

# CAREERS RESOURCES FOR YOUR FAMILY

## RESOURCES FOR YOUNG PEOPLE, INCLUDING THOSE WITH SPECIAL EDUCATIONAL NEEDS AND DISABILITIES



While your family is home together it can be a perfect time for some fresh thinking about the world of work. Both children and adults can develop their skills and confidence, ready for future employment or study. Education and Employment is one of the four strands of 'Preparing for Adulthood.'

The East Sussex Careers Hub has put together ideas to help you get started. Some of these resources can be completed independently by a young person and others may need a little help to get started with. Please bear in mind that some of the following may not be the right path for you, the important thing to remember is that if you are developing your skills - you are learning!

The resources below are best utilised with whatever technology you have access to : computer, iphone, tablet, etc.

### What can you find?

**Page 1 :** What skills are needed at work? Try an online skills quiz. Follow your interests.

**Page 2:** Develop Employability Skills. Study Online. Virtual Work Experience.

**Page 3:** Visit a University. Find out about Apprenticeships. Job application skills.

**Page 4 :** Get to know yourself Access careers support.

**Page 5 :** Applying for future study.

## WHAT SKILLS ARE NEEDED AT WORK?

Start a family conversation about skills. Watch [this video](#) together for a quick introduction to the skills that employers are looking for, then take a look at [this film](#) about the skills needed in the future. Discuss what you have seen. Are there any other skills that you think are important? What skills do you notice in people around you? Talk with family and friends about the skills they use at work.

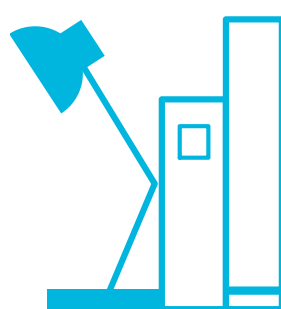


## TRY AN ONLINE SKILLS QUIZ

Which skills are your natural strengths? Which ones do you find harder, but would like to conquer? Online quizzes are a fun way to identify skills and match them to jobs. Try the [iCould Buzz quiz](#).

## FOLLOW YOUR INTERESTS

Exploring jobs that use favourite interests or school subjects is another good way to identify career paths. Ask everyone in the family about their favourite subjects at school or their favourite hobbies, then research related jobs using [iCould](#), [BBC Bitesize](#) or [Prospects](#).





## DEVELOP EMPLOYABILITY SKILLS

Use the [Skillsbuilder resources](#) and [local videos](#) to master the employability skills that employers value, such as leadership and teamwork. The materials cover all ages from 4 years to adults, along with a SEND specific passport to complete.

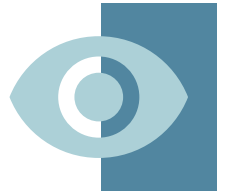


Be inspired by [Rachel Morris](#) talking about the importance of skills building and setting goals.  
[#findingyourfuture](#)

## STUDY ONLINE

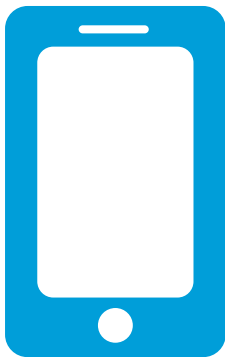
You might decide to challenge yourself by improving your technical skills while you are at home – this is sure to impress future employers. Here are a few suggestions:

- Try a **free online course**. See '[future learn](#)' for more ideas.
- Brush up your **digital know-how** whilst developing employability skills and gain digital badges with [iDEA](#).
- **Learn a language** using [duolingo](#) app.
- Explore **3D computer graphics** with [Blender](#), free open source software.
- Follow your favourite YouTuber to develop a **practical or craft skill**.



## VIRTUAL WORK EXPERIENCE

Work experience is possible from home, using these two platforms for young people:



- Speakers for Schools have just launched [Virtual Work Experience #VWEX](#) & [Virtual Talks #VTALKS](#) programmes. Young people and educators can register for further information.
- [Barclays Virtual Work Experience](#) also have a virtual work experience offer. You'll get to see the inner workings of Freeformers, a 'digital transformation' agency, and actively work with different departments on a project.

## VISIT A BUSINESS VIRTUALLY

Take a trip to one of our local employers through our ['Open Doors' videos on youtube](#).



FOLLOW EAST SUSSEX CAREERS HUB ON SOCIAL MEDIA

INSTAGRAM @CAREERSEASTSUSSEX  
[LINKEDIN](#)  
[FACEBOOK](#)  
[TWITTER](#)

## VISIT A UNIVERSITY



Do some armchair travelling and explore universities around the UK . Join the universities' mailing lists so that you are ready to sign up for face-to-face open days once the lockdown ends.

Think about the support you can access at University with a list of Apps from Diversity and Ability, or information about funding from Disability Rights UK.

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## FIND OUT ABOUT APPRENTICESHIPS

Find out about apprenticeships with Amazing Apprenticeship's interactive Student Apprenticeship Guide . This gives 10 hours of self-directed distance learning for those aged 16 and over. Use Adobe Acrobat Reader for best results.

Go online to research local job opportunities, and look at the ways into work. Two of the biggest local employers are the NHS and East Sussex County Council. Find out more about the NHS on the Health Careers YouTube channel and see which of the 350 different job roles might suit you. The Prince's Trust have more information about the roles available within the Health and Social Care and their courses to help you move into the sector, on their website.



