

CLEAR IDEA OF  
WHAT YOU  
WANT TO DO  
FOR LATER  
WORK:

Work backwards.

Confirm career details and educational requirements in **Careers library**.

Confirm subject details and educational requirements in **Subjects library**.

Use **opportunities tools** to explore study / training programmes.

Explore **Know-how library** for possible advice.

GENERAL IDEA  
OF WHAT YOU  
WANT TO DO  
FOR LATER  
STUDY:

Work from the middle.

Explore a subject, its educational requirements, and career possibilities in **Subjects library**.

Use **opportunities tools** to explore study / training programmes.

Identify and explore careers that could lead on from this in **Careers library**.

UNSURE OF  
WHAT YOU  
WANT TO DO  
FOR LATER  
STUDY OR  
WORK:

Work forwards.

Identify the school subjects you are interested in or could be good at.

Investigate what is involved in studying each at a higher level in **Subjects library**. Identify career possibilities for each in **Careers library**.

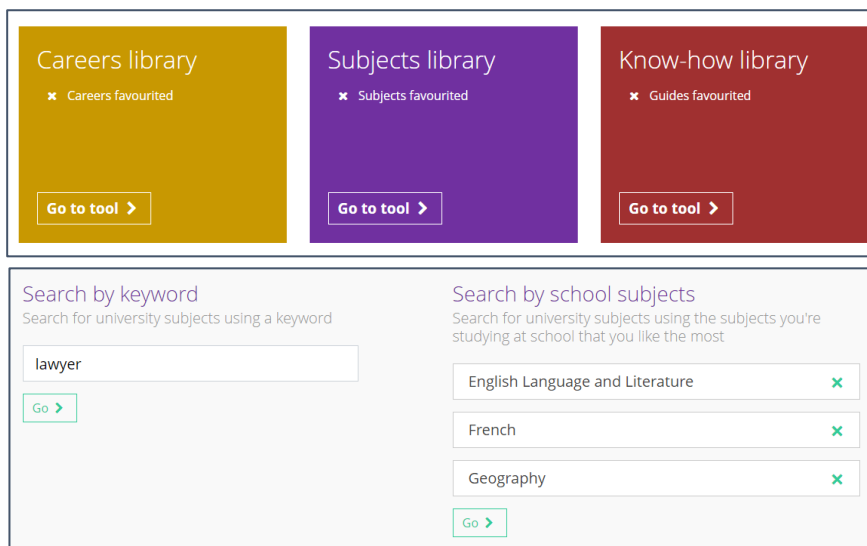
(Optional)  
Complete selection of **quizzes** to help direct your exploration.

# FUTURES WORKSHOP: EXPLORING WITH UNIFROG

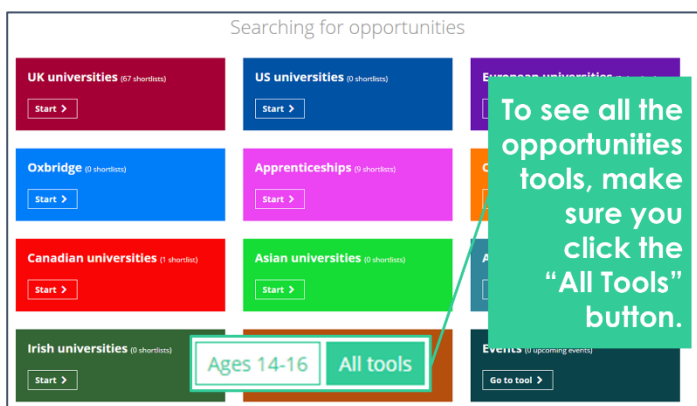
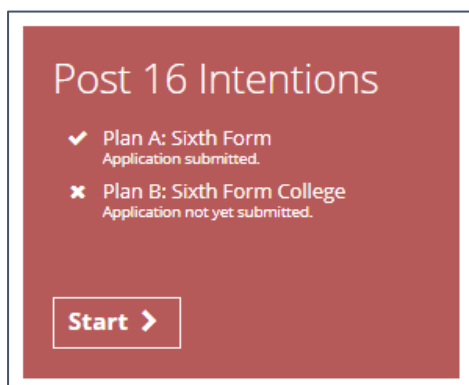
Go to <https://unifrog.org> and sign in. Reset password with school email if necessary.

- Go to either the **Careers** or the **Subjects Library**. Search by adding in a set of three A-level choices or using a particular keyword (e.g. lawyer).

Explore your results and favourite at least two.

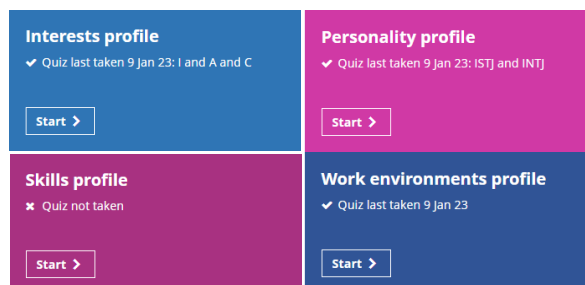


- Now, repeat this for the other library (**Careers / Subjects**). Explore and favourite at least two.
- Create at least **one shortlist** that match your interests / aspirations (choose from UK universities, International unis, Apprenticeships, College / Sixth Form, etc.).



- Complete the **Post 16 Intentions** tool recording your initial ideas about your main plan (Plan A) and any possible alternative plan (Plan B).

- (Optional) Complete one or more of the 4 Unifrog quizzes to create profiles that might help guide your decision making.



**There is a lot more that Unifrog offers and we recommend that you keep exploring it.** For example, check out the **Know-how library**, investigate **Webinars** or **Courses**, or **Read, Watch, Listen**.

**BEST SUCCESS!**