

# Me and My Future



Name:

School:

People who are important to me are...

Outside of school I like to...  
(Hobbies & interests)

In school I like...

In school I don't like...

I am...



☐ Chatty

☐ Anxious

☐ Moody

☐ Confident

☐ Quiet

☐ Cheerful

☐ Shy

☐ Determined

I need help with...



☐ Maths

☐ Using transport

☐ Taking my medicine

☐ English

☐ Using money

☐ Following instructions

☐ Telling the time

☐ Making a simple meal

**Be**

BOLD.  
RELEVANT.  
RESILIENT.

**INSPIRA**  
*Inspiring you*

To help me learn I need... 

☐ Laptop

☐ Headphones

☐ To sit close to the whiteboard

☐ Phone

☐ Tablet

☐ A quiet place

☐ To be able to hear the teacher

☐ Special equipment

Sometimes I need help with... 

☐ Crowded places

☐ Walking for long distances

☐ Noisy places

☐ Smells

☐ Using the stairs

☐ The feel of some things

☐ Standing for long periods

I have had work experience or voluntary work at...

After school, I would like to go to... 

☐ 6th Form


☐ Apprenticeship

☐ Employment

☐ College

☐ Supported internship

I would like a career as a...

When I'm an adult, I would like to... 

☐ Have a bank account

☐ Live with my parents

☐ Go on holiday with friends

☐ Live on my own

☐ Have a job

☐ Own a pet

☐ Live with friends

☐ Drive a car



# All About Me:



Name:

Date:

School:

Who lives with me?

People that are  
important to me:

Things I am good at:

What do other people like  
about me?

What I like about school:

Things I do outside of school:

What I want to do when I  
leave school:

If I could, I would be...  
(my dreams, such as where I might  
work or live):

# Things That I Need To Be Happy, Healthy And Safe

## Help with:



Reading



Using money



Keeping healthy



Writing



Preparing food



Telling the time



Using public transport



## Things I need to help me learn:



Laptop



Earphones



Tablet



Phone



## Things that make me sad:



Crowds



Using the stairs



Loud noises



Bad smells



Name:

## You are interested in...

Mark the work areas out of 5. Give a higher mark if it's a work area you would like to do, and a lower mark if it's a work area you would **not** like to do.

Art, design and  
photography



/5

Business, IT  
and computing



/5

Catering and  
hospitality



/5

Hair and beauty



/5

Childcare/ health  
and social care



/5

Engineering/  
motor vehicle



/5

Construction



/5

Public services



/5

Are there any other jobs you are interested in?



# Planning for your job and career

Below are some career ideas, tick the ones you would like to explore further or think you may like to do after you leave education.

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Fast food       | <input type="checkbox"/> Cafe            | <input type="checkbox"/> Pub            |
| <input type="checkbox"/> Leisure centre  | <input type="checkbox"/> Hotel           | <input type="checkbox"/> School/College |
| <input type="checkbox"/> Railway station | <input type="checkbox"/> Petrol station  | <input type="checkbox"/> Gardens        |
| <input type="checkbox"/> Cinema          | <input type="checkbox"/> Kennels/cattery | <input type="checkbox"/> Stables        |
| <input type="checkbox"/> Shop            | <input type="checkbox"/> Car park        | <input type="checkbox"/> Office         |
| <input type="checkbox"/> Hairdresser     | <input type="checkbox"/> Farm            | <input type="checkbox"/> IT             |
| <input type="checkbox"/> Building site   | <input type="checkbox"/> Factory         | <input type="checkbox"/> Manufacturing  |
| <input type="checkbox"/> Bus station     | <input type="checkbox"/> Superstore      | <input type="checkbox"/> Plumber        |
| <input type="checkbox"/> Warehouse       | <input type="checkbox"/> Garden centre   | <input type="checkbox"/> Electrician    |
| <input type="checkbox"/> Restaurant      | <input type="checkbox"/> Countryside     | <input type="checkbox"/> Games designer |
| <input type="checkbox"/> Nursery         | <input type="checkbox"/> Library         | <input type="checkbox"/> Other          |



Please draw a smiley face or a frowny face next to each question below to reflect how you feel.

YES

NO



Working with lots of other people?



Working with a few people?



Working mostly indoors?



Working mostly outdoors?



Moving around a lot?



Sitting down a lot?



Other ideas I have...