

Who is this course aimed at?

This course is aimed at those who are preparing to look for a job but have not yet decided what might suit them best.

What will I need?

No formal qualifications required to join.

Programme Aims

This course is designed to help you plan your career, understand your own skills and abilities better and create an action plan to help you achieve your goals.

What will I do?

By the end of the course, you will be able to do the following:

- Identify your own achievements, skills and interests and how these relate to your current situation.
- Identify personal goals and explain how your skills, interests and qualities could help you achieve them.
- Identify personal issues which need to be considered when planning your future.
- List sources of support for overcoming these issues.
- List places, people and things you can use to get information about careers.
- Produce a simple career action plan, to help you decide what to do next.

How will I be taught?

Group lessons consisting of presentations, group discussions, role plays, games, pair work and individual activities. Some 1-2-1 support will also be available.

How will I be assessed?

Ongoing observation by the tutor, group discussions, quizzes, question and answer activities and written work collated into a portfolio.

What could I progress on to?

- A job seeking course for help with CVs, interview technique and selling yourself
- A job club for peer support
- Employment, self employment or voluntary work

What equipment should I bring?

A notebook, a pen and your CV (if you have one)

Will I gain a qualification?

Yes. You will complete a National Open College Network portfolio for a Level 1 certificate in Making Choices in Pursuit of Personal Goals.