

## How to Play - Group Activity

This short group activity focuses on helping young people to consider the different challenges they may face as they prepare for adulthood and taking next steps after school or college. It also encourages them to find solutions, consider resilience and learn about support networks.

Using the Life Skills Flashcards, ask students to review each potential challenge and consider the discussion points:

Is this something they have experienced before?  
How do they overcome it? What skills did they use? Can they imagine this being a new challenge they may encounter at college, university, in a job or apprenticeship?  
How would they tackle this?  
Who could they ask for help?



**UNCERTAIN / CAN'T  
DECIDE**

**POST-16**

CAREERS WEEK 2023

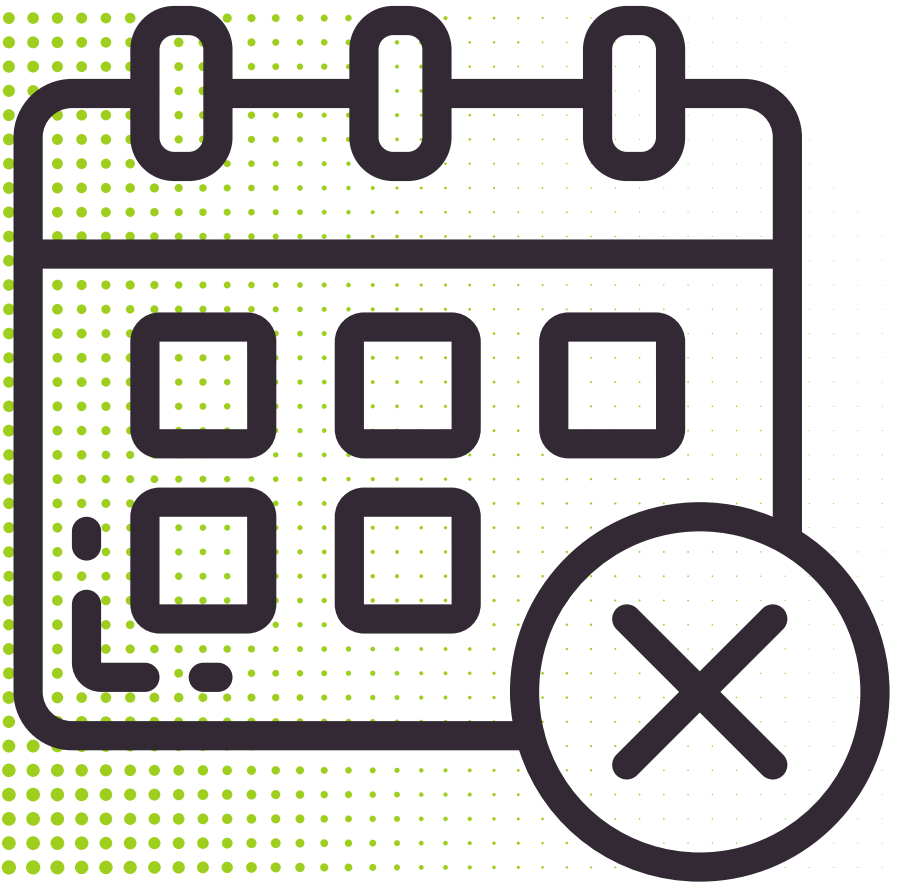


**RUNNING LATE**

**DEADLINE APPROACHING**

**POST-16**

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**MISSED A DEADLINE**

**POST-16**

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**FAILED A TEST OR  
ASSIGNMENT**

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**RUN OUT OF MONEY**

**POST-16**

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**MORE THAN ONE  
OFFER**

**POST-16**

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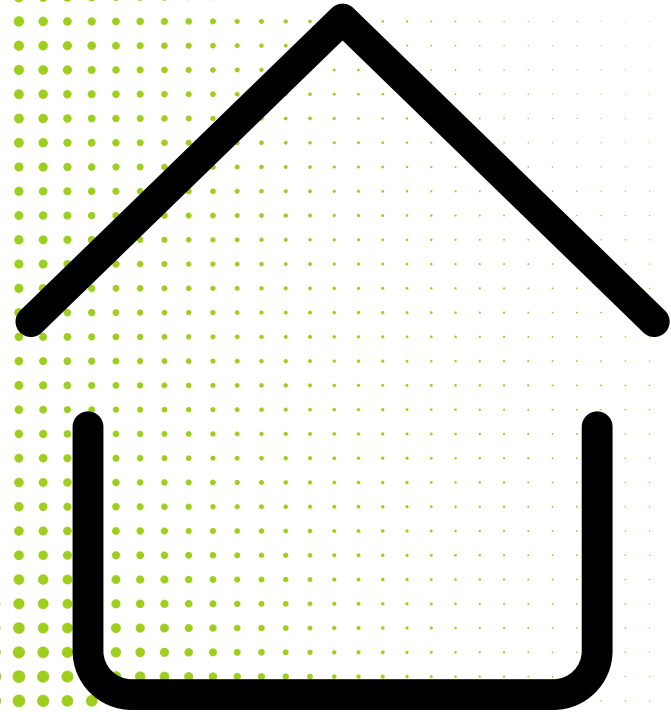
**NO MOTIVATION**

