

Career and Education Tips for Uncertain Times

- Recognise that the world is full of uncertainty but out of that can come opportunities
- Think about your transferable skills and how you can continue to build and develop them around any current limitations. You may wish to undertake some form of psychometric test (links to sites that offer this can be found in the ‘useful websites’ document)
- If you don’t know what you want to do for a course or a career, think about what you don’t want to do; this can help with narrowing down your field of options. Start by writing a list of what you don’t want to do and question why that is the case. This can often help you to reflect on what other options are out there
- Continue to focus and work hard on your current studies; the focus and discipline will not only help you on your existing course but will help you to develop valuable skills such as focus, time management and resilience that will be valuable to you in your future career and educational endeavours
- Think about what inspires and motivates you; could you turn a hobby or an interest into a career, course option or business idea?
- Do as much research as you can on your career and educational options to help you to make an informed decision on what you would like to do in the future; we have a wealth of resources to help you (please see the ‘useful websites’ document)
- Have a plan! Planning is very important to help you to remain focussed on what you want to achieve. You can do this by creating an action plan for yourself and setting deadlines on when you would like to achieve each step
- Be kind to yourself, safe in the knowledge that you are doing the best you can and that you are not alone; others have their struggles and challenges too. It is perfectly fine to not know what you want to do at this stage
- Reach out for help from friends, family and other professionals to help you move forward with your career and educational options

For further guidance or to speak to a Careers Adviser, please email

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