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Here are a number of useful resources to help plan your progression and future. All of the links below have been categorized to help you. There will be some Career related activities available over the coming weeks and you will be able to use these resources to assist you. (Click on the topic and it will take you to the website)

If you need any support, please email hcottom@thedustonschool.org

General Information, Advice and Guidance

[Reed Careers Advice](#)

[Career Pilot](#)

[Success at Schools General Advice and Guidance](#)

[Career Zones](#)

[National Careers Service](#)

[BBC Bitesize Careers Advice](#)

[Prospects Careers Advice](#)

[UCAS Careers Advice](#)

[My World of Work Careers Advice](#)

[Alpha Careers Site \(registration required-free\)](#)

[Start Profile](#)

[Careers Box \(Careers Videos\)](#)

[All About School Leavers](#)

[Fast Tomato \(logins have been sent\)](#)

Career/ Personality Based Quizzes-To help choose a career best suited to you

[I-Could Buzz Quiz](#)

[Pearson's Careers Quiz](#)

[Go Construct Quiz](#)

[NHS Find your Career Quiz](#)

[Tomorrows Engineers](#)

[Travel and Transport Industry Quiz](#)

Labour Market Information (LMI)

LMI (Labour Market Information) is a critical part of a young person understanding career opportunities and making career choices.

[Videos featuring real people talking about their careers](#)

[Information about different job roles](#)

[Explore over 350 job roles within the NHS](#)

[My World of Work Resources](#)

[Labour Market Information for all](#)

[Information specific to Northampton / East Midlands](#)

[Current and Future Trends of STEM](#)

Advice on Further education-Post 16

Help to choose between sixth form and college

[Sixth form or college](#)

[Information on Post 16 pathways](#)

[School Leaver Options](#)

[National Careers Service](#)

[Qualification Checker-Compare qualifications](#)

Apprenticeships

[All About Apprenticeships](#)

[Career Map](#)

[Apprenticeship Advice](#)

[Amazing Apprenticeships](#)

[Government Apprenticeship Sites](#)

[NHS Apprenticeships](#)

[Apprenticeships with the RAF](#)

[Apprenticeships](#)

[Degree Apprenticeships with Parsons](#)

[CITB Apprenticeships](#)

[Financial Apprenticeships](#)

[IT Apprenticeships](#)

[Science Apprenticeships](#)

FE Colleges

[Northampton College](#)

[Moulton College](#)

[Warwickshire College Group](#)

[Bedford College Group](#)

[Leicester College](#)

GAP Years and Culture Capital Experiences

[Not going to Uni](#)

[Erasmus Plus](#)

[Camp America](#)

[Gap Year information](#)

[Projects Abroad](#)

[Summer Medical School](#)

[National Citizenship Program](#)

[Duke of Edinburgh's award](#)

[Essex Youth Service D of E](#)

[Find A Youth Group](#)

[Dance Essex](#)

[Young Assembly-Essex](#)

University/ Student Information

[UCAS](#)

[Overall Information, advice and guidance site- specialising on everything University and more](#)

[What Uni](#)

[The Complete University Guide](#)

[The Student Room](#)

[Russell Group Universities](#)

[Oxford or Cambridge](#)

[Which Subject and which University?](#)

University/ Student Information Continued

[Thinking about your Uni choices](#)

[Where to study by location](#)

[Virtual Tours of Universities](#)

[Uni Taster Days](#)

Linking Careers to the Curriculum

[Gatsby Subject Guides-Free to use at home](#)

[Barclays Life Skills- students will need to register for a free account](#)

Challenging Gender Stereotypes

[Stacey Dooley-What it is like to be a female journalist](#)

[STEMETTES](#)

[Gender Equal World](#)

Career Specific

[Creative Media/Gaming](#)

[Creative but unsure](#)

[Construction](#)

[Construction Careers Advice](#)

[NHS Careers](#)

[Inside the Magic of film](#)

Career Specific continued

[Develop your digital skills and gain an accreditation](#)

[Tomorrows Engineers](#)

[Careers in Sports](#)

[Civil Engineering](#)

[Discover Careers in Risk](#)

[Tech Future Careers](#)

[Passenger transport and travel](#)

[Science-10 Types of Scientists](#)

[Science](#)

[My Future Finder](#)

[Everything Science](#)

[Energy and Utilities](#)

[Army Careers](#)

[RAF Careers](#)

[Navy Careers](#)

CV Writing and Skills

[How to Write A CV](#)

[CV Templates](#)

[CV Help and Tips](#)

