



Building
stronger
families

Lincolnshire BOSS



Life after school: A survival guide

Name:

My secondary school is:

My intended destination will be:



Qualifications

Qualification Levels



Options after year 11

- Work (+training)
- Apprenticeship/traineeship
- College
- 6th form

Qualifications

Work related

BTEC/diploma

Academic subjects

GCSEs, AS/A Levels

Job related

NVQs, City and Guilds, Functional skills/competence knowledge-based qualifications



About you

Personality quizzes

Firstly, let's do some quizzes looking at your personality type and suggested careers.

These are designed to start you thinking about which jobs might suit you best, and help you get a feel for your strengths, skills, and qualities.

Your keyworker will talk you through these and discuss the results with you afterwards:



Visit www.icould.com and complete the BUZZ Quiz



Complete Holland's career personality profile (your keyworker will talk you through this and help you complete it in the pages that follow)



About you

My career personality according to Holland

Answer the questions on a scale of 1-7

1=like a lot, 2 =like, 3=like a little, 4=don't mind, 5=don't really like, 6=dislike, 7=strongly dislike

Select the box that best reflects how you feel about the statement.

		1	2	3	4	5	6	7
R1	Working with my hands							
R2	Fixing and using machines							
R3	Working outdoors							
I1	Discovering and researching ideas							
I2	Experimenting with and investigating things							
I3	Asking questions and solving problems							
A1	Expressing myself through music and/or drama							
A2	Using words to communicate things							
A3	Creating or designing things							
S1	Teaching or informing others of things							
S2	Helping, healing, serving, greeting others							
S3	Having concern for others' wellbeing and welfare							
E1	Meeting, talking to, leading, and influencing others							
E2	Encouraging others							
E3	Working in business							
C1	Working indoors at organising tasks which need accuracy							
C2	Working with numbers of data following procedures							



About you

Score grid

Transfer the number from each box on the previous page above into the grid below, and add up for a total.

Career personality	1st score	2nd score	3rd score	Total 1-3
R				
I				
A				
S				
E				
C				

Using the totals above (lowest two scores) the two career personalities I fit best are:

- 1.
- 2.

Using the totals above (highest score) the career personality that suits me least is:



About you

What my scores mean and jobs I might like

Using your scores from completing the grid, complete the table below.

Remember your lowest score is best fit, so your first career personality is the lowest score. Your highest score is the career personality least like you. The results will be based on how you responded to the statements on the previous page.

Career personality	Possible jobs	Your ranking 1-6
R = Realistic doers	Pilot, farmer, horticulturalist, builder, engineer, armed services personnel, mechanic, upholsterer, electrician, IT engineer, park ranger, sports person	
I = Investigative thinkers	Science, research, medical and health occupations, chemist, marine scientist, forestry technician, medical or agricultural laboratory technician, zoologist, dentist, GP	
A= Artistic creators	Artist, illustrator, photographer, sign writer, composer, singer, instrument player, dancer, actor, reporter, writer, editor, hairdresser, fashion designer	
S = Social helpers	Teacher, nurse, counsellor, police officer, social worker, sales person, customer service officer, waiter, secretary	
E= Enterprising persuaders	Sales person, lawyer, politician, accountant, business owner, executive or manager, travel agent, music or sports promoter	
C= Conventional organisers	Secretary, receptionist, office worker, librarian, bank clerk, computer operator, stores and dispatch clerk	

A career that might interest me, that matches my career personality is:



Where am I going?

This page is for you to record general information about your college, sixth form, or employer.

If you are going to sixth form or college you can find this information in your acceptance letter or you may have been told it at an open evening or similar event.

Other information will be provided by your college school or employer nearer the time.

College/sixth form/ employer

Name:

Address:

Telephone number:

Email:

Key contact

Website:

Head of year:

(Sixth form only)

Form/course tutor:

Line manager (apprenticeship/employment only):

Pastoral support



Support available to me

We can talk together here about what help you might need when you leave school and what support might be on offer from your new school, college or employer

Here are some examples of things people will be able to help you with:

Information on course
or job role

Finding your way round

Getting to know who's who

Advice on clubs/
social activities

Future career options and goals

Any worries or concerns

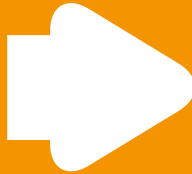
Lessons and homework.
Extra-curricular activities

Friendship issues or bullying

Signposting to other services if needed:
e.g. help with finances, transport,
health & relationships.



My skills and strengths



List your skills and strengths then give examples of how you demonstrate these in the box below.





