

(title slide Gyrfa Cymru Careers Wales)

Hi, I'm Anita

Hi, I'm Lisa

Hi, I'm Matthew

Anita: I'm a Careers Adviser at Careers Wales.

Lisa: I'm a Careers Adviser with Careers Wales.

Matthew: I'm a Careers Adviser with Careers Wales.

Anita: We know that in the current situation and with changes to exams in schools and colleges this year you might be anxious or concerned about your future.

You might be thinking about leaving your course or are having doubts about whether you've chosen the right course.

The important thing at this point is not to rush into a decision you might regret later.

At Careers Wales we are here to help and we can offer you support, advice and guidance.

What if I'm having doubts about my course?

Lisa: Don't worry if you are having doubts about your current course. You might have changed your career plan and want to change direction.

Or, perhaps the course just isn't for you.

If you're having doubt about your present course, talk to your lecturer or your tutor first and they'll be able to point you in the right direction to get more support.

Whatever issues you may be having, Careers Wales are always here to help.

What if I'm struggling with my future options?

Matthew: You can make better decisions when you know all the options. To make sure that you are making the right decisions you should research your ideas fully.

It doesn't matter what course you are doing. You need to know what options you have when you leave school or college.

Whether you're thinking about going onto higher education, getting a job or an apprenticeship, a gap year or even starting your own business we're here to help you make that decision.

Who can help me with my next steps?

Anita: Stop! Don't drop! Careers Wales can help you whether things are going to plan or not.

Search Careers Wales Stop! Don't Drop for more information and online resources.

You can contact us by phone on 0800 028 4844 or live chat with one of our careers advisers on the website.