



E-ACT Ousedale School

ONE-TO-ONE MEETING

What to expect from your Careers Appointment



1

THE AIM



The aim of a careers appointment is to help you move forward. It is not about telling you what to do or doing it for you! You can have as many appointments as you need.

3

WHAT WILL YOU GIVE ME?

We will offer up-to-date independent and impartial information. A personalised action plan and we will reflect, challenge and motivate you!

4

WHERE WILL WE MEET?

On campus in a quiet space in the Careers office

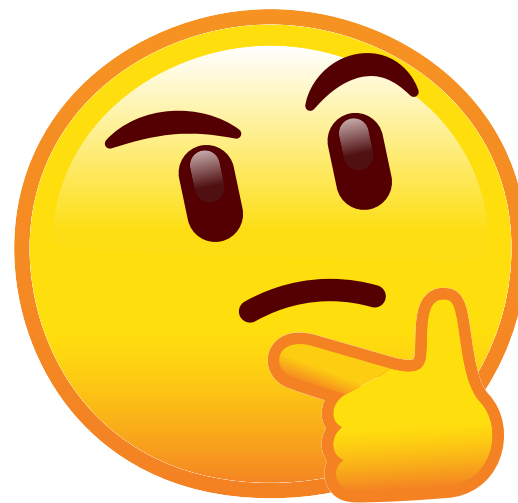
CONTACT US

If you have any questions you can send us an email:
careers@ous.e-act.org.uk

2

WHAT WILL BE DISCUSSED?

- Identify your personal qualities and skills
- Explore your interests, likes, dislikes, family influences, personal barriers and work experience
- Discuss ideas for study, employment, further or higher education pathways such as Colleges, Sixth Form, Apprenticeships and Universities
- Understand job searches, writing a CV and going for interviews



5

HOW SHOULD I PREPARE?

What ideas do I have?

Where or what would you like to do once you have finished school?

Where will my subjects take me?

Thinking ahead, where do I see myself in 5 years time?