

Activity 2. Taking control - example

Here is an example of a situation to give you an idea of how this process might work.

Situation: My parents keep having a go at me because I still haven't got a proper job since leaving uni. It's really getting to me and we keep arguing.	
Things I can control	Things I can't control
<ul style="list-style-type: none">• I can control my own response to their criticisms to help prevent arguments.• I can involve them in my efforts to get a job• I can control the amount of time and effort I put into getting a job.• I can try to understand things from their point of view. Maybe they are just concerned about me?• I can be proactive in looking for a jobs which are not advertised• I can or do other things which may help me to gain experience (and keep me out of the house!)	<ul style="list-style-type: none">• I can't control their feelings, thoughts or reactions• I can't control the decisions made by people who offer the jobs• I can't control the UK economy and its effects on graduate opportunities• I can't control which particular job application will be successful or when
Action points (however small):- <ul style="list-style-type: none">• Maybe I can influence their feelings by admitting to them that I could do more and asking for their help• I can do my best to make sure my applications are as good as they can be, perhaps by getting help or putting more care into them• I can acknowledge their worries and not respond defensively• I can do some research about the UK graduate jobs market to check how realistic my goals are and have a back-up plan	