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| challenges | Perhaps a challenge |
|  |  |
| A definite challenge | Not a challenge |

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| Being in a learning environment that suits me | Balancing the demands of work, study and family life |
|  |  |
| Controlling alcohol or drug use | Staying motivated |
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| Feeling confident about myself | Having clear goals to aim for |
|  |  |
| My cultural group | Having less time for leisure and sport |
| Past challenges with the law | Studying or working different hours |
|  |  |
| Doing what feels right for me | Doing something different to my friends |
|  |  |
| Knowing what’s important to me in a job | Knowing what interests me |
|  |  |
| Being flexible about how I gain experience | Learning new things |
| Access to transport for work or study | Knowing what the job involves and what learning is required |
|  |  |
| Approaching people directly about study or employment | Managing responsibilities and workloads |
|  |  |
| Accepting lower pay rates to start with | Passing exams or assessments |
|  |  |
| Having confidence that I can be successful in my new job or study | Living up to the expectations of family and friends |
| Being clean, tidy and smartly dressed | My age, qualifications or experience |
|  |  |
| Setting up and following good study routines | Talking about my skills and experience at interviews |
|  |  |
| Understanding study or training options | Planning my next steps |
|  |  |
| Finding out about different opportunities for me | My computer skills |
| My personal beliefs | Knowing clearly what is expected of me on the job |
|  |  |
| Finding suitable role models or people to support me | Making decisions |
|  |  |
| Managing without family or friends around me | Keeping up a good attitude |
|  |  |
| Staying healthy | Managing a disability |

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