

# Getting to Know Yourself

**Choosing your option subjects is one of the first big decisions you have to make in your life– but no one expects you to have all the answers straight away.**

## **Where do I start?**

You need to find out which subjects and qualifications are available at school, but the first step is to work out what you're good at and what you like doing.

## **How?**

Start by thinking about the subjects you are already studying – make a list of your five favourite subjects.

Remember, at the end of the day, **you'll** be the one who has to do the work and the exams. You'll find it a lot easier if you are genuinely interested in the subject.

## **My Five Favourite Subjects**

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....



Now think over it again– are they really the subjects that you like or do you enjoy them because you get on with the teacher, because there isn't much homework, or you get to sit next to your friends?

Next, list the five subjects you are best at, or get the best grades in.

### My Five Best Subjects

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....



You're probably right, but why not check this out? Ask your teachers if they think you are good at these subjects.

Your form teacher or subject teacher at school might have a better idea of which ones you are best at overall.

And don't forget your family. They probably know you best of all, and will definitely have their own ideas about what you are good at.

When you've talked to other people, you might want to change the list you have made.



# What type of person are you?

It will help if you know whether you are a creative or scientific, practical or analytical. Answer the questions to find out what your particular skills are. Ask your teachers, family, friends and careers personal advisor to see what they think.

- **When you go abroad, do you make the effort to speak the language, do you pick up words and phrases easily?**
- Are you keen to travel or work abroad after you leave school?
- **Are you always doodling?**
- Do you spend all your spare time on hobbies or interests such as sewing, pottery, drawing, cooking or acting?
- **Do you enjoy looking after animals?**
- Do you have a knack for putting things together or fixing things?
- **Are you good at getting computers to do what you want?**
- Do you love researching things and writing about them?
- **Do you drive all your friend and family mad by constantly asking how and why things work?**
- Do you find it easy to work out how much things cost when you go shopping?
- **Are you a chatterbox, always happy to talk to anyone and everyone?**

*Once you have a clearer idea of whether you're creative, scientific, good at languages or whatever, you can use this to help you choose your subjects. For example, if you're good at written work you might enjoy history; if you're brilliant at problem solving or good with numbers you might choose economics, business studies or information and communication technology.*

## **ACTION POINT!**

If you've an idea of what subjects you want to do, fill in this part to check you have chosen a broad enough range. Your options should be spread over all the groups, and you shouldn't have too many bunched into any one.

### **Subject Groups**

Sciences *for example, Chemistry, Biology*

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Arts *for example, History, English Literature*

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Languages *for example, French, Spanish*

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Creative and practical *for example Art Design, Music, Drama*

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Technological *for example, Manufacturing, ICT*

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**If you've got lots of subjects in one or two groups, and none in another, talk to your parents and teachers and think again.**

**Remember, getting the right balance will help keep your options open for work training or further education.**

## **ACTION POINT!**

## **ACADEMIC SUBJECTS**

### **What do you know about GCSE's?**

Answer these questions and find out.

#### **1. What does GCSE stand for?**

- A) General Certificate of Secondary Education
- B) Government Certificate for School Education
- C) General College and Schools' Examination
- D) Generally Cool Students' Exercise



#### **2. How long do most GCSE courses last?**

- A) One year
- B) Two years
- C) 18 months
- D) Forever (or feels like it)



#### **3. How many grades are there?**

- A) 45
- B) 7
- C) 8
- D) 9

#### **4. How much of the marks are based on coursework?**

- A) 50%
- B) None
- C) Depends on the subject
- D) Some, but you don't have to do it if there's something good on the telly

#### **5. What can GCSEs lead to?**

- A) Training courses leading to work and NVQs
- B) AS qualifications
- C) Work- related courses such as Part One GNVQs
- D) A levels

**What are Vocational GCSE 's ? [click here](#)**

# Decisions, decisions...

Depending on how much you have prepared for making your choices, the next bit will either be an exciting or a nail-biting time. Before you commit yourself, have a quick check through this list to make sure you've not left anything out.

## Discussion Log for my option choices.

Name of possible people to speak to:	YES	NO
<b>Family:</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Friends and relatives:</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Head of Careers:</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Careers Teacher:</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Careers Support Assistant</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Lifetime Personal Adviser (careers)</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Connexions Personal Advisor:</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Subject teachers:</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Head of Year:</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Form Tutor</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Learning Mentor:</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>I've found out all the subjects I'm thinking of taking.</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>I've dug out information on jobs and subjects from the school careers library and the internet.</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>I've checked that the subjects I've chosen will give me plenty of options for the future.</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>I know the deadline for making my choices</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>I've only got until .....to finally make up my mind.</b>		