**POST-16**  
CAREERS WEEK 2023



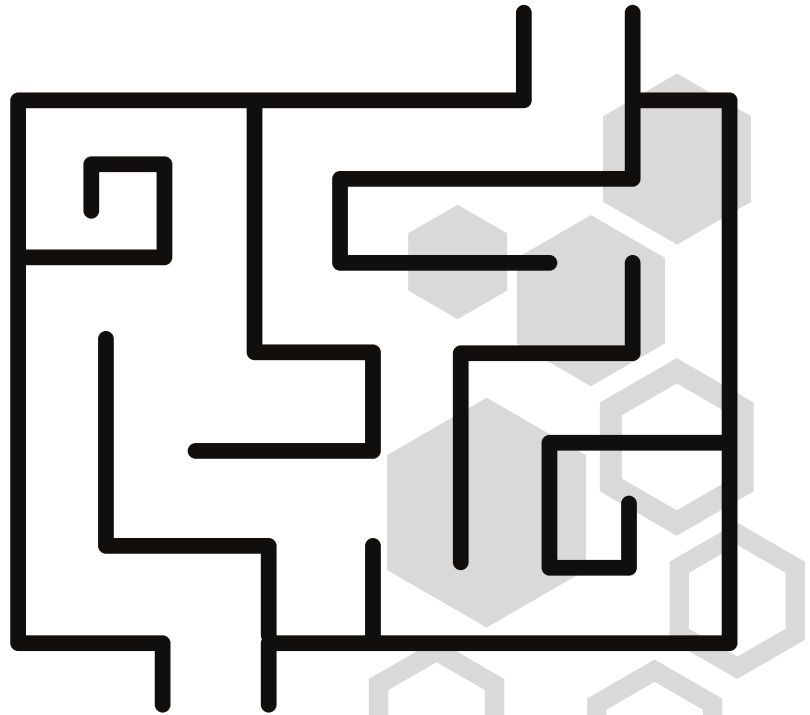
**CHANGED YOUR  
MIND/DIRECTION**

**POST-16**  
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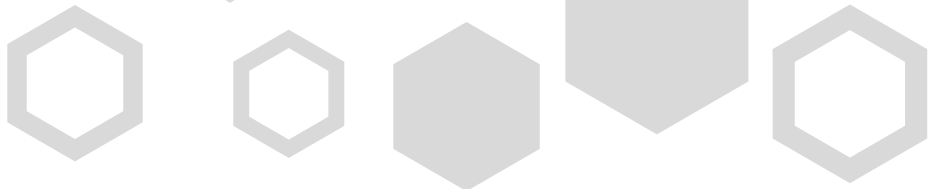


**CHANGES AT  
HOME/LEAVING HOME**

**POST-16**  
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**TOO MANY OPTIONS**



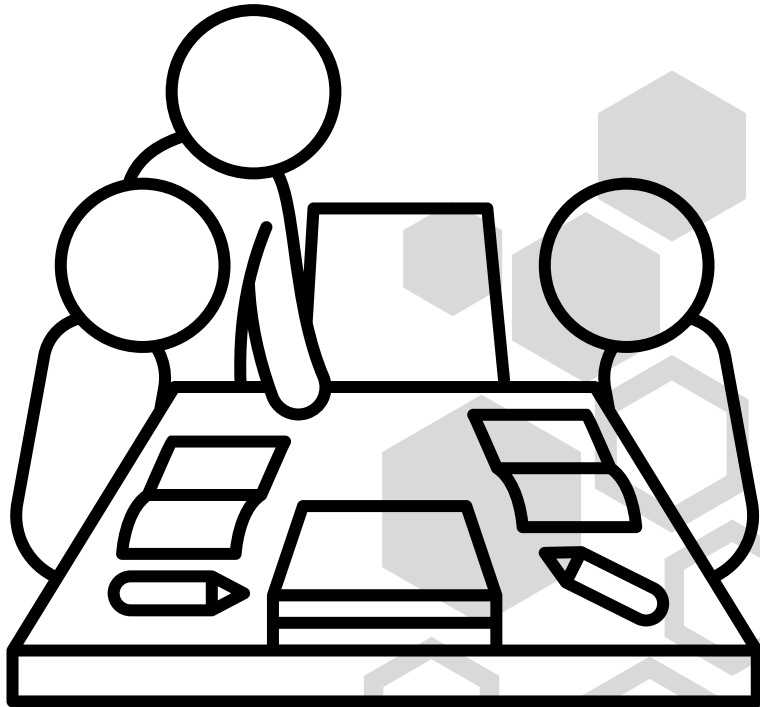
**POST-16**  
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**LOSE YOUR  
WORK/BELONGINGS**

