







Being in a learning environment that suits me	Balancing the demands of work, study and family life
Controlling alcohol or drug use	Staying motivated
Feeling confident about myself	Having clear goals to aim for
My cultural group	Having less time for leisure and sport

Past challenges with the law	Studying or working different hours
Doing what feels right for me	Doing something different to my friends
Knowing what's important to me in a job	Knowing what interests me
Being flexible about how I gain experience	Learning new things

Access to transport for work or study	Knowing what the job involves and what learning is required
Approaching people directly about study or employment	Managing responsibilities and workloads
Accepting lower pay rates to start with	Passing exams or assessments
Having confidence that I can be successful in my new job or study	Living up to the expectations of family and friends

Being clean, tidy and smartly dressed	My age, qualifications or experience
Setting up and following good study routines	Talking about my skills and experience at interviews
Understanding study or training options	Planning my next steps
Finding out about different opportunities for me	My computer skills

My personal beliefs	Knowing clearly what is expected of me on the job
Finding suitable role models or people to support me	Making decisions
Managing without family or friends around me	Keeping up a good attitude
Staying healthy	Managing a disability

