00:00:00.000 --> 00:00:05.000 Title Making Decisions

00:00:05.000 --> 00:00:07.000 (Careers Adviser) People make decisions everyday

00:00:07.000 --> 00:00:14.000

(Graphics appear of breakfast food; toast, cup of tea, cereal bowl. Two t-shirts appear). They could be simple ones such as what do I want for breakfast? Shall I wear the black top or shall I wear the blue one?

## 00:00:15.000 --> 00:00:22.000

(Graphics appear of three arrows going into different directions) Or, they could be bigger decisions such as what am I going to do when I leave school? Or what sort of job do I want in the future?

#### 00:00:23.000 --> 00:00:37.000

(Graphics appear of thinking clouds with various icons; computer mouse, flags, DNA icon, paint pallet, globe) (Graphics appear of degree hat, globe and aeroplane) You should: Find out what your options are, what could you do? Where could you go? Find out more about those options. (Graphics appear of laptop and map with pin point). You could use websites or visit places like college or the workplace to see what it is like.

#### 00:00:38.000 --> 00:00:50.000

(Graphic of clipboard with ticked list, clipboard with crossed list and several question marks) You can: Think about what the good points are for each one and then think about what you are not so keen on. Then think about any questions you may have.

## 00:00:51.000 --> 00:00:60.000

You can change your mind. Just because you make a decision it does not mean you cannot change it. You need to feel happy with your decision.

## 00:01:00.000 --> 00:01:10.000

(Stick person surrounded with icons; music notes, DNA icon, computer mouse, maths board, globe and paint pallet). You can make decisions that other people might not like. (Two stick people appear with an icon of globe and music associated to each) When you are thinking about the future, you need to make the choice that is right for you. You need to enjoy what you are doing.

## 00:01:11.000 --> 00:01:25.000

(Graphic of variety of speech bubbles appear) When you have to make a big decision about your future, it is good to talk to other people, like your family, staff in school or college, your Careers Adviser. Talking things through can help you to make a decision that is right for you.

# 00:01:26.000 --> 00:01:34.000

(Three stick people appear, two of which have same idea – DNA icon appears. Third stick person has worried face. Third stick person smiling with flag icon) It's ok if your decisions are different to other people. It's ok to be different to your friends. Choose what is right for you.

00:01:35.000 --> 00:01:42.000 (Careers Wales logo) Gyrfa Cymru Careers Wales