**Subject and Career Exploration: My Reflections**

Use this document to help you record and reflect on your subject and career exploration activities. Suggested areas to consider are:

* ***What insights are you gaining into the subject or career?***
* ***What are the skills and qualities required for this subject or career? Try to link to an example of how you have developed, or are developing, these skills and qualities if you can.***
* ***Are there any topics which particularly grab your attention?***
* ***Have you developed any ideas about your future career path after your degree?***

We really encourage you to take notes as you go, and to **compare and contrast the resources you are working with**. This will help you to develop your thoughts, and also help you to remember all you have learned when the time comes to apply to university and college.

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| **Resource** | **What insights have I gained into the subject or career?** | **What are the skills and qualities required?** | **Any topics particularly grabbing my attention:** | **Any influence on future career plans** |
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