What do I want to achieve and what is going to help me get there?

This page is for you to celebrate what you have achieved so far, what you want to achieve in the future, and to identify the strategies you feel have worked for you in the past. Discuss these with your key worker.

What works for me?

Think of strategies that have helped to make you successful e.g. sitting at the front of the class, step by step approach, peer support, regular breaks, using a laptop rather than pen and paper

What are my greatest achievements so far?

These could be school related achievements/exam results, a part time job, a hobby you have done well, personal achievements or sport success

Other things I would like to achieve

This is personal to you – think big!

It might be related to education, your career, your interests, your personal goals, family/friends or something like travel, owning a house/car/pet/boat.

Or something completely different...



What happens next?

Let's talk!

Please fill out the questionnaire below as best you can. Don't worry, we won't expect you to know all the answers yet.

Afterwards, your keyworker will run through your answers with you and discuss some of the key things you need to start considering now you're leaving school.

Remember, this list doesn't cover everything, so please be honest and ask your keyworker if you're not sure about anything or have any other worries or concerns (however small).

What will learning be like after secondary school?

What kind of behaviour will be expected of me?



What happens next?

What's my backup plan if things go wrong?

When are the college or sixth form open days/evenings?

Have I applied for anything yet? If not, how and when do I do it?

What do I wear when I start work or college?



What happens next?

How am I going to get there?

How much will my training cost, and what financial help can I, or my family, get?

What grades and references will I need?



What happens next?

What am I most looking forward to about life after school?

What are my worries/concerns?



My action plan

What is my goal?	What do I need to do to achieve it?	When do I need to do it by?	Done?

Good to go?:



What do I need to know before I start?

This page is for you to start thinking about any questions you might have, or would like to put to, your new place of learning, or employer

1.

2.

3.



Who will know the answers?

1.

2.

3.



Looking after my wellbeing

There's no doubt this is an incredibly busy time of life. It's vital to pay attention to your mental wellbeing, and find ways that work for you, so you can take time out for yourself, relax, switch off from pressures, and recharge your energies.

- Train yourself to hit the pause button when stressful situations are building. A great way is to move the focus from the mind to the physical body by concentrating on taking deep breaths in and out
- Be mindful – try to live a life as free from stress, anxiety and irritation as you can
- Be kind to yourself – stay realistic and respect that mistakes happen and they are great opportunities from which to learn!

Suggestions to relax/re-energise (continues on the next page):

- Talk to someone you trust and ask for help if you need it
- Switch off screens – science shows they stimulate the brain into activity.
- Manage social media engagement – remember people tend to post when things are going well - it doesn't represent how it is all the time for them.
- Cooking – combining separate items into a whole gives a great sense of achievement, and can be very tasty too!
- Learn a new skill – explore things you might enjoy; you could try volunteering



Looking after my wellbeing

- Socialise – connect with others and share things that you may have bottled up
- Physical activity – exercising produces feel good chemicals in the brain
- Yoga – is a great way to tune into your physical body and explore its balance and strength
- Meditation – allows you to tune in to your senses and increase your awareness of the natural environment
- Watch a film, doodle, spend time with loved ones or pets, read a book, or listen to music
- Write down how you're feeling, or keep a diary
- Eat healthily – Eating a balanced diet makes you feel better emotionally. Check out the NHS Eat Well Guide
- Collect together ideas for positive things you'd enjoy doing in the future
- Try Mindfulness Apps such as – Stop, Breathe and Think; Smiling Mind; and Headspace.

You can also get ideas and support from Lincolnshire Healthy Minds and CAMHS:

Lincolnshire Here4You Line 01522 309120 or

<https://www.lpft.nhs.uk/young-people>

Congratulations!

You've completed the booklet and taken the first step toward your new future

Good luck!!

Here are some useful websites to help you in future:

www.kooth.com

Online mental health service and counselling

www.lincolnshire.gov.uk

Lincolnshire County Council. Children's Services, transport support, support with education, finance, and health

www.apprenticeships.org.uk

Advice on becoming an apprentice and applying for apprenticeships. Apprenticeship vacancies.

www.giveusashout.org

24/7 mental health support by text

www.family-action.org.uk

Children and families support/Family Line

www.nationalcareers.service.gov.uk

Careers guidance and support

E: LincolnshireBOSS@family-action.org.uk
T: 01507 308908
W: www.family-action.org.uk

Family Action

34 Wharf Road, London N1 7GR

T: 020 7254 6251

info@family-action.org.uk www.family-action.org.uk

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