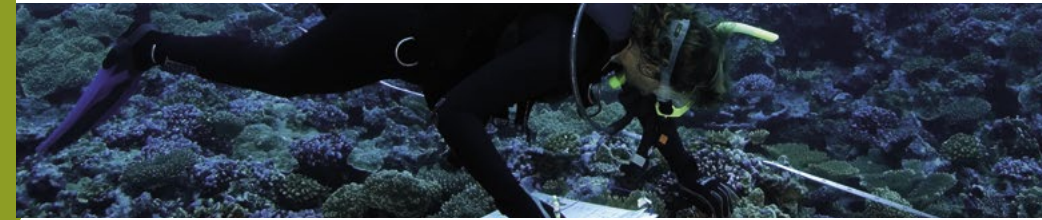


Already there are many apprentices working in the industry including engineers who help bring ideas to life. It's an exciting and varied industry and you could be working in an office, a lab, at sea or even underground.

You could be the next:

- Chemical engineer
- Design engineer
- Microbiologist
- Oceanographer
- Project manager
- Wind turbine technician

Life Sciences



Scotland has only got one of the biggest scientific communities in Europe, we're also world famous for amazing research, drug discovery and medical devices which are helping to cure diseases and improve people's quality of life.

You could be the next:

- Geneticist
- Lab technician
- Marine biologist
- Pharmacy technician
- Research scientist

Healthcare, Childcare and Social Care



There are lots of organisations that help take care of and support people who need it most. There are a huge variety of jobs in this sector from ones you might recognise like nurse, childcare worker or manager to ones you might not like play therapist, welfare rights officer and phlebotomist.

You could be the next:

- Audiologist
- Carer
- Nursery manager
- Doctor
- Nurse
- Paramedic
- Support worker

Construction



Could you be part of a team that builds the next Falkirk Wheel or Queensferry Crossing?

You could be the next:

- Architectural technologist
- Construction manager
- Health and safety adviser
- Land surveyor
- Structural engineer

Career Management Skills



You'll have heard about Career Management Skills from your careers adviser before.

As you go through school you'll continue to develop these skills.

Career Management Skills are the lifelong skills you need to make those big and small career decisions.

When choosing your options, your careers adviser is in your school and is there to help you.

What to expect:

- a session focussed on making informed option choices
- the chance to have a one-to-one conversation with your careers adviser to ensure you know about, and most importantly understand, all of the options that are available to you.



Remember you can bring your parent, carer or teacher (or all of them!) along to your one-to-one session. Ask your careers adviser or teacher how to make an option choice appointment and write that information down on the back page of this magazine.

Who am I? Self

This is about getting to know who you are - it's your interests and values, what's important to you and what makes you tick.

What am I good at? Strengths

This is about getting to know and understand what stuff you're good at. It's about your skills and how to use them in different ways.

What's out there for me? Horizons

This is about getting to know what's out there in the world of work.

It's all about understanding what jobs are, what industries are and all the ways you could get ready for a job.

Who can help me? Networks

This is about the people around you and how they can help you to get on with your career. It's also about getting to know people who can help you and how to keep in touch with them.

Meeting your Careers Adviser

My Story

Ahead of making option choices, we talked about subjects, options and careers during PSE lessons, and were shown how to use the My World of Work website.

On the website, I filled out the About Me, Ambition and Strengths sections as I was **curious** about me and what I was good at. The careers it suggested were ones I was already considering but I hadn't **focused** in on all the information I needed. It also recommended the school subjects and options to consider.

The school careers adviser came into our PSE class and we did some activities which highlighted the different routes into careers and what we needed to do to make good option choices.

We also had the chance of a one-to-one discussion with the careers adviser and I felt that this would be a good opportunity

to make sure that the options I was thinking about were the right ones. As I can be a bit nervous I had the opportunity to bring someone along.

My time with the careers adviser was relaxed and friendly, and they really listened to what I had to say. They helped me to feel **informed** and take control of my decisions at this important time.

With the advice and support of My World of Work and my careers adviser, I'm now studying things that I enjoy – and which I'm **confident** will help me with my future career plans.

Be focused

This is a time to make decisions.

Be informed

Use all the tools, information and networks you have.

Be curious

Don't hold back... ask all the questions you need answered.

Be all about you

Make good decisions that are right for you – no one else. Choose what will make you happy and feel excited about your future.



Get started



Action Plan

1. Register on **My World of Work**
2. Complete the **About Me** quiz
3. Try the **Strengths tool**
4. Try the **Skills tool**
5. Use the **Option Choice tool**

Go to myworldofwork/subjectchoices

My World of Work is your career website and it's packed full of activities, tools and tips to help you make the right decisions for your future.

The more you tell it about yourself, the more great ideas you'll get.

Sign up for email and we'll help you with hints and tips along the way.



Come and talk to us!

Use this space to write your careers adviser's name and where to find them in your school:



Remember

Your parent, carer or teacher – or all of them – can come along with you to talk through your option choices with your careers adviser. Ask your careers adviser how to arrange an appointment and take a note of the details here:



Join our chat!

For more ideas and advice on careers and option choices, look out for **My World of Work** on:



About Skills Development Scotland

We are the national skills body supporting the people and businesses of Scotland to develop and apply their skills. We have fully qualified, expert Careers Advisers in every secondary school in Scotland, plus a network of careers centres on high streets all over the country, all dedicated to providing the help people need for the career they want. We also work with industry to deliver the very best possible outcomes for Scotland's people, businesses and the economy.

Our work in schools is aligned to the Career Education Standard, Curriculum for Excellence and the outcomes of Developing Scotland's Young Workforce. SDS-1430-Oct18