

Personal Guidance Meetings

Your Future, Your Choices

We work with Hampshire Futures Careers Advisers. They offer one-to-one guidance to support you in making informed decisions about your future. These sessions are all about you—your interests, your goals, and your next steps.

Mrs. Martin, Careers Leader, is also a qualified Careers Adviser and can offer support and follow-up meetings.

What is Personal Guidance?

Personal guidance is a confidential meeting where you can:

- Explore your career options and pathways.
- Discuss your strengths, interests, and goals.
- Get advice on courses, apprenticeships, university applications, and employment opportunities.

How to Access Careers Guidance

- All Year 11 will be invited to have a meeting to inform their next steps.
- In the summer term we start the Year 10 interviews.
- In Year 9, 10 and 11 students with an EHCP will have a meeting to inform their review and future plans.
- If a student wishes to book a meeting, they can visit the Careers Office or speak to your tutor.

Sessions are available throughout the school year and can be scheduled after the college day.

After Your Meeting

A summary of your discussion and agreed next steps will be recorded on Unifrog, our careers platform.

- You can log in to Unifrog anytime to review your notes and action plan.
- This helps you keep track of your progress and revisit advice when making decisions.

Frequently Asked Questions (FAQs)

1. Why is this Important?

Making decisions about your future can feel overwhelming, but you don't have to do it alone. Personal guidance helps you:

- Understand your options – from university and apprenticeships to work opportunities.
- Make informed choices – based on your skills, interests, and ambitions.
- Plan ahead – so you feel confident about your next steps.
- Avoid missed opportunities – by knowing deadlines and requirements early.

2. Who can book a careers guidance session?

All students can book a session via the tutor. Priority may be given to those making key decisions about post-16.

3. How long does a session last?

Typically, sessions last around 45 minutes, but longer appointments can be arranged if needed.

4. Do I need to prepare anything?

Not necessarily, but it helps to think about your interests, subjects you enjoy, and any questions you have about careers or courses.

5. Can parents attend?

Yes, parents can join if you would like them to be involved. Please mention this when booking.

6. What if I need more than one session?

You can book follow-up sessions at any time with Mrs. Martin or use the drop-in service on the days Hampshire Futures are in college during PSHRE. Mrs. Martin also offers a drop-in service on Friday lunch time. We encourage ongoing conversations as your plans develop.