Gyrfa Cymru
Careers Wales

Preparing for your careers interview

What is a careers interview?

A careers interview is a meeting between you and a careers adviser. The interview is all about you. Careers advisers are there to help you plan what you want to do in the future.

It isn't a test, there are no right or wrong answers.

Your careers interview will...

- Take place in person, by video or phone call
- Usually last between 30 and 60 minutes
- Be a confidential discussion with your careers adviser

What happens in an interview?

A careers adviser will ask you some questions about your choices. This is to help make sure that you have thought of everything and made the right choice that is right for you. The careers adviser will:

- Ask you what you want to talk about.
- Ask you what you want help with.
- Listen to what you have to say.
- Ask some questions about you.
- Help you to think about what you need to do after the interview.

Careers advisers can:

- Speak to you about your plans and options.
- Help you use what you know to make decisions.
- Help you think about what would be best for you.
- Help you think about how you cope if things don't go to plan.

Before you meet with your careers adviser you could:

- Have a chat at home about your ideas for the future.
- Think about your options after you leave school.
- Think about yourself – what you enjoy and what you are good at.
- Think about why you made those choices.
- Think about what you want to find out.
- Think about what you would like to talk about with your careers adviser.
- Make a note of any questions you'd like to ask.
- Take a look at careers and post-16 options on the Careers Wales website.

If your appointment is over the telephone, try and have access to a device so you can look at any sites we refer to at the same time.

If you have any concerns or worries about your appointment, we're here to chat free on:

0800 028 4844 careerswales.gov.wales