Life is all about choice – what you wear, where you go and who you see. It’s also about the person you are and what you would like to be.

There are two quizzes in this activity. Both are concerned with the kind of person you are and what sort of career you might want to follow.

First, take the Real life, your life? quiz and find out where you might want to go. Read the questions and then answer each question on the grid by yourself. For each question, you will be given four answer choices: a, b, c, and d. Think about whether each answer choice is very like you (That’s so me!), not like you at all (No way!), quite like you (I guess so), or not something that would be typical (Sort of), and put each answer choice in each category. Make sure that you put each answer choice in each category for all the questions. There are no right or wrong answers, so say what you feel!

Just to show you what to do, Chris has completed the first question like this:

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<table>
<thead>
<tr>
<th></th>
<th>No way!</th>
<th>Sort of</th>
<th>I guess so</th>
<th>That’s so me!</th>
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<tbody>
<tr>
<td>1</td>
<td>d</td>
<td>c</td>
<td>b</td>
<td>a</td>
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Where would you put each answer choice?

After you have finished this quiz, try the Step into the NHS quiz on line www.stepintothenhshs.nhs.uk/take-the-test.aspx to see what kind of career in the NHS might suit you.
Real life, your life quiz

Q1 It’s the start of the summer term in Year 11 – not long to go before those all important exams! Are you feeling:
A ready to chill out and relax at home with friends and family?
B eager to party?
C already nostalgic about your school life being over?
D really keen to travel and see the world?

Q2 Soon you’ll be starting something new – maybe work, college or university. How do you feel? Are you:
A keen to learn real stuff and meet new people?
B a bit nervous about the big changes?
C looking forward to more study?
D desperate to earn real money?

Q3 It’s Friday and you’re going out. Do you want to:
A see a new band in a local concert where one of your mates is playing guitar?
B go to a big London show featuring your all time hero?
C watch a floodlight sports game at a big stadium?
D stay in as you’re not really bothered – anyway there’s a good film on the telly?

Q4 You’re walking down the high street when you see an ex-friend you had a big bust-up with. Do you:
A watch them walk away and wish you could be more decisive about these things?
B quickly walk across to the other side of the road?
C think about how silly it all was but stare them out anyway?
D decide that now is the time to make a new start and walk up with a smile?
Real life, your life quiz

Q5 Everyone’s meeting at a local cafe and there will be lots of people there you don’t know. Do you:

A look forward to the chance to meet new people?
B feel slightly worried about all those faces?
C think you’ll just stick with your own friends?
D know you’ll go but not enjoy the conversation much?

Q6 What does the room where you’ve been working for your GCSEs most look like?

A that a bomb went off and they’ve not cleared up the damage.
B full of papers and files stacked in tall, wobbly piles.
C organised with neat ringbinders on a shelf with all your notes in them.
D what do you mean where I’ve been working?’

This is a quiz with a difference. There are no right or wrong answers. Talk over what you’ve written with a friend or classmate – and they’ll share their answers with you too.

Choose someone to work with and follow the guide on the sheet you’ve been given. Then follow this up with a look at the guide. This will help you discuss the answers you have given with each other.
The Grid

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<tr>
<th>Q</th>
<th>No way!</th>
<th>Sort of</th>
<th>I guess so</th>
<th>That’s so me!</th>
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Here’s how to work with your partner and find out more about who you both are and what you’d like to do with your lives.

Start by looking with your partner across the row for each question. What big similarities do you notice? Circle them and then discuss each answer. Now think of the differences that you can see – what do you notice? Remember that each answer choice (a, b, c and d) doesn’t mean the same thing to everyone.

To further find out what sort of person you are, stay with your partner but answer these four questions on your own as quickly as possible. It’s important not to think too deeply about them!

<table>
<thead>
<tr>
<th>What makes me happy?</th>
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<td>What makes me think?</td>
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<td>What makes me laugh?</td>
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<td>What makes me angry?</td>
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<td>What makes me sad?</td>
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<tr>
<td>What makes me worried?</td>
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Now compare your answers. Does this get you closer to the kind of person you are? Talk to each other about the results and share the ideas with others.

The sort of person you are is a good starting point for thinking about the kind of career you might like. At this stage, you may have lots of ideas about what you might like to do – or none at all! Both are fine, as there’s plenty of time to decide.

One way to guide you through all the alternatives available is to take some tests that link the sort of person you are with a variety of different careers. Your school careers advice contact will give you information and guidance about this.