Careers resources for Years 10 and 11

Year 10 to 11 is a great time to start thinking about your pathway in life. The East Sussex Careers Hub has put together some ideas to help you to think about your future.

Identify your strengths

Identifying your strengths is a good place to start. **Online quizzes** can help you to pinpoint your best skills and match them to jobs. Here are three to get you started:

The iCould Buzz Quizz.

The Prospects website

The excellent Scottish Government careers portal (you need to register first but you don't need to be Scottish!)

Follow your interests

Another hint is to look at jobs that use your **favourite school subjects or your interests**. Read job profiles on https://icould.com/explore, BBC Bitesize https://www.bbc.co.uk/bitesize/careers or Prospects https://www.prospects.ac.uk/job-profiles for more ideas:

Focus on grow sectors

The next tip is to focus on growth sectors in the places you want to live. These East Sussex industries are expanding:

Industry	Example job roles	Find out more
Construction	Architect, Civil engineer, Project Manager, Electrician, Quantity Surