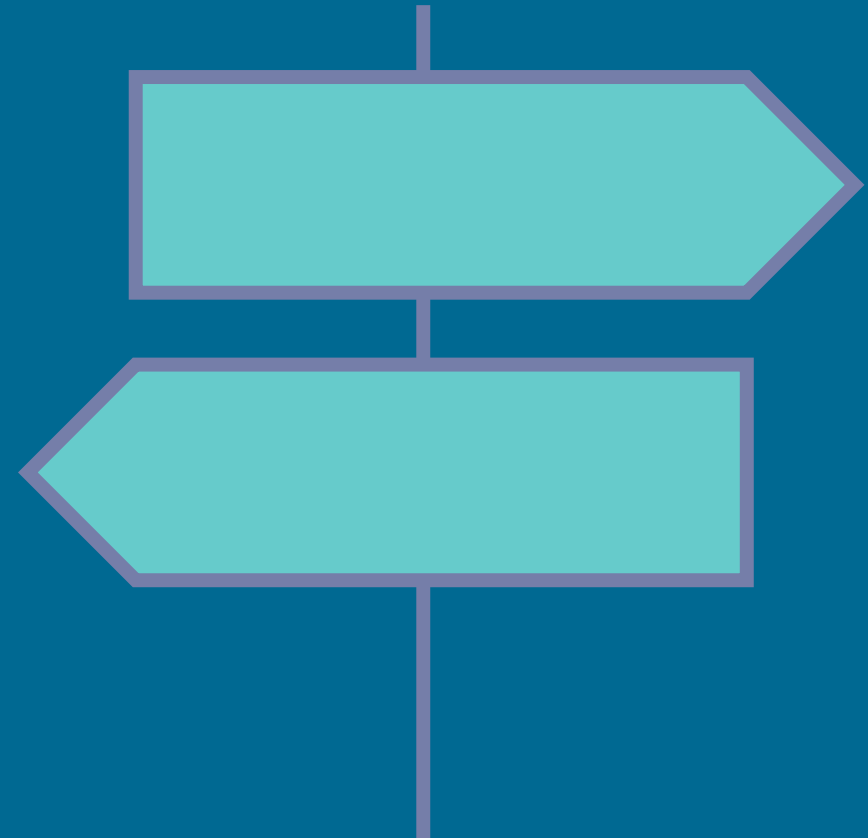




THE CAREERS &  
ENTERPRISE  
COMPANY

# My Choices

## Careers Leader Guide



# Introduction

## What is the My Choices programme about?

The end of Year 11, Year 13 or the end of college, the build-up and immediate response to results days are a challenging time for many young people. Faced with sometimes difficult or scary decisions about their next steps, many students need guidance with their thinking, particularly if plans need to change.

This guide is designed to be a one-stop shop for information and resources to support all staff involved in supporting students on and around results days, with links to providers in the transition space, the most up to date resources and the latest national Labour Market Information.

The guide is something for you to also use across the whole of the next year as you prepare your future cohorts for transition phases too. The resources in the guide are grouped for teachers and for students, as well as post 16 and post 18 so that you can find the most appropriate resource to support a particular to cohort or individual need.

## Transition Event in partnership with LearnLive

On Monday 3rd August 2020, The Careers and Enterprise Company, in partnership with LearnLive, will be hosting a student facing online event, showcasing the range of support out there for young people throughout the transition process. Access the broadcast (and later, the recordings) [here](#).

The recorded event will be available for you to use on results day and throughout the year to support young people's decision making over the next academic year.

To register, students or parents simply [click on this link](#) and fill in the details on screen. Once they have subscribed to the Learn Live channel they can gain access to all future on-demand and live stream broadcasts with just their email address without needing to register again.

## Ways to Use this Guide

- As a one stop information shop on results day
- As an information source for sending out a student linked document for (links are provided in a separate word document)
- To give specific sector support for identified students who may need it
- To support your transitions plan and school strategic careers plan
- To support subject teachers with specific sector-based information

Your LEP, Enterprise Co-ordinator or Careers Hub will be able to support you with more localised information [careersandenterprise.co.uk/about-us/our-network](https://careersandenterprise.co.uk/about-us/our-network)



# Timetable part 1

Time slot	Section heading	Content
10.00 am - 12.00 pm	Being Prepared Adding Value	<p>Considering apprenticeships or employment? How can you make sure you are fully prepared and in the best position to make the strongest application?</p> <p>This segment will take you through tips for CV writing, applications, interviews and selection processes as well as how to make the most of social media to positively support you in your professional journey.</p> <p>It will also explore employability skills, what they are, how to demonstrate and build them through work experience, volunteering and Youth Social Action.</p>
	Decision Making and Finding Support	<p>Making the right choice about your future can be difficult with so many things to consider. Labour Market Information is a key factor, but what is it and how should you use it to help your decision making?</p> <p>There is a lot of support out there, but where should you go for advice and how do you make the most of the careers information, advice and guidance you receive?</p>

