

How To Understand Yourself Better In Order To **Figure Out Your Post-SPM Steps**



After Sijil Pelajaran Malaysia (SPM) results are announced, the biggest question for school leavers would likely be “So, what now?”

Rest assured, we’re here to guide you on how to (slowly) learn about yourself, and how to navigate this next exciting phase in your life.

1. Get to know yourself a bit more!

Think back over the past 17 or so years. What have you naturally gravitated towards? Maybe it's making desserts, solving tricky math problems, or even writing poems. These aren't just hobbies or quirks, they're clues. The things you enjoy doing—and even the ones you don't!—can tell you a lot about your personality, strengths, and what environments you might thrive in.

Once you've gathered some insights, whether from reflection, asking your friends, or even a personality test, don't let those thoughts float away. Write them down. Grab a notebook and jot out the things you enjoy, your values, your strengths, and even your doubts. Seeing your thoughts on paper can help you spot patterns, gain clarity, and start to map out what your next steps might look like.

Remember, this stage isn't about choosing a career or locking in a decision. It's for you to learn more about yourself and plan a path that feels right for you.

2. Talk to adults

Knowing yourself is just the beginning. The next step? Start talking. What many SPM leavers might not realise is that most adults with work experience are often more than willing to share their journey, including the lessons they've learned, mistakes they wish they'd avoided, and advice they wish they'd received when they were your age.

These conversations can be incredibly valuable. You might hear insights about discovering your interests, identifying your strengths and talents, and even how to turn those into meaningful opportunities.

The open secret: LinkedIn

LinkedIn isn't just for job seekers or business professionals, it's also a powerful tool for students to connect and start conversations with professionals in fields they're curious about.

Start by searching for professionals working in fields that align with your interests and send a polite message asking about their journey. Most people are happy to share their experiences, especially with young people who are genuinely curious.

And if someone doesn't respond? Don't worry. Move on to the next person. The more you reach out, the more likely you are to find someone who's excited to help. If you're not sure how to go about it, start with [creating a profile](#). It's the first step to putting yourself out there and showing the world what you're curious about!

3. Ask your AI friend!

Exploring your future doesn't always have to start with a person, sometimes, it can start with a question.

AI tools such as ChatGPT, DeepSeek, and Gemini can be incredibly helpful when you're trying to make sense of your interests, explore possible career paths, or prepare for conversations with adults and professionals. Whether you're curious about what a graphic designer does, how to get into engineering, or what it's like to work in tourism — asking is the first step.



Prompts to try:

- *"I enjoy writing and talking to people. Would a career in communications or media suit me? If not, what other options should I consider?"*
- *"You are a software engineer—what advice would you give to someone who wants to enter your field?"*
- *"What are some underrated careers for people who are good at math but don't want to be an accountant?"*

Of course, you shouldn't rely on AI alone. School counsellors, teachers, and youth programme mentors are also great people to speak to if you need help making sense of your options. The more questions you ask, the more you learn!

4. I know myself better now, what's next?

So you've taken time to reflect on your interests, explored your personality, asked questions, and maybe even spoken to a few professionals. You're now in a much stronger position to start thinking practically about your next move.

Each pathway comes with its own set of opportunities and challenges. The key is finding what fits you. For a full breakdown of all your options, including entry requirements, course types, and funding possibilities, check out our full guide on [options after SPM](#). If you're worried about costs, there are scholarships, loans and other types of support available to help you continue your education. Learn more about what's out there in our [Financial Aid for SPM Leavers](#) guide.

Planning your future after SPM can feel overwhelming—and that's completely normal. But remember: you don't have to figure everything out all at once, and you definitely don't have to do it alone!