[Ten Tips to write the perfect CV](#)

[Smart CV Builder](#)

[CV Writing Advice](#)

[Free app for CV creation \(Free sign up required\)](#)

CV Writing and Skills Continued

[CV writing guidance](#)

[Personal statement guide](#)

<https://youtu.be/RuGy0kMudUI>

[Helpful skills](#)

[Key Skills That Every CV Needs](#)

[Skills Check \(free registration required\)](#)

[How to Write a Covering Letter](#)

Application and Interview

[How to complete an Application](#)

[Interview Advice](#)

[Top 10 Interview Questions](#)

Develop your Skills

[Tomorrows Engineers](#)

[Barclay's life skills \(will need to register for a free account\)](#)

[Money Sense](#)

[Money Skills](#)

[Lesson plan and worksheet \(Use CVDTWINKLHELPS code for free access\)](#)

[Print and Complete Career pack](#)

Entrepreneurship - starting your own business

[Start Ups](#)

[Princes Trust-Start something](#)

[Young Entrepreneurs](#)

[Young Enterprise](#)

[Social Enterprise](#)

[How to become an Entrepreneur](#)

Help finding a Job

[Youth Employment](#)

[Find A Job](#)

[Civil Service Jobs](#)

[Career Profiles](#)

[Career Planner](#)

[Indeed](#)

[Reed](#)

[Glassdoor](#)

Volunteering

[Volunteering made easy](#)

[Make a Difference](#)

[Volunteering Matters](#)

[Championing Voluntary Action](#)

[Step Together](#)

Work Experience

[Virtual Work Experience \(Sign Up Required\)](#)

[Free formers Virtual Work Experience \(Sign up Required\)](#)

Information for Parents and Guardians

[Parental Guidance](#)

[Futuremorph-Parental Help](#)

[Advice for Parents \(sign up required\)](#)

[How To Help Your Child With Their Future Career](#)

[Careers Advice for Parents](#)

[The Big Initiative \(Parental online courses and Adult well-being courses\)](#)

Jobs of the past present and future

[10 Jobs that do not even exist yet](#)

[Dream Jobs that actually exist](#)

[Jobs that No longer exist](#)

[Jobs that won't exist in the next 10 years](#)

[Jobs of the future](#)

Videos and online Assemblies

[The Adaptable Mind](#)

[Construction Special](#)

[The World is changing](#)

[In the year 1989 talking about 2020](#)

[Post 16 options explained](#)

[BP Careers](#)

[It is Your Future](#)

[Careers Box \(Careers Videos\)](#)

[Medical Mavericks assembly \(The heart and blood\)](#)

[The WOW Show You Tube Channel \(World of Work\)](#)

Podcasts

[Apprenticeship Podcast](#)

At Home Learning Resources

[STEM](#)

[BBC Bitesize \(Online lessons and revision\)](#)

[Seneca \(Online interactive lessons\)](#)

[TED ED \(Video lessons- Sign up required\)](#)

[Teachit](#)

[TES Home learning](#)

[Rosetta stone \(free language course\)](#)

[NASA Kids](#)

Take a free online course or lesson (Free sign up required)

You will need paper and pen for these activities

The Big Initiative

[30 Minute become an Apprenticeship in Business](#)

[30 Minute become an Apprenticeship in Construction](#)

[30 Minute become an Apprenticeship in Marketing](#)

[Aim High-Strengths and Skills \(Lesson\)](#)

[Staying Positive \(Lesson\)](#)

[MOOC \(Online courses for anyone\)](#)

[Prepare for career success at Uni \(Free online course\)](#)

[Building your career in tomorrow's workplace \(Free online course\)](#)

[How to start your career in games development \(Free online course\)](#)

[How to succeed in interviews \(Free online course\)](#)

[A free Course in Atmosphere Chemistry](#)

[The Science of why Medicines work \(free course\)](#)

[Free online subject related courses](#)

Mental Health & Wellbeing

Mind

[Mental Health Support](#)

[NHS-Mental Health Services](#)

[Looking After Your Mental Health during the Corona Virus](#)

[Managing emotions](#)

[Coping With Change](#)

[Sisters in strength \(Information on Domestic Violence programs for Girls age 13-18\)](#)

[Goodman \(Mentoring for young men at risk of an abusive relationship\)](#)

[Young Carer's Support](#)

[The Big Initiative \(Well-Being Courses\)](#)

LGBTQ

[Stonewall](#)

[Transgender Support](#)

[LGBT Foundation](#)