

How sorted are you?

This wheel is a tool to help you to stand back and take a good look at yourself. Are you on target? What does this mean? Each of the boxes represents a part of who you are – most of you are on target and will probably have a high score in each area but doing this can highlight areas where doing some finding out and/or talking to an expert may be very helpful.

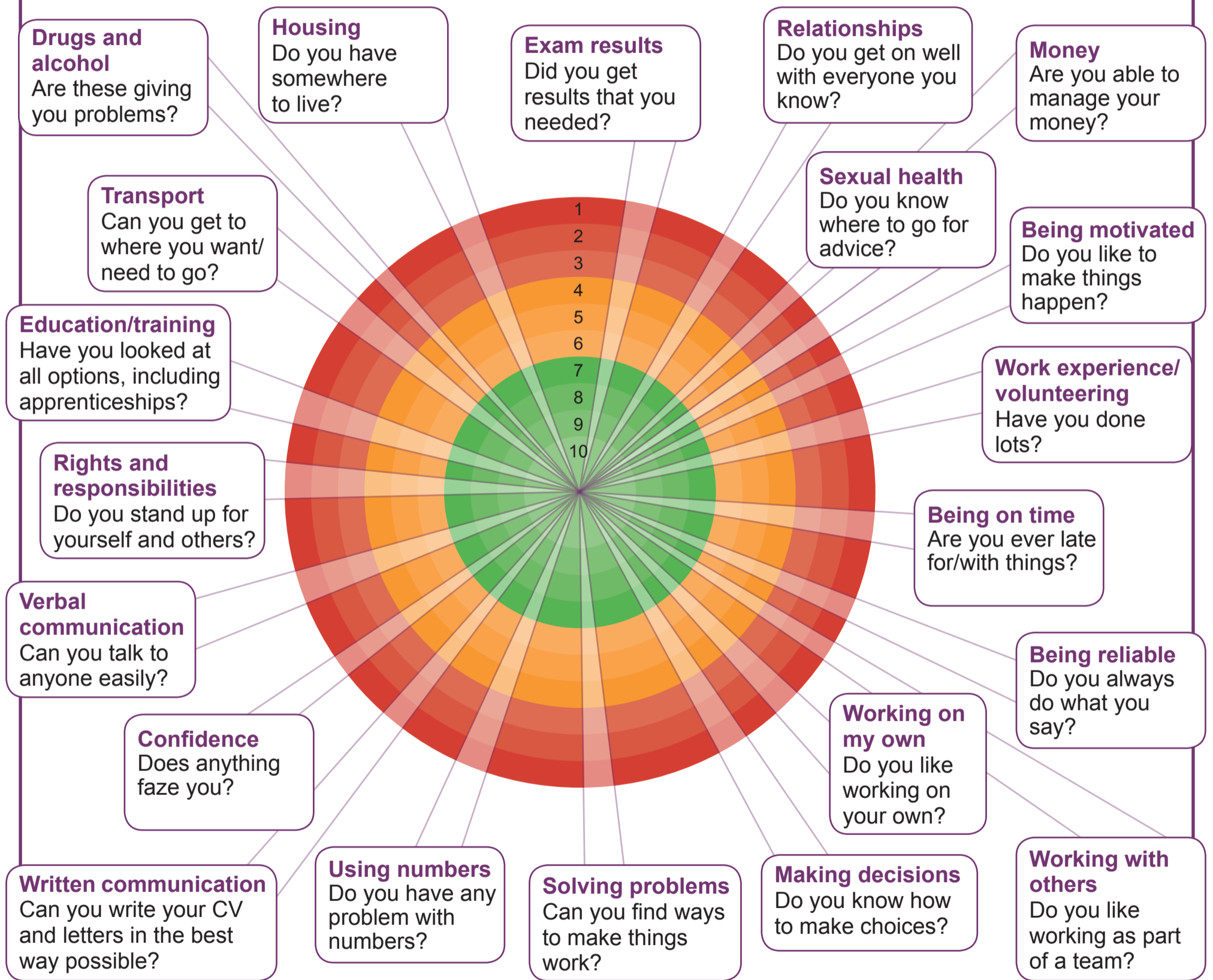
Score yourself between one and ten in each section – 10 means no worries, 1 means support from an expert could really help – by putting a cross on the relevant point in each section.

The colours show you how you could be thinking about your score in a section, for example, you give yourself 8 in the Being on time section because you are nearly always on time for everything (eg meeting friends, handing work in, getting to work) so there are no real worries but there is room for improvement. If you give yourself 3, then you are nearly always late and by talking to an adviser you could explore the reasons why, which may be related to other sections in the diagram. They would then help you to make a plan to improve your timekeeping. Being on time is important as it is expected when you start work.

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In the **Green band** means you are sorted/I am really good at this.
 In the **Orange band** means you are a bit worried/I think I could do better.
 In the **Red band** means you are not sorted/I need some support.



If you want to give yourself the best chances of being able to live the kind of life that you would like to live and make a contribution to your communities, ASK for help if you need it. You can talk to your parents or carers, your relations, your friends, your teachers. You can also talk to your Connexions careers adviser in school or college. Or talk to the advisers in your local Youth Support centre. They will be able to give you information/advice/guidance or direct you to

people who can support you. Visit the website for careers information, advice and guidance in North Yorkshire, www.getconnectednow.co.uk, to find contact details and more information. You will also find links to other organisations that may help you to make the right decisions, such as to Futures4Me (for courses in North Yorkshire), the Apprenticeship Vacancies Service and DirectGov. Alternatively, you can call 0845 0349577 to find out how Connexions can support you.

Also you can:
 Look on the **Get Connected Now ask-a-careers-adviser** Facebook page to find out what is new;
 Contact the **ask-a-careers-adviser service**;
 Call the **ask-a-careers-adviser service** on 0845 0349577 between 5pm and 9pm on Monday to Friday to talk to a Careers Adviser;
 Text **ask** to the **ask-a-careers-adviser service** on 81066;
 Email the **ask-a-careers-adviser service** at getconnectednow@northyorks.gov.uk and a careers adviser will contact you.
 If you would like to talk to an adviser at one of our centres, look on Get Connected Now for opening times