**POST-16**

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**TEAM PROJECT -  
NOT EVERYONE HELPS!**

**POST-16**

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**LACK OF OR POOR  
TRAINING/TEACHING**

**POST-16**

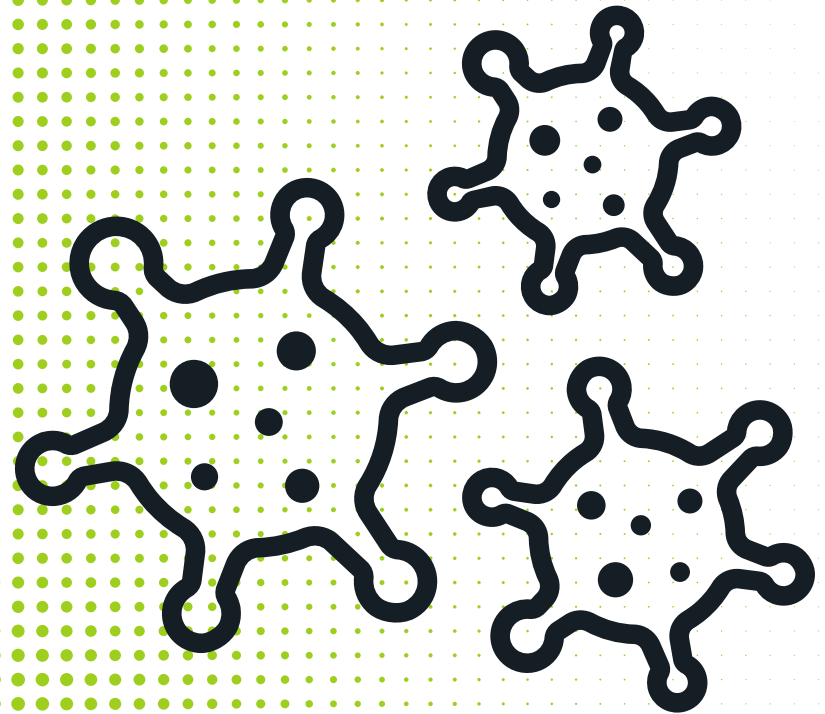
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**CONFLICT WITH  
SOMEONE**

**POST-16**

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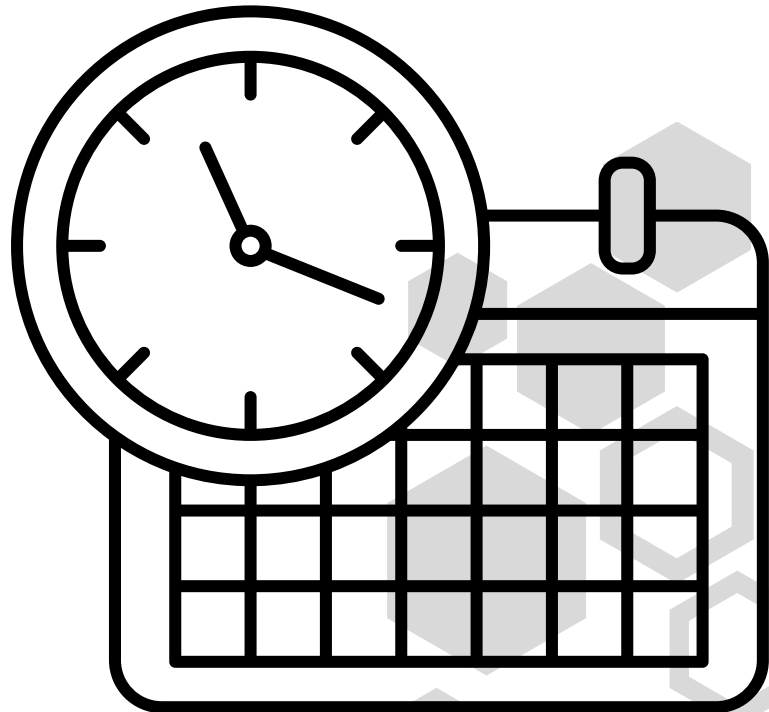