## Timetable part 2

Time slot	Section heading	Content
12.00 pm - 2.00 pm	Pathways	After Year 11 and Year 13, there are so many pathways open. Which one is the right one for you? This segment makes sure you are aware of everything open to you, the advantages and disadvantages and where to go to find out more. It will help you identify choices and opportunities so that you can make an informed decision.
	Positive Wellbeing	The build up to Results Days can be nerve wracking and difficult. The pressure we put on ourselves to make the right choices can take its toll. This segment is all about how to deal with stress and how to maintain positive wellbeing.
2.00pm - 3.00pm	Support and Guidance Surgery	During this final section of the day, Careers Guidance professionals from The National Careers Service, will be on hand to answer any queries you may have about your next steps. Use the chat function to ask for any support and advice about your choices and receive personalised support and guidance.

# Engaging your students

Please make sure your school/college leavers are aware of this event so that they can participate and benefit from this opportunity. We appreciate that this cohort could be difficult to engage as they are no longer on roll but here are a few ideas as to how you could engage them:

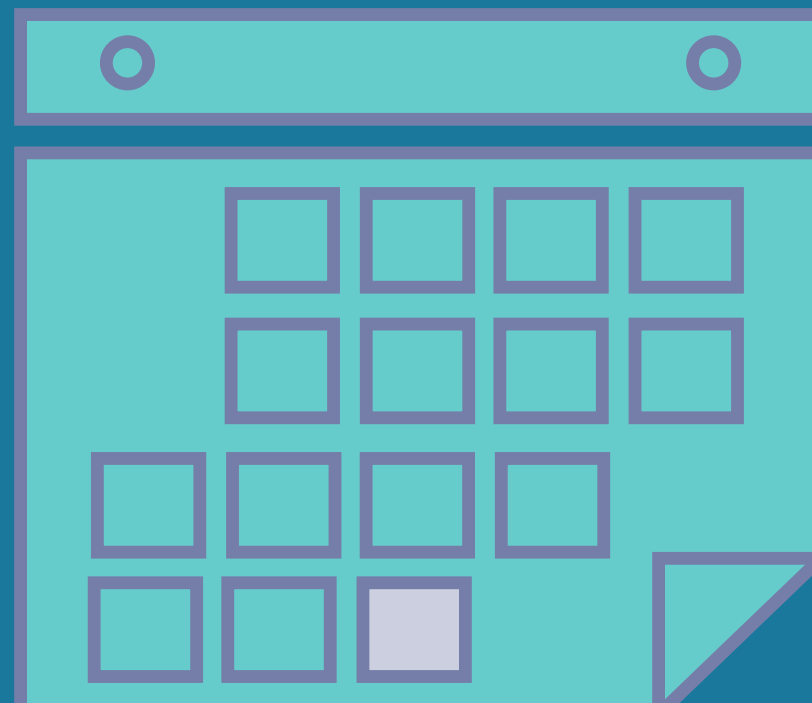
1. **Schedule a text to students or parents** – signpost them to details on your website or an email you may be sending out
2. **Social media shout out using the hashtag #MyChoices @CareersEnt.** Download and share social assets, choose from [option 1](#) or [option 2](#).
3. **Include a timetable of events or a link to the recordings** in any comms you send out about results day procedure. Make use of the editable [PowerPoint slides](#) to promote and personalise the offer.
4. **Include a letter or note in with your results day information** signposting them to the recordings: [learnliveuk.com/the-careers-enterprise-company-my-choices](https://learnliveuk.com/the-careers-enterprise-company-my-choices)
5. **Print and send an editable postcard** available in [white](#) and [blue](#). Contains details of the national helpline to those students who do not have access to the internet. Add in how your students can access support from you and your local teams.

## Section 1

# Results Day immediate response

Here are the key resources to prepare for and use on results day, to support students who may have to change their plans.

The section includes:



- **The National Careers Service** are running the Exam Results Helpline in August, to support 16 to 18-year olds who are receiving GCSE, A-Level and/or technical education exam results. Young people or their parents can call **0800 100 900** to speak to a professionally qualified careers adviser, for advice on their next steps during a critical decision-making period. The helpline is available daily from 8am to 10pm.

