

Maia's 1:1 Personal experience transcript.

The one thing I learned from my meeting is that, careers appointments are designed to support you. Careers appointments can be either online or in person. Personally when booking my appointment, I preferred for it to be over teams. I had a rough idea of what I wanted to talk about, but no real direction of how the conversation would go. So to help guide the meeting, when booking it, I briefly mentioned how I would like help in getting some work experience. You don't have to, but I would recommend if you're not quite sure what you want to discuss, have a look at some of the suggestions on the student futures website.

So when it came to attending the meeting. The structure was very similar to the careers plan resource. We initially talked about what I was like as an individual, my course, and any career goals I had. I would recommend that this would be a good time to tell your advisor about being autistic if you would like to and haven't done so already.

Once they understood a bit more about me as an individual, we began exploring any questions I had and some targets that I could set that would help me towards my career aspirations. I think it's important to know that no question is too small or too silly, so feel free to ask whatever may help you.

By the end of the meeting, we summarised some of the key points we discussed and whether any of them could be some initial targets I could set. As an autistic student, I struggle with information overload, so don't worry if you think you haven't got an answer at that moment because advisors are able to send you a follow up email highlighting the main points and any helpful resources they think might help.

I know it can be daunting but try not to worry about having a careers appointment. All the team is really helpful and mindful about everyone's individual needs. You can have as many careers appointments as you see necessary but if you find afterwards they're not helpful to you, its absolutely fine and there are plenty of remote resources accessible on the student futures website.