

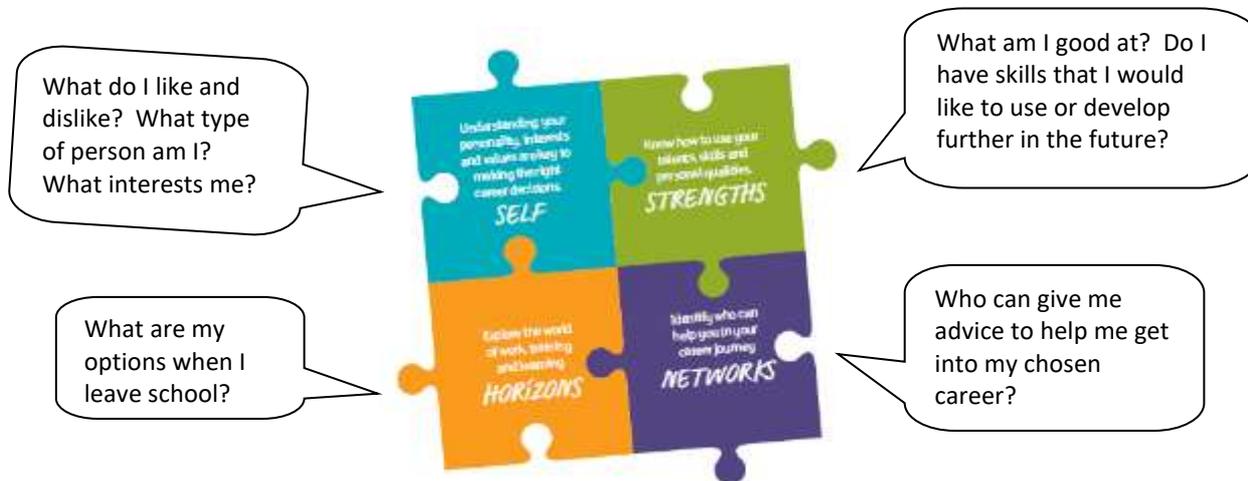
In third year you have to make an important decision about which subjects to study at National level in fourth year. Choosing these subjects is **not** about choosing a career. However, if you have some idea about what you would like to do when you leave school, you should check out now which subjects are needed.

If you haven't yet thought about the job or the area of work or study you might want to go on to when you leave school, don't worry. Choose subjects which you enjoy and are good at, but which will also keep as many career options open to you as possible.

Career Management Skills

Although it might be a while before you leave school, it's important to begin to think about **how** to make well informed career decisions. By planning ahead you can find the best option for you.

To do this you need to know about your **Self**, your **Strengths**, your **Horizons** and your **Networks**. Learning how these fit together lets you develop lifelong **Career Management Skills**. When choosing which subjects to study in S4 you should focus on **Self** and **Strengths**, but also consider your **Horizons**.



Self – is all about you as an individual, knowing who you are, what you like and what you dislike, identifying your interests. Thinking about subjects you enjoy and which interest you and which you'd like to study in more depth.

Strengths – knowing what you're good at, assessing your skills and your achievements to date and thinking how you can build on these. Looking at your teachers' recommendations for S4 and thinking about the subjects in which you feel you can do well.

Horizons – being aware of the bigger picture of what opportunities are out there. For example - university and college courses, jobs, training programmes, volunteering, taking a gap year. Finding out which subjects you will need for jobs or courses which interest you.

Networks – knowing who can give you help and advice in making a career decision and in finding a job, training or a college or university place.

My World of Work – www.myworldofwork.co.uk

You can develop your Career Management Skills by using Skills Development Scotland's careers website **My World of Work**. Look in the **My Career Options** section and use the **About Me** and **Strengths** tools to analyse your **Self** and **Strengths** and see related jobs. Develop your **Horizons** by looking at information on jobs and courses in the **Learn and Train** section and use the **Getting a Job** section to identify the **Networks** and resources you can access to get into your chosen career.

Use the **Choosing My Subjects** option to see where various subjects can take you and for advice on what to think about when making your subject choice. To make full use of the website you should first **Register** as a user.

Subject Choice Advice



good decisions

- Keep your ideas open - you can change
- Take subjects you enjoy
- Take subjects you are good at
- Take subjects you may need
- Do you need 2 science subjects?
- Talk to teachers to find out more about new subjects



poor decisions

- You like the teacher - you might not get them!
- Your friend chose it
- It's a boy/girl subject
- You don't like the subject
- You find the subject really hard
- Take pot luck
- You saw the career on TV

Careers Resources

As well as using **My World of Work**, you can also look at the following websites to do more research into jobs and courses and check out the subjects you'll need for those which interest you.

Edinburgh College

www.edinburghcollege.ac.uk for information on local college courses

Oatridge College

www.sruc.ac.uk/oatridge for information on courses in animal and land based industries

Borders College

www.borderscollege.ac.uk for information on courses in Galashiels

Planitplus

www.planitplus.net for careers and course information

UCAS

www.ucas.com for information on university courses

Help from Skills Development Scotland

Mick Burns and Jennifer Jones, the school's Careers Advisers, can give you advice about subject choice for S4. They will be speaking with all S3 pupils one to one, to chat about options and ideas.

You can contact Mick and Jennifer by email or phone at mick.burns@sds.co.uk 07887 831454; jennifer.jones@sds.co.uk 07887 831389