Perhaps a local Supported Apprenticeship might be more appropriate, watch this video about two different roles at the De La Warr Pavilion, Bexhill.

Alternatively, gain an insight into the life of an Apprentice for a day with these BBC clips.

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## JOB APPLICATION SKILLS

Complete an online course on 'How to succeed at Interviews' or look at lots of top tips on the BBC Careers website , or the Youth Employment UK website. Contact a Careers Adviser from the support section below and tell them what you have found!

Hear about the range of jobs on offer in various sectors, with detailed information and activities to complete, by signing up to the weekly Career Zone Spotlight Emails from SuccessAtSchool.Org. Parents or young people can sign up to the weekly newsletter here.



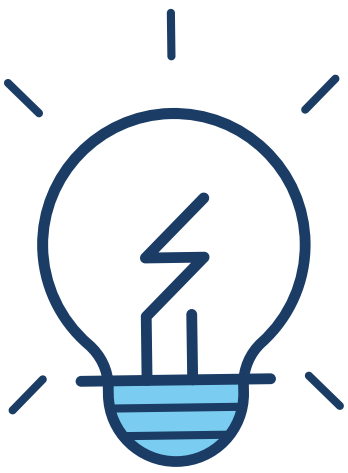


## GET TO KNOW YOURSELF AND DEVELOP YOUR INDEPENDENCE SKILLS

Sign up to download [free ASDAN resources](#), either as a parent/carer or a learner.

Develop **work related learning** through Employability worksheets and activities, or complete the **Lifeskills Challenge**, which offers a flexible way to recognise and reward small steps of achievement. Each booklet contains 10 challenges, along with an observation checklist and record of oral questioning template that can be used in a home environment. Challenge themes include living independently, keeping healthy and community inclusion.

You then might want to work through creating your very own '**vocational profile**' which you can [download here](#). This profile is particularly useful when transitioning into college or other training opportunities after you turn 16.



## ACCESS CAREERS SUPPORT

You may want to seek support with your career decisions. Free guidance for adults and young people aged 13 or over is available from the **National Careers Service** on 0800 100 900 or use webchat. Your child's teacher can also put you in touch with the school or college's careers adviser.

**Youth Employability Service**, East Sussex, can provide information and advice to learners around transition from Years 11, 12 and 13, and support and guidance to young people aged 16-18 who are not in education, employment or training (or up to 25 with an EHCP). Email : [yeseastsussex@themytrust.org](mailto:yeseastsussex@themytrust.org) or message through the Facebook page - [facebook.com/YESEastSussex](https://facebook.com/YESEastSussex).

**Looking Forward** This service from [Amaze](#) supports young people with SEND (14-25) to plan for the future by looking at their options in education, employment and training. Amaze are currently meeting with young people using Zoom and phone calls. The 1:1s help young people to identify their aspirations and strengths and to find out about all the choices open to them. By identifying a career aim Amaze can help young people to take the steps they need to achieve their goals. Parent carers are welcome to join any the meetings. Amaze are also delivering on Post-16 Options workshop as a 1:1 Zoom meeting so that it is tailored for individuals.

To find out more about Looking Forward please email Amy Goble: [amy@amazesussex.org.uk](mailto:amy@amazesussex.org.uk) or phone Liam Ryan: 07483 111659

**Get Career Confident** are offering online support to ensure students can still access impartial career guidance and advice on education and training pathways. They are offering students and their parents and carers, from schools in Sussex, online support from a careers advisor. There is also a host of resources on their website on topics such as job hunting, choosing careers pathways and inspiring careers stories videos.



THE DEPARTMENT FOR EDUCATION HAS CREATED A LIST OF RESOURCES FOR HOME EDUCATION

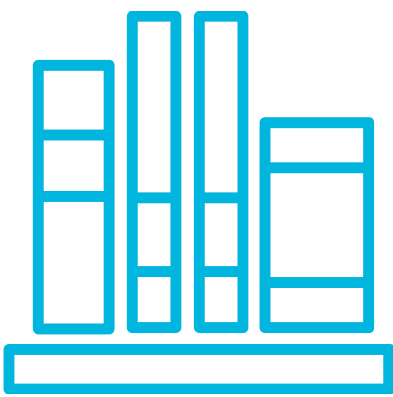
[Click here](#)



## APPLYING FOR FUTURE STUDY

Alternatively, you might be ready to apply to college, university or for an apprenticeship.

**If you are applying to university or college,** contact your teachers to assist you with your application. Apply to East Sussex College Group, Bexhill College and Plumpton College through [Careers East Sussex](#); for other colleges apply directly to each institution. University applications are made through [UCAS](#), which also has useful advice on [preparing personal statements for college or university](#).



If you are interested in **Supported Employment** opportunities including study programmes such as Supported Internships, have a [look here](#) on what is offer in East Sussex. Not sure what a Supported Internship is? Have a look at [this accessible guide](#) for more information.

**Apprenticeship** applications are usually made directly to employers or through the [National Apprenticeships Service](#) and can take place throughout the year, depending on the individual employer's deadline, as [this video](#) explains. If you are a school leaver applying for an apprenticeship, it is highly recommended to apply for college courses too, as a backup in case the apprenticeship falls through.

Need to think about what **transition support** you may need? Complete [this passport](#) to help you on your next steps.



**Skills**  
East Sussex



**GOOD LUCK**