

# Your Future! Workbook

*This workbook will  
encourage you to:*

- ✓ Explore your individual pathways to a career of your choice.
- ✓ Expand your knowledge of the variety of options available to you.
- ✓ Understand that values are unique to every individual.

*By the end of the workbook,  
you will:*

- ✓ Feel more positive about future options, with increased motivation to work towards them.
- ✓ Conduct further independent research into your future based on your unique interests and aspirations.
- ✓ Identify your individual abilities and areas for development.

# An introduction to your futures mountain:

The futures mountain is your individual pathway to your future. This will encourage you to think about your interests, passions and skills, and how these could lead to your ideal career. You can use this page as a step-by-step guide on how to complete the individual sections of your mountain, but you can also look at our example on page 4. Turn to the next page to begin the activity!

1

## *My three favorite career options*

First, think about the top of your mountain: what are your top three dream jobs? Complete the three columns with your ideas. Remember – think big!

You can now start completing your mountain, working from the bottom box up towards the top of the mountain.

2

## *What interests me? What motivates me?*

Use this section to think about what interests you. Examples could include any hobbies, clubs or extra-curricular activities you take part in, or school subjects that you enjoy! Think: what makes you lose track of time?

3

## *What are my talents? What skills would I like to develop?*

Think about some of your skills and talents – maybe you're a creative individual, or work really well as a team! Think back to those hobbies and interests, what skills might you have learnt by doing these? You could also take this opportunity to think about skills you would like to improve in the future.

4

## *My values*

Take a look at our ranking exercise on page 5. Once completed, fill in your mountain with your top three most important values and your three least important values. You could think about why they are important to you too.

5

## *What careers might I be interested in?*

Use this section to think about the types of career industries or sectors you might be interested in. For example, you may be interested in the construction industry, the health sector or a job in media. You could also think about what you'd like your career to look like: Would you like a job outside? Would you like to work flexible hours?

Once you have completed your mountain, take a look at 'My Potential Routes' on page 6. Use this page to think about the types of qualifications that might be needed to achieve your three dream careers!



# future Pathway

My three  
favourite  
career  
options

1

2

3

What  
careers  
might I be  
interested  
in?

What are my  
most and least  
important  
values?

most important

least important

What are my  
talents? What  
skills would I  
like to develop?

What am I  
interested in?  
What motivates  
me?

# Example Mountain

## My three favourite career options

1

### Social Media Manager

- Higher Apprenticeship in Digital Marketing
- A Levels Business Studies, English Language
- 5 GCSEs (Maths, Eng, Science)

2

### Videographer

- University course – film studies
- A Levels Media Studies, English Lit, Art
- 5 GCSEs (Maths, Eng, Science)

3

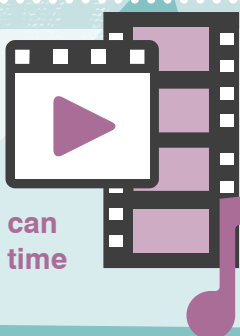
### Film Director/Screenwriter

- Film and Creative Writing Degree
- BTEC Level 3: Creative Media Production – Television and Film
- 5 GCSEs (Maths, Eng, Science)

## Film

### Media Industry

A flexible career where I can do different tasks all the time



## Editor

### Content Creator

Somewhere I can create and build new things

What careers might I be interested in?

## What are my most and least important values?

### most important

- **Independence** – having my own space
- **Social life** – spending time with my friends
- **Travel** – I'd like to travel to New York one day

### least important

- **Money** – I value experience more than money
- **Leadership** – I'd enjoy being part of a team
- **Job security** – I wouldn't mind changing careers

## Organisation

### Teamwork



Solving problems



## Communication

Creativity



What are my talents? What skills would I like to develop?

## What am I interested in? What motivates me?

### YouTube



### Technology



Friends and family

### Social media



Animation



# my values: Ranking exercise

A '*value*' refers to an aspect of your life that you care about, and see worth in. These values are unique to you and may impact what you'd like your future career pathway to look like.

Take a look at the values below and rank them from 1 to 14, with 1 being your **most** important value, and 14 being your **least** important value.



Money



Challenge



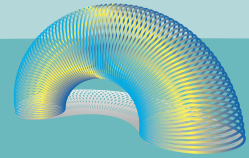
Family



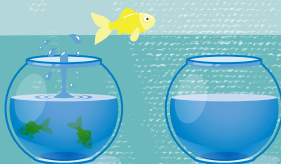
Social life



Leadership



Flexibility



Independence



Learning



Teamwork



Helping others



Travel



Making a difference



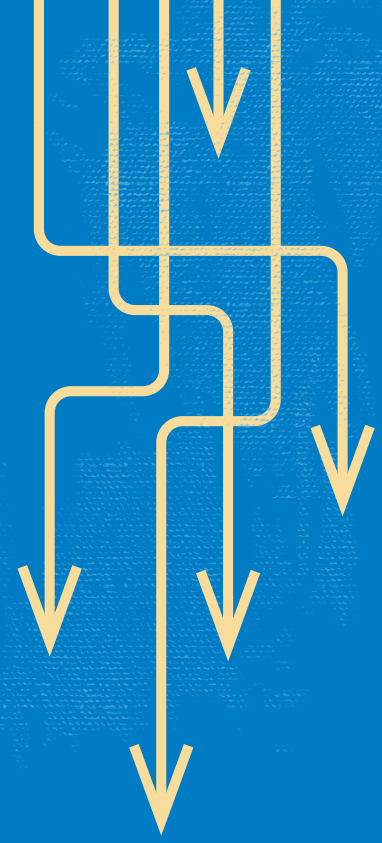
Work life balance



Job security

my

# Potential routes



**POST GRADUATE LEVEL**  
Masters Degrees (second degrees), PhDs, Professional  
Accreditations, BTEC Advanced Professional, NVQ Level 5

**LEVEL 7  
AND 8**

**HIGHER EDUCATION**

**FURTHER  
EDUCATION**

**LEVEL 6**

**LEVEL 5**

**LEVEL 4**

**LEVEL 3**

**LEVEL 2**

**LEVEL 1**

**Honours  
Degree**

**Foundation  
Degree**

**BTEC Advanced  
Professional  
level 6**

**BTEC Professional  
level 5, HND**

**BTEC Professional  
level 4, HNC**

**Higher Level  
& Degree  
Apprenticeships,  
NVQ Level 4**

**A level  
AS Level  
International  
Baccalaureate**

**BTEC National  
BTEC level 3**

**Advanced  
Apprenticeship  
NVQ level 3**

**GCSEs  
Grade A\*-C  
Award 4-9**

**BTEC level 2**

**Apprenticeship  
NVQ level 2**

**GCSEs  
Grade D-G  
Award 1-3**

**BTEC level 1**

**NVQ level 1**

# hello future.

For more information:  
[www.hellofuture.ac.uk](http://www.hellofuture.ac.uk)  
 E: [hellofuture@cumbria.ac.uk](mailto:hellofuture@cumbria.ac.uk)  
 T: 01228 634 760

   @hellofutureccop