



# North Berwick High School

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S5 CAREERS  
PRESENTATION

# **Your Careers Advisers**

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**Mick Burns**

**and**

**Wendy Malcolm**

The logo for Skills Development Scotland is a dark teal rectangle with a white scalloped border. The text "Skills Development Scotland" is written in white, bold, sans-serif font, stacked in three lines.

**Skills  
Development  
Scotland**

# Getting in touch

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MICK BURNS

Available Tuesday and Wednesday

[mick.burns@sds.co.uk](mailto:mick.burns@sds.co.uk)

07887 831454

WENDY MALCOLM

Available Monday and Thursday

[wendy.malcolm@sds.co.uk](mailto:wendy.malcolm@sds.co.uk)

07887 833535

Until we are in school you can send an email or give us call.  
When we return to school you can usually find us in the school library.  
Drop in to see either of us if you have a quick question to ask

# Careers Interviews

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You can arrange a Careers Interview by:



Getting in touch with your Careers Advisers



Speaking to your Guidance Teacher



You may receive an appointment from your Careers Adviser

What we will cover today



**What do I like and dislike? What type of person am I?**

**Personality**

**Interests**

**Values**

Understanding your personality, interests and values is key to making the right career decisions.

*SELF*

**What am I good at? Do I have skills that I would like to use?**

**Talents**

**Skills**

**Personal Qualities**

Know how to use your talents, skills and personal qualities.

*STRENGTHS*

Explore the world of work, training and learning

*HORIZONS*

Identify who can help you, and how, in your career journey

*NETWORKS*

**What's out there for me?**

**Work?**

**College/Uni?**

**Modern Apprenticeship?**

**Who can help me get to where I want to go?**

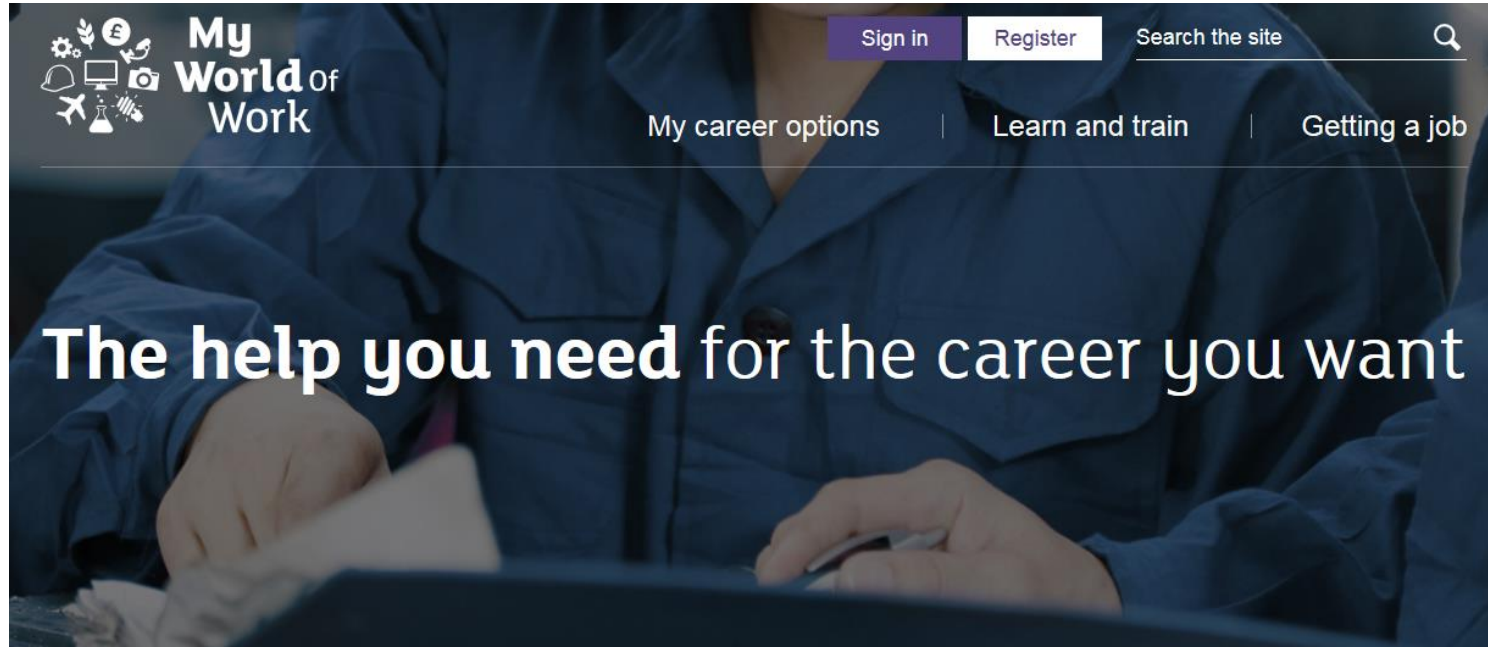
**Family friends?**

**Careers Advisers?**

**Teachers?**



# Self Help Resources: My World of Work



My career options



Learn and train



Getting a job

# Happy and Successful People

It's about how you are clever  
rather than how clever you  
are.

Success is relative and  
subjective





# The Buzz

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YOUR STRENGTHS AND WHAT  
MAKES YOU TICK



# The Buzz - Personality

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PERSONALITY IS THE UNDERLYING  
PARTS OF US THAT REMAIN CONSTANT  
OVER TIME.



WHEREAS MOOD, SKILLS AND  
ATTITUDES CAN CHANGE OUR  
UNDERLYING PERSONALITY DOES NOT.

# The Buzz – Natural Preference

Try these two exercises which will demonstrate natural preference:

Cross your arms – how does that feel? Pretty comfortable, right?

Now cross your arms the other way – how does that feel? Not so comfortable?

On a piece of paper, write your signature – that was easy wasn't it?

Now write your signature with your other hand – a bit of a mess?



# The Buzz

[ICOULD.COM/BUZZ-QUIZ](https://www.ICOULD.COM/BUZZ-QUIZ)

Make sure you look at the strengths, learning style and what you are like in a positive direction



You can use this information when:

- writing personal statements
- creating your CV
- preparing for interview

# Your Buzz Results

# The Questionnaire