### Post 18

- **Supporting you through Confirmation and Clearing** – find all you need to know as a teacher or adviser for 2020, including information on [Clearing Plus](#)
- [WhatUni Clearing search facility](#)
- **Hello Future** have a useful blog that pulls together useful links to support students through clearing [<https://www.hellofuture.ac.uk/clearing-whats-is-all-about/>]
- For individual support from UCAS call the most appropriate number below with UCAS Personal ID number to hand:
  1. Undergraduate support 0371 468 0 468
  2. Conservatoire support 0371 468 0 470
  3. Teacher training support 0371 468 0 469

- **UCAS** – [advice on deferring including after you receive your results](#)
- **Discover Uni** has launched new resources to help students consider their options when they receive their results and enter clearing this year. The downloadable booklets contain advice on choosing to go to university or college, reviewing course choices and planning for unexpected grades, along with information on deferrals and consumer rights.
- **iCould** – [A levels not gone to plan?](#) and [A-level results: what now?](#) The good, the bad and the cold feet [Unsure about what next?](#) If you've done better or worse than expected or are just having second thoughts, here's a quick guide to your options on or after results day.
- **Careermap** have produced guides for students to support [UCAS Clearing](#) and [UCAS Adjustment](#)

### Post 16

- **iCould** [Choices after your GCSEs: how to decide what next](#) From apprenticeships to A-levels, iCould's guide outlines choices after GCSEs and ideas on how to pick the right path.

## Section 2

# Finding Support

Making the most of careers information,  
advice and guidance

What sources of CEIAG are out there for young people and how  
do we help them to make the most of the support on offer?

The section includes:





### Sources of support

- **National Careers Service helpline 0800 100 900** – open to everyone 13+ years [The National Careers Service](#) has a range of online tools to help young people consider their next step. The digital resources include:
  1. Over 800 job profiles with information on expected salary and required qualifications
  2. Find a course tool to help young people find learning opportunities in their area
  3. A range of resources and advice to help apply for jobs
  4. [Career Choices at 16](#) - Help to plan for and choose options post 16
  5. [Career Choices at 18](#) - Explore the education, work and study choices available after 18
- **Fledglink app** provides digital careers advice, support and access to jobs and work opportunities for young people. [Click here for a quick guide](#)
- **The Careers Development Institute** hold an up to date [Register of Careers Professionals](#) to enable you to find a local, fully qualified careers adviser to support your students through transition
- **Youth Employment UK** have webinars to help you prepare for results day.
  1. [A Level webinar 1pm 11th August](#)
  2. [GCSE webinar 1pm 18th August](#)
- **Young Enterprise** are holding webinars to support Y11 and Y13 students after results day
- **World Skills UK** have a Careers Advice Toolkit available, mapped to CDI Framework, Skillsbuilder and the Gatsby Benchmarks with bitesize content you can deliver as part of your careers programme.
- **'The Parents' Guide to' What's next** – a free guide for parents to support over the summer - whether they're 15 and starting to think about what they might like to do when next year's GCSEs are over or whether they're 18 and making plans for adulthood, this guide helps parents understand what choices they have and what action they can take over the next six weeks to help them make their dreams a reality.
- **Barclays LifeSkills Wheel of Strengths: What career is right for me?** A useful tool when students are thinking about possible job roles, choosing a work placement, course subject or just need inspiration. Show them the Wheel of Strengths to find out how their skills, interests and personality traits match up with a range of job roles. Students may discover roles they hadn't thought of and be surprised at where their skills could take them.



### Post 16

#### Further education

- **Whole School SEND** have produced a leaflet, funded by the DfE, entitled '[Transition Planning for Year 11: Questions to support young people with SEND and families in conversation with schools](#)'.
- **Fledglink** [Mentoring Support for Y11 students](#)
- **BBC Bitesize Decision Tree** to help students [make good choices](#) [Post 16](#)
- **Unsure about T Levels?** Hear more about what they are and if they are the right choice for you, from Gillian Keegan, Minister for Apprenticeships and Skills.
  1. [Potential students](#)
  2. [Parents](#)
- **Amazing Apprenticeships T Levels Guide**
- **Flying Start Southampton** is designed to help Year 11 students plan and prepare for life, study, and work after school by providing resources to help make decisions about the next steps. While with a local flavour, the making a plan for your future and i-can resources are relevant to all.
- **Careermap** have a webpage with [everything a young person may need to know about Level 2/Intermediate level apprenticeships](#)

### Post 18

#### Higher Education

- **UniTaster Days** Comprehensive listing of online university events. Not just virtual open days – but online tasters, webinars, downloadable online resources, videos etc.
- **UniTaster Tuesday webinars** – independent and impartial events every Tuesday, at 9.30am, 12pm and 3pm to support schools and students with university guidance, delivered in collaboration with HELOA – previous recordings available -
- **Through Unibuddy** students can chat to current undergrads about their experiences.
- **HELOA** is a national organisation of over 145 higher education institutions, to support potential students to make informed decisions about their futures in education
- **'ReachUni'** is a three-step programme that gives students the support needed to reach a university that is a good fit: to become university ready, including making a great application to target universities.
- **Futurelearn for Schools** have an extensive range of courses from 100+ Universities so that students can explore subjects they are interested in as well as courses to support students transition into Studying at University covering study skills, mental and financial health.

