



# HOW TO MAKE A DECISION

You will have lots of decisions to make about your future learning and career. Here are our top tips for decision making and choosing the next step on your education and training journey:

1



## Time

Give yourself time to think it through properly. It can be hard to make a decision under pressure so try and give yourself long enough to research your options and feel comfortable and confident in your final decision.

## Try not to let stress take over

When you need to make an important decision it is normal to feel pressured, stressed or anxious. If you have time, take a break and do something you enjoy and come back to your decision making later.

2



## Do your research!

Make sure you know and fully understand your options. Research your choices and find out as much as you can so that you can make an informed decision.

3



## Understand yourself

Think about your motivations, what drives you? What interests you? Could those interests lead to a future career? How do you learn best? What are your strengths? What are your weaknesses? Sometimes it can help to ask friends and family about these things, often they see us more clearly than we see ourselves.

4



## Talk it through

It is your future, and the decision is yours to make, but it can really help to get another person's perspective. Speak to your parent/carers, the careers adviser at school, friends, family, or look through our sources of support section to find someone else to speak to.

5



6



## Be realistic

Of course it is important to have big dreams, but check: is your plan realistic? Can you achieve the grades needed to get on your preferred course? If not, are there similar courses available with lower entry requirements? Are there courses which would be a stepping stone to your first choice course?

7

## List the pros and cons

Making a written list of the pros and cons of your different options can really help you to see clearly and compare your different choices. Remember to think about any challenges associated with each of the options you're considering; is transport a concern? Can you achieve the grades needed? Are there many job options in the future?



EAST RIDING  
OF YORKSHIRE COUNCIL

> [Log on](#) | [move on](#) >



Hull  
City Council