**COVID DISRUPTION**



**POST-16**

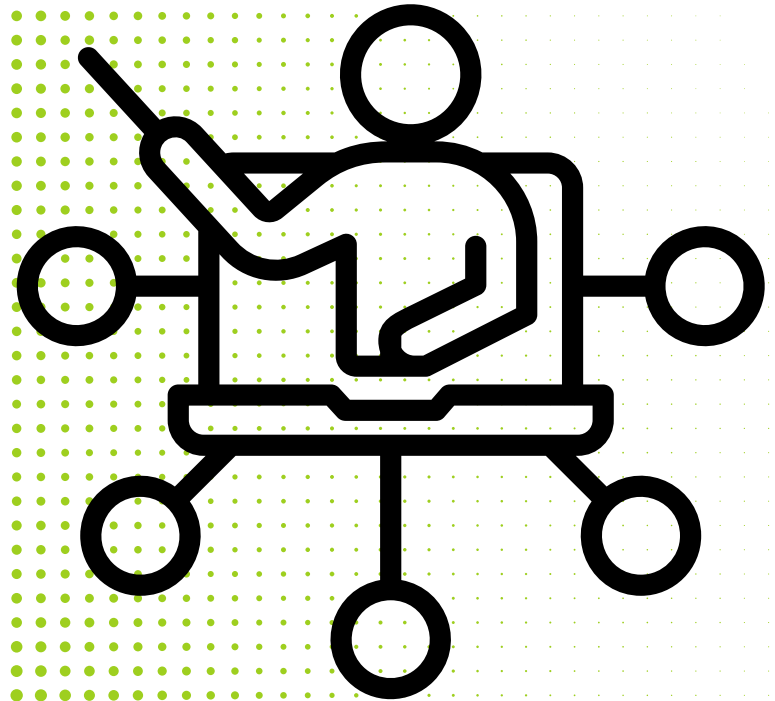
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**LAST MINUTE  
TIMETABLE/ROTA  
CHANGES**

**POST-16**

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**REMOTE  
LEARNING/WORKING**

**POST-16**

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**MADE  
REDUNDANT/FIRED**

**POST-16**

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**HOMESICKNESS**

**POST-16**

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**ROOMMATES**

**POST-16**

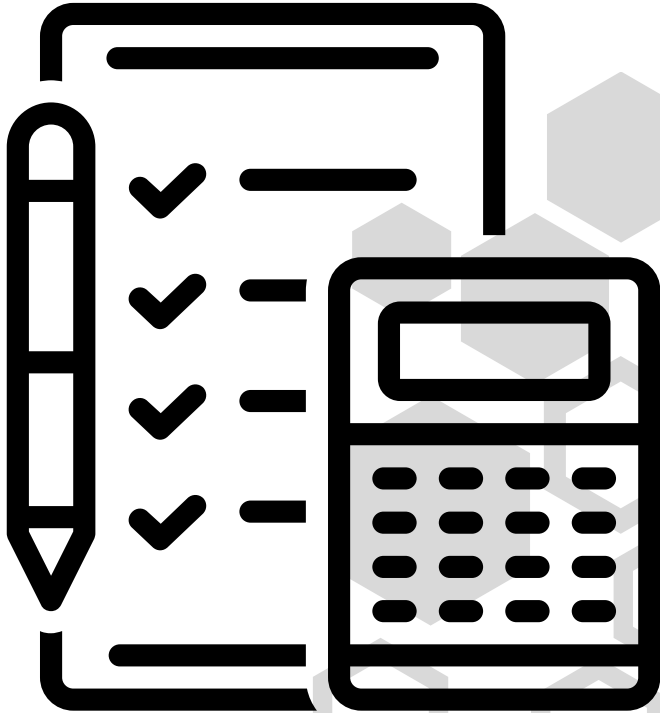
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**SOCIAL MEDIA**

**POST-16**

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**BUDGETING**

**POST-16**

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**TIME MANAGEMENT**

**POST-16**

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**MENTAL HEALTH**

**POST-16**

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**PHYSICAL HEALTH**

**POST-16**

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**YOUR CHALLENGE**

**POST-16**

CAREERS WEEK 2023 ///

**FRIENDS' CHALLENGES**