

Set aside around 30 minutes to complete this guide. Sit comfortably, relax, and remember:
there are no wrong answers!

Part 1: Warm-Up

Answer these questions instinctively – no overthinking!

1. What subjects make time go fastest for you?

2. What lessons feel draining or heavy?

3. If grades didn't matter, what would you choose?

4. If effort didn't matter and everything felt manageable, what would you choose?

Already have a shortlist?

Write it down here.

(Don't include subjects you have to take anyway)

Part 2: The 4 Ps

Performance

Which subjects are you currently strongest in?
(Both in terms of grades and confidence)

Subject	Current Grade	Confidence (1-5)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Preference

Enjoyment often predicts long-term success
Rate each option from 1 (dislike) to 5 (love).

Subject	Rating	Why?
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Which three would you genuinely look forward to each week?

Pathways

Do you have any ideas (however vague) about the future?

If yes:

- Would any subjects support that?
- Are there subjects that keep multiple paths open?

If no:

- Which subjects keep options broad?
- Which ones feel versatile?

Practicalities

Some subjects are exam heavy. Some are coursework heavy. Some are time intensive.

Tick any that apply:

- I prefer exams to coursework
- I prefer projects to written exams
- I enjoy practical work
- I struggle with heavy writing
- I work well independently
- I need strong structure

Are you accidentally choosing too many high workload subjects?

Part 3: Balance Check

Write down your top choices below:

1. _____
2. _____
3. _____
4. _____
5. _____

Look at your choices together and then answer these questions.

Do They:

- Include at least one subject you love?
- Include at least one you feel confident in?
- Avoid stacking too many stressful options?
- Keep reasonable future flexibility?

If not, what needs adjusting?

Part 4: The Final Decision

Top Choices:

1. _____
2. _____
3. _____

Reserve Choice (if needed):

Congratulations!

You've finished and made some choices.

Remember:

GCSE options matter, but **they are not destiny.**

Confidence, consistency and wellbeing over the next two years will matter far more than the label of a subject.

The goal isn't the "perfect" choice, **the goal is a thoughtful one.**

If you ever need any help or support, Wavelength Tuition is here to help.

Gain Confidence. Improve Grades. Be Ready for the Next Steps.