- **UK University Search** are offering 3 webinars in the lead up to A Level Results Day covering:
  3. 10th August – Predicted Grades
  4. 11th August – Results Day Guide
  5. 12th August Clearing, Adjustment and Deferrals
- **Bright Knowledge from Brightside** support with identifying the right university, course and way to study
- **National Education Opportunities Network** have launched a hub of online activities called Uni4Me to ensure that people from disadvantaged backgrounds are still able to participate in higher education related activities despite the current pandemic.



## Apprenticeships and Employment

- **Amazing Apprenticeships July Parents' & Carers' Pack** covers preparing for results day, boosting employability skills, the apprentice perspective during lockdown, Microsoft's new digital skills courses, a parent's take on apprenticeships and much more. Please download here
- **Amazing Apprenticeships webinars** covering a range of topics, featuring insight from some of the most exciting apprenticeship employers in the UK, including the BBC, IBM, EY, MoD, Airbus and more.

## Making the most of support

- To help students understand the purpose of one to one guidance and how to best prepare for it, make use of the My Week of Work videos on My Next Steps
- Help students to recognise the value of their transferable skills here
- Making decisions and changing pathways here

## Section 3

# Pathways

## Identifying choices and opportunities

Key resources to help students appreciate the range of pathways open to them at key transition points.

The section includes:



### Overviews of pathways

- [The Department for Education](#) has put together a couple of simple and handy guides to inform young people and their parents about all of the options open to them Post 16.
- [A route comparison grid](#) which shows all of the routes available after GCSEs, along with additional information on each route such as the level of study, entry requirements, duration of the course, where it can lead etc.
- [A 2-minute animation](#) showcasing and explaining each choice in a simple, dynamic and visual manner
- [Post 16 choices](#) - support from The National Careers Service
- [Post 18 choices](#) - support from The National Careers Service
- [Youth Employment UK](#) share information on the range of routes into a chosen profession
- [iCould](#) – [article on making the right choice](#) and [and tactics on making the right choice](#)
- [Fledglink](#) ['Considering...?' series](#): sign up to webinars exploring things to consider when making choices on topics such as internships, gap years and apprenticeships.
- [The National Careers Service](#) offer advice on [taking time out before continuing with studies](#)

### Further Education

- [Aim Higher: Sixth form or college? What is the difference between these two Post 16 options?](#)
- [Choose the right A Levels in six steps](#)
- [iCould](#) - [Choosing A-level subjects: five points to consider](#)
- [Careerpilot](#) offer support around [choosing your A Levels](#)
- [BBC Bitesize](#) - [Want to know more about college? Have a look here](#)
- [Everything you need to know about T Levels](#)
- [Advice and resources to help students prepare for T Levels industry placements](#)

### Higher Education

For teachers and advisers:

- **UCAS Coronavirus (COVID-19) update pages** - latest information and advice related to the 2020 and 2021 application cycles.
- **Teacher and adviser UCAS toolkits** include resources, presentations and pre-written communications
- **Annual Teachers' Guide to University**

For students:

- **Discover Uni** and **The Uni Guide** help young people decide if university is the right route for them, what and where to study with the ability to find and compare courses
- **The Uni Connect** programme from the Office for Students offers activities, advice and information on the benefits and realities of going to university or college
- **UCAS host live Q&A panels every Thursday on Facebook.** Everything from what you need to know about Clearing, preparing for results days, and what student life is really like. Responses to previous questions are on this video wall.
- **UCAS virtual open days** - [access here](#)
- **UCAS Support for 2021 entry: live sessions** to help students research for 2021. These will help connect students with sector specialists, so they can make the right decisions.
- **iCould** - [Eight questions to help you decide if university is the right next step for you](#)

### Apprenticeships

- **Amazing Apprenticeships:** See the very latest apprenticeship information [through live broadcasts and access to recorded sessions](#)
- **Amazing Apprenticeships:** [Find out more about apprenticeships](#)
- [What is a degree apprenticeship and is it right for me?](#)
- **iCould** - [What is an apprenticeship and where could it lead?](#)
- **What apprenticeship pathways are there into Health Careers?** Search by career to find out about apprenticeship options
- **Pathways CTM recorded webinars including:** [Apprentice Masterclass](#), [Entry Level to Management](#), [Different Routes into an Organisation](#)
- **Find out more about construction apprenticeships**
- **Finance** - From JP Morgan, [Four Myths About Being an Apprentice, Busted](#) - You will also find other videos outlining how to Get an Apprenticeship at J.P. Morgan, your first day and culture in the workplace at J.P.
- **HSBC** - find out about routes into work, work experience, internships and apprenticeships [here](#).
- **Videos showcasing the programmes offered by PwC** and insight into the life of an apprentice at PwC:
  1. [PwC - Which programme is right for you? \(video\)](#)
  2. [Life as a PwC apprentice \(video\)](#)

