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## Profile Checklist

Name: \_\_\_\_\_ Form: \_\_\_\_\_





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## Year 7 Profile Checklist

	Date Completed
Personality quiz completed	
Interests quiz completed	
Favourite three careers in the careers library	
Favourite three subjects in the subject library	
Record your staying positive competency	
Record your aiming high competency	
Record three activities in the Activities tool	



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## Year 8 Profile Checklist

	Date Completed
Redo your personality and interest quizzes	
Revisit your favourite subjects – make any changes	
Revisit your favourite careers – make any changes	
Record your problem solving competency	
Record your listening competency	
Record your team work competency	
Read and favourite three guides in the Know-how library relating to your favourite subjects or careers	



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## Year 9 Profile Checklist



	Date Completed
Redo your personality and interest quizzes	
Revisit your favourite subjects – think about options	
Revisit your favourite careers – are there any competencies related to these careers that you could develop?	
Record your independence competency	
Record your communication competency	
Record your numeracy competency	
Record your literacy competency	
Add three activities to your Activities tool – these could be extra-curricular!	
Search the Know-how library and Read, Watch, Listen – read and favourite two items relating to wellbeing	



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## Year 10 Profile Checklist



	Date Completed
Redo your personality and interest quizzes	
Revisit your favourite subjects – think about options	
Revisit your favourite careers – make any changes	
Explore the Know-how library – favourite three guides relating to your favourite careers and subjects	
Record your creativity competency	
Record your leadership competency	
Record your presenting competency	
Continue adding to the activities section	
Start the CV tool	



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## Year 11 Profile Checklist



	Date Completed
Redo your personality and interest quizzes	
Revisit your favourite subjects – think about options	
Revisit your favourite careers – make any changes	
Explore the know how library and favourite guides	
Ensure competency section completed	
Short list college/sixth form or apprenticeships	
Continue adding to the activities section	
Complete your CV and download to locker	
Ensure your Post 16 intention tool is complete	



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## Year 12 Profile Checklist

	Date Completed
Redo your personality and interest quizzes	
Revisit your favourite subjects – think about A Level choices	
Ensure competency section completed and continue to add to this	
Make MOOC shortlists and complete one	
Research favourite guides on read, watch, learn	
Continue adding to the activities section	
Start your personal statement / CV	
Start shortlisting for UK Universities or Apprenticeships and attend open days	



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## Year 13 Profile Checklist



	Date Completed
Revisit career library and favourites add any careers your are interested in	
Continue to use MOOC, know how library, & read, watch and listen tools	
Review and update CV and activities section	
Complete Personal statement – mark as finished	
Ensure UK university or apprenticeship applied for via UCAS or application forms	
Ensure your Post 18 intention tool is completed	
Read the Know-how guides <i>Accessing help for anxiety</i> and <i>Accessing help for stress</i>	
Remember to add personal email address so this can used by Unifrog for up to 3 years after you leave	