

2 Making your decision - UCAS Activity 1 - Turning the spotlight on yourself

How do you turn the spotlight on yourself? We all approach decision-making in different ways, and this can be influenced by various factors, such as our personality, how those around us make decisions, how confident we feel, how independent we are, the pressure we're feeling, and the extent we feel destiny plays a part in life. Whichever is important to you, here are some steps you can take to help discover what's important to you and your future.

Activity 1: Where are you now?

This is a good starting point - it's about you, so think carefully about it and note down your thoughts or ideas.

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| <ul style="list-style-type: none">• What are your interests? (this could be hobbies, activities, or subjects). | |
| <ul style="list-style-type: none">• What are your skills? (the sorts of things you're good at - use obvious skills such as working with numbers, as well as softer skills such as being a good listener). | |
| <ul style="list-style-type: none">• What do you value? (the things that are important to you, both in your social and study life. For example family, work, socialising, personal interests, being active, money, structure, flexibility). | |
| <ul style="list-style-type: none">• What motivates you? (the things you're enthusiastic about, or encourage you to take action and get involved). | |
| <ul style="list-style-type: none">• No idea at all? Then have a go at the UCAS Buzz Quiz - jot down what you're like or what you could do. | |

Activity 2: Where do you want to get to?

You may have a clear picture of what you want to do next, or what career you're aiming for, or you may feel you haven't got a clue and don't know where to start. Chances are, you're somewhere in between, so what ideas do you have?

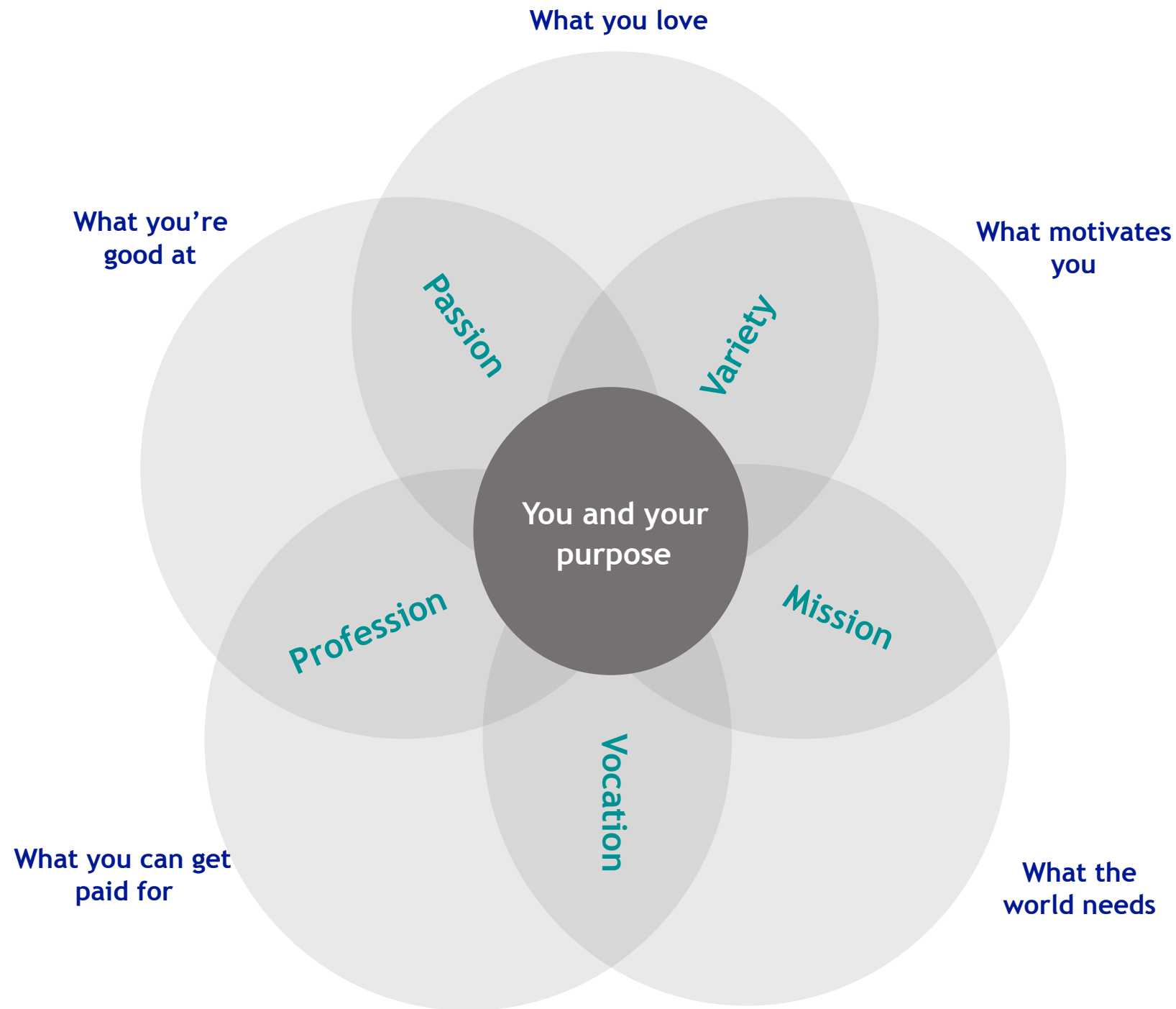
| | |
|--|--|
| <ul style="list-style-type: none">• Are there any jobs or career areas you're interested in? <p><u>Find career ideas</u> and explore jobs as there are a huge variety of roles out there, many of which you might never have thought of.</p> | |
| <ul style="list-style-type: none">• Are there subjects you love or ones you wish you could study? | |
| <ul style="list-style-type: none">• Do you have hobbies or interests you'd like to take further? | |

Activity 3: What matters to you most in life?

A Flower Venn diagram - to help you blossom!

Corny? Yes... but don't dismiss it straightaway - it's a great way to figure out what matters to you most and where that fits. Finding the perfect balanced lifestyle is key to a happy and successful future.

Using what you've thought about so far, draw and fill in the five outer circles below.



Prompts:

Circle one: What you are good at
Be specific and don't think too hard. Use obvious skills such as working with numbers, as well as softer skills such as being a good listener.

Circle two: What you love
This one is simple - the things that make you happy.

Circle three: What motivates you?
Consider what matters to you most in life - family, work, socialising, personal interests, being active, money, structure, flexibility?

Circle four: What the world needs
Think about how you fit into the bigger picture, and whether 'making a difference' in a wider sense is important to you.

Circle five: What you can get paid for
Write as many ideas as you can.

Activity 4: How are you going to get there?

Now you've explored a little of what's important to you and what you enjoy, you need to think about what options you have when you leave school or college. This is where you need to focus on the choices that you have. This activity is designed to get you thinking about which option might be the right pathway for you.

Consider and compare each of the post-18 options below, and what you've identified about yourself in the previous activities.

What are my options? Use the UCAS website links below to familiarise yourself with what each option involves. Then compare them by asking yourself the questions below.

| Task | Going to university or college Thinking about uni? | Doing an apprenticeship Understanding apprenticeships | Doing an internship What is an internship? | Taking a gap year Gap year ideas and things to think about | Entering the world of work Why go into work? |
|--|---|--|---|---|---|
| Three things I found out which I didn't already know are... | | | | | |
| The things I like most about this option are... | | | | | |
| The things I dislike most about this option are... | | | | | |
| Think about what following this option would mean for you over the short term (in the next year) and longer term (in the next five years). | | | | | |
| The likelihood of me considering this option, and researching it further is... (Rank 1 - 10, with 10 being most likely). | | | | | |