### Apprenticeships (continued)

- [Apprenticeship routes in Chemistry](#)
- [Network Rail Early Careers page](#) to find out about apprenticeships, graduate placements and Year in Industry placements
- [Walsall Council](#) – video on [Degree Level Apprenticeship routes into teaching](#)
- **Apprenticeship ‘clearing’ and next steps support.** Throughout results day, [Fledglink](#) will be advertising live apprenticeships, job opportunities, training courses and helpful content within their app through the news feed and push notifications; as well as on their Instagram channel.
- [Babcock Early Careers Booklet](#) - Open the door to opportunity with a Babcock apprenticeship. Early Careers at Babcock Devonport.
- [Highways England](#) offer a range of [apprenticeships](#) including project management, business administration, cyber security, quantity surveying and data analysis.

### Traineeships

Following the government announcement in early July, of a £111m scheme to support traineeships for young people, this could be an area that sees increased interest from students, uncertain of their next steps.

- [Government information on traineeships](#)
- [Rate my Apprenticeship](#) - A guide to applying for traineeships
- [All about School Leavers](#) - What is a traineeship?

### Employment

- [All About School Leavers search function](#) for employment opportunities and apprenticeships across sectors
- [Not Going to Uni](#) – search for opportunities by sector or region
- [The WOW Show](#) a wealth of video content from employers exploding myths, finding out the facts and meeting trainees, apprentices and graduates to discover what the world of work is really like
- [The Department for Work and Pensions](#) will have a new youth offer for all 18 to 24 year olds making a claim for Universal Credit and who are in the intensive work search group, from Autumn onwards. This will have three elements:
  1. A structured 13-week programme – during which they will be referred to the most appropriate support such as a sector-based work academy, a traineeship, work experience, mentoring circles, careers advice or an apprenticeship. Once they have completed this programme, participants will be encouraged to take up work-related training or an apprenticeship.
  2. The introduction of young people’s hubs where young people can access wider support.
  3. For young people with more complex needs, there will be an expansion of the Youth Employability Coaches model.
- [The Princes Trust](#) have a programme for 18-30 year old entrepreneurs to help them be the best business owner they can be
- [The National Careers Service](#) [help to get a job section](#)

### Sector Specific

- **Look behind the scenes of Britain's single biggest employer; the NHS.** There are careers here that you've never heard of and opportunities you haven't imagined are suitable for you. Take a look at the NHS - Your Future booklet [here](#). With search facilities and videos to find out more about these roles and the pathways in, visit [healthcareers.nhs.uk](http://healthcareers.nhs.uk)
- **Royal College of General Practitioners** - [A downloadable poster describing routes to becoming a GP](#)
- **The WOW Show** has [careers guides for Podiatry and Radiography](#)
- **National Recruitment** [campaign for social care](#)
- **The Skills for Care** website has a [range of resources for those interested in working in the care sector](#)
- **Here come the Girls!** – [showing that girls can get into Engineering!](#)
- **Want to know about Engineering Construction and routes into this career pathway?** [Explore here](#)
- **Wilmott Dixon** have [online site tours to help get a better idea of what to expect](#) as well as, "Dispelling the myths of construction – educating the educators."
- [Wilmott Dixon - educating the educators video](#)
- **A video from CIPD** [exploring if you are suited for a role in HR](#)
- **From the Institute of Chartered Accountants** find out about a careers in accountancy [More Than you'd Imagine](#) and explore pathways - [School Leaver options](#)
- **Go Construct** - [Considering construction?](#)
- **Royal Society of Chemistry** - options after school:
  1. [Your Future In Chemistry](#): info about where chemists work, what they earn, the skills they have and ways to find work experience
  2. [Earn While You Learn](#)
  3. [Routes into university](#)
- **Inspiring the Future** enables schools to find volunteers from the world of work willing to talk about their career and career pathways, providing valuable insights for students considering their next steps. With new virtual interactive sessions to provide motivation and broaden horizons. Volunteers come from all sectors, all levels and all backgrounds – contact the team for more information [enquiries@inspiringthefuture.org](mailto:enquiries@inspiringthefuture.org)
- **The Chartered Insurance Institute** have produced a [poster highlighting the wide range of roles in Insurance and Financial Planning](#)



## Section 4

# Decision making and Planning

## Investigating jobs and labour market information (LMI)

Sources of LMI and resources to help students' access, understand and use Labour Market Information to inform their choices.

