

SECTION 1: What is Careers Education, Information, Advice and Guidance (or CEIAG for short)?

Careers:

- **Education** to find out what exists in the world of work
- **Information** on the local labour market, education and training options
- **Advice** on specific routes into career choices tailored to you
- **Guidance** more in-depth exploration, tailored to your needs helping you explore your ideas, strengths, skills, interests, etc, encouraging you to make decisions you are happy with. This puts YOU in the driving seat.

Preparing to see your Careers Adviser

- Be willing to participate.
- Come with ideas.
- Come with an open mind.
- Think about what you are good at.
- Think about what you enjoy.
- Don't expect to be told what to do.
- This is your journey, not a destination!