



Mini-course in career decision-making for year 11-13 and post-16 college learners

Workbook 3 of 6

To understand the DOTS model better, let's look at each part in turn

Part	Description
	<p>Knowing what your skills, values and interests are right now.</p> <p>Knowing what's important to you and some of the ideal 'ingredients' for a good option.</p>
	<p>Knowing the main categories of options available to you (e.g. apprenticeships, courses, jobs, self-employment).</p> <p>Researching options that you're interested in, or that fit your skills or values.</p>
	<p>By researching options you can find out more about yourself and vice versa. What ideas are you most and least enthusiastic about? What does this tell you about what the ideal 'ingredients' for a good option are?</p> <p>By learning about yourself you can learn which options to explore in more detail. What's are the most important things for you? Start looking at options related to what you're looking for.</p>
	<p>Narrowing down your options to a manageable shortlist</p> <p>Choosing which option or options to go for.</p> <p>You could then set a goal for what you want to achieve.</p>
	<p>Doing something about it!</p> <p>Making a plan of action that breaks things down into manageable steps.</p>

Step 2: Take the quiz

You might already be able to spot what stage in the DOTS process you're at, but if not, our quick quiz might help:

Question 3: What other statements describe you?

Pick all that as apply

Answer options	Tick (all that apply)	Letter
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Step 3: Pick an exercise to try

Pick an exercise to try from our [Career help toolkit](#) online