The section includes:



### National LMI Picture

#### For Careers Leaders

- [EMSI](#) give an insight into national LMI throughout Covid-19
- [Nomis](#) from the Office for National Statistics and gives access to LMI from government sources. It provides summary data from national to local authority ward level.
- [UK Commission for Employment and Skills \(UKCES\)](#) Working Futures labour market projections for the period 2014 to 2024
- [WorldSkills UK](#) have produced a booklet outlining ways LMI data can be used to support students
- [Microsoft, LinkedIn & Git Hub, have launched a Skills/learning site for In-Demand Jobs](#): [LinkedIn](#) offer options to analyse their worldwide data for [labour market/trending jobs](#). You can see the top trending job categories in an Insight Report.

#### For students

- [National Careers Service Job Profiles](#) cover almost 800 jobs and include information on entry routes, wages, hours and work activities
- [Siddiqui Education "Career Sound Bites"](#) are a series of videos with the chance to hear the career journey of many different employers, entrepreneurs and business owners with a simple worksheet to accompany clips
- [Prospects](#) is a careers website aimed at graduates and undergraduates and is a good source of LMI data for those considering HE, including: What can I do with my degree, job sectors with 400+ job profiles including salary, qualifications and skills needed and prospects
- [LMI for All](#) is an online data portal, which connects and standardises existing sources of high quality, reliable LMI
- [A guide based on research and data from the UK Commission for Employment and Skills \(UKCES\)](#), highlighting a range of jobs which are all Careers of the Future
- [Youth Employment UK](#) - Helping young people understand how to use LMI to help them shape their plans

## Section 5

# Being Prepared

## Handling applications and selection

Resources to support students in a variety of application and selection processes.

The section includes:



- **Fledglink** a series of 18 bitesized video modules taking someone through the whole journey of a hiring process from application forms/CVs/Cover letters, through to different interviews, psychometrics, assessment centres etc and loads of hints, tips and activities
- **Skills to Succeed Academy** have a huge range of resources to support students, including creating a CV and practicing interview skills
- **Youth Employment UK: Looking for work** – a guide for young people. This booklet brings you all the information that you need to look for your first role or move on into a new position with a career you will love!
- **The Princes Trust programme** – ‘Get Into’ for students aged 16 to 30 who are looking for ‘on the job’ experience and training
- **Go Construct** - Support applying for jobs in the construction industry
- **Pathways CTM** have webinars to support both Assessment & Selection and Nailing the Interview
- **Founders4Schools** have a huge range of video resource to support decision making, career pathways, girls in maths, applications and much more

## Interview preparation

- **The Princes Trust - Interview tips**
- **Sign up to experience a mock digital interview from Capgemini** - Digital Interviews are the norm for at least the initial stages of recruitment so this is a chance for the students to check it out and see what it's like. To have the best experience and gain the most benefit, we recommend students research Capgemini beforehand.
- **Barclays LifeSkills Virtual interview practice** allows students to choose from five different kinds of interviews and to rehearse answers to the kind of questions that can be expected from whatever job they're thinking of applying for. Students will also get top interview tips next to our model answers. In addition, this tool allows them to record their own answers to see how they come across and where they might be able to improve.
- **Future Learn** - Video clip covering video interview success tips
- **Innovate my School** - Article with top tips for virtual interviews –
- **The National Careers Service** provides help to get a job by offering tips with CVs and preparing for interviews
- **Hewett Recruitment** share tips and hints for interviews and CVs

### Assessments Centres

- **Pathways CTM webinar** on interviews and assessment centres – How do they work and what do they look for?
- **Shearman & Sterling** a video on getting through an assessment centre
- **Barclays LifeSkills Different types of interviews and assessments.** When applying for a job, there are different types of interviews and assessments students might be asked to do depending on the type of role, the industry, or the stage they're at in the interview process. Barclays LifeSkills can help young people to prepare and make sure they're ready for whatever might come their way.

### CV Writing and Cover Letters

- **The Princes Trust** [video on how to write a CV](#)
- **The Patrick Morgan Foundation** have produced a [CV Workshop series](#) including how to improve your CV and a CV template. More workshops are under development, such as interview workshop
- **Fledglink** CV Advice around developing an impactful CV profile even without experience. See their blogs:
  1. [CV profile: how to make an impression in 9 seconds](#)
  2. [How to write a CV with no experience: the ultimate guide](#)

- **Barclays LifeSkills CV Builder.** It's important for young people to understand that employers see hundreds of CVs on a day-to-day basis, so making theirs stand out for the right reasons is vital. The key is to simply input important information that will make their CV stand out, such as their personal statement, key skills and achievements and qualifications, past work and voluntary experience and then download their readymade CV for free.
- **BBC Bitesize** [CV writing advice](#)
- **CV Writing Tips** from Wilmott Dixon
- **Babcock Apprentice** [CV hints and tips factsheet](#)
- **My Week of Work** [Lesson for Students on CV Creation](#)

### Social media – brand

- **Building your brand:** a 2-part module on the importance of managing your online presence and building your online brand and networks; and then secondly how to create a great online professional profile on the Fledglink app.
- **A Future Learn course** supporting students to create a professional online presence
- **Naturally Talented Me** is an innovative, free to use profiling platform, designed to help jobseekers identify and promote their natural talents to employers
- **Pathways CTM** have support around [My Personal Brand and Using LinkedIn](#) and [First Impressions & Gaining Work Insights/Experience](#)

Section 6

# Adding value

Preparing for employment

The section includes:



### Internships and Work Experience

- **Speakers for Schools** aim to help careers leaders to connect their students with high impact placements with top employers remotely through virtual WEX
- **IGD** is bringing together the food and grocery industry this summer to provide digital careers events for school leavers. Learn more [here](#). A free virtual work experience programme running from the 17th - 21st August for school leavers interested in a career in Sales and Marketing, Engineering or Technology, [register interest here](#)
- **Engineering UK** provide information on the different opportunities to develop skills and knowledge in Engineering before beginning work:
  1. [Tomorrow's Engineers: Work experience](#)
  2. [Tomorrow's Engineers: Develop your skills](#)
- **Movement to work** highlights virtual work experience opportunities
- **Observe GP** is an alternative to work experience for aspiring medics
- **MyKindaFuture** have developed a free, teacher facing, online platform with work experience opportunities
- **Vantage** is a free online platform for students interested in legal careers, enabling them to be contacted directly by law firms with work experience of insight day opportunities. Vantage also provide online webinars and advice videos on social media to help students better understand how to access a legal career

- **Barclays LifeSkills Virtual work experience** tool see the inner workings of a 'digital transformation' agency, and actively work with different departments on one exciting project, helping them solve problems and complete real-life tasks.

### Developing Employability Skills

- **Be Ready**- employability skills programme with a range of micro learning courses
- **Accenture's Skills to Succeed Academy** features innovative simulations providing a safe environment to practice for real life situations e.g. a job interview, first day in a new job. Students can choose from 36 bitesize, interactive modules focused on the "how to", empowering learners to take ownership of their job search. To find out more about how the Skills to Succeed Academy can be used please see the Getting Started Guide [here](#)
- **Pathways CTM** have a range of recorded webinars to support decision making, developing employability skills and ways in to work
- **MOOC or Future Learn** - free online courses to develop skills and demonstrate drive
- **Fledglink Skills builder workshops**: a series of self-development and work readiness digital workshops, including communication skills, productivity and organisation, building your mental health checklist, owning your story and others
- **Want to learn a new skill?** Find free, high quality digital and numeracy courses in The Skills Toolkit

### Developing Employability Skills (continued)

- **NatWest Dream Bigger** is a fully funded programme focused on developing transferrable entrepreneurial skills in 16-18 year olds
- **Barclays Lifeskills** has a multitude of resources to help young people prepare for the future workplace
- **Employability resources from PwC**
  1. [PwC's Employability Skills Toolkit](#)
  2. [PwC's Employability Hub](#)
- **Essential Skills that young people will need to support their employability** in an unpredictable labour market can be clearly articulated and developed through **Skills Builder**: The [Framework](#) breaks down these 8 essential skills into 16 teachable and measurable steps. For every step of every skill there are [short lessons to teach it and associated resources](#) to re-enforce the learning in the classroom e.g. posters, certificates, tokens etc  
[skillsbuilder.org](https://skillsbuilder.org)  
[skillsbuilder.org/resources](https://skillsbuilder.org/resources)
- **Want to work in the Health Sector?** [The Princes Trust](#) offer FREE programmes to people aged 16-30 to provide the confidence and skills needed to get a job in the sector. Have a look at or use the Young People's Information line: 0800 842842 (lines open every day 9am- 9pm)
- **Accenture Digital Skills and Futurelearn** course on Digital Skills for work and Life. You can access the course [here](#). If you would like to find out more information about using the courses at scale, email [digitalskillsuki@accenture.com](mailto:digitalskillsuki@accenture.com)





### Volunteering and Youth Social Action

#### Want to support students to do their bit by volunteering?

Help young people build important, transferable skills and an impressive CV by encouraging them to explore the following opportunities.

- **The Youth Social Action Toolkit** helps Careers Leaders understand how YSA can support the careers programme -
  - **Do It - Explore and find local volunteering opportunities**  
– search areas of particular interest such as animals or environment
  - **Explore opportunities to volunteer for Fare Share** – a charity that fights hunger and tackles food waste
  - **Support for volunteering within the NHS** Also check local NHS organisations websites for information on volunteering & latest vacancies
  - **Scout adventures** offer 8 or 12 month residential volunteering opportunities for young people 18 or over, where they help to deliver a wide range of outdoor activities to young people. February 2021 applications will open around 1st August
- **Youth Employment UK:** how young people can develop and showcase their skills without necessarily having been employed e.g. through volunteering
    1. [youthemployment.org.uk/young-professional-training](https://youthemployment.org.uk/young-professional-training)
    2. [youthemployment.org.uk/looking-for-work-careers-booklet](https://youthemployment.org.uk/looking-for-work-careers-booklet)
    3. [youthemployment.org.uk/employment-help-young-people/choices/volunteering-and-work-experience](https://youthemployment.org.uk/employment-help-young-people/choices/volunteering-and-work-experience)
  - **iCould** [guide to volunteering](#)
  - **National Citizen Service** - Build skills for work and life through the [National Citizen Service programme](#) and find blogs and challenges [here](#)
  - **Pathways CTM** have video resource on [Volunteering Through Fundraising](#) and [Why Community Matters](#)

Section 7

# Positive wellbeing

Self-determination

The section includes:



### Self-determination

- **Power of Youth #iwill** support for all aspects of wellbeing, including loneliness and self care
- **Learn Now** – free live and on-demand wellbeing sessions from [Fledglink](#)
- **Charlie Waller Memorial Trust** - Advice on looking after mental health and wellbeing during clearing
- **National Careers Week 2020:** [Dr Radha's Top Tips for Dealing With Stress video](#) and a [booklet highlighting those Top Tips](#)
- **Article by The Uni Guide** to support with mental health during lockdown
- **PwC Wellbeing session - Looking after yourself** (video)
- **My week of Work Mental Health and Wellbeing and Work Life Balance sessions** – Tuesday lessons 2 and 3
- **WorldSkills UK: Skills with Me – Mindset Series.** The Tutorials demonstrate techniques and practices to equip young people with the skills to succeed in work and life
- **Mind for better mental health** – advice and guidance around broad mental health support
- **Student Minds** - the UK's student mental health charity
- **BBC Bitesize resources** to support mental health

### For Careers Leaders and Staff

- **For support as staff working with young people who may be suffering with mental health issues**, have a look at the [Anna Freud Centre website](#)
- **Banardos See, Hear, Respond** Partnership funded by the DfE Department for Education to support children, young people and families who are struggling to cope with the impacts of coronavirus.
- **National Citizen Service** will be providing a new, free offer for Year 11 and 12, delivered in late summer and through Autumn. School Leaders will be able to pick from a range of activities including a virtual resource kit. Activities can be selected for delivery from the following core themes: Post-COVID Socialisation, Citizenship/British Values, Health and Wellbeing, Preparation for School Return, Careers and Progression Guidance, Employability and Skills for Independent Living. For more details email [education@ncstrust.org.uk](mailto:education@ncstrust.org.uk)



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- BeReady
- Bluegreen Coaching
- Brightside
- Business & Education Together
- Capgemini
- Careermap
- Careerpilot
- CDI
- CII
- CIPD
- CITB
- Charlie Waller Memorial Trust
- Covea Insurance Group
- Department for Education
- Department for Work and Pensions
- Discover Uni
- Do It
- ECITB
- Emsi
- Engineering UK
- Fare Share
- Fledglink
- Flying Start Southampton
- Founders 4 Schools
- Futurelearn
- Go Higher WY
- Gov.uk
- HASO
- Health Education England
- Hello Future
- HELOA
- Hewett Recruitment
- Highways England
- HSBC
- ICAEW
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- Naturally Talented Me
- Network Rail
- Not Going to Uni
- NatWest
- NEON
- Office for National Statistics
- Office for Students
- Pathways CTM
- Prospects
- PwC
- Quarter-Life
- RAF
- RCGP
- RSC
- Scout Adventures
- Shearman & Sterling
- Siddiqui Education
- Skills Builder
- Skills for Care
- Speakers for Schools
- Step up to Serve
- Student Minds
- The Association of Colleges
- The Association of Employment and Learning Providers
- The Centre for Education and Youth
- The Parents' Guide to
- The Patrick Morgan Foundation
- The Princes Trust
- The RAF
- The Uni Guide
- The WOW Show
- UCAS
- UKCES
- UK University Search
- Uni Taster Days
- Vantage – Rare Recruitment
- Walsall Council
- WhatUni
- Which? University
- Whole School SEND
- Willmott Dixon
- WorldSkills UK
- Young Enterprise
- Youth Employment UK

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