



Fast Tomato  Name \_\_\_\_\_

This is a way to help you to find out about yourself and begin to explore what you might do in the future.

You have the instructions on these sheets and need to work through them in order please 😊.

Search [www.fasttomato.com](http://www.fasttomato.com) (home page)

- Click on sign up and enter the code 'CHSY' to register
- Follow the instructions and you will get a username and password.
- You **MUST** write your username and password in your planner, so that the program keeps your information and can help you whenever you log on. If you lose it, you will have to start from the beginning.
- Click 'Start'
- Answer aspirations questionnaire and investigate careers and further study options 😊. It will not let you put don't know as it stops the programme from helping you.
- Once completed you'll get reports linked to you. The world of work chart shows you how interested you are in different career areas. Read about you and make notes on the back of your Fast Tomato sheet (but remember you can log in and see this at any time) . Look at Interests/Workplace/Workstyle and Priorities This can then be stapled into your Values book!
- **Priorities is another questionnaire and next takes you to career choices**
- **Explore various careers : Click on them for more information. You can log on at any time**

The system creates a profile about you and has help tabs to show you how to investigate courses post 16 and post 18, alongside career choices. It gives you career and education suggestions; if used well it can broaden your horizons.

Now you have had a chance to visit this site you should look at it in your own time. You can access from home. Fast Tomato is designed to run on a wide range of different devices including PCs, iMacs, Chromebooks, iPads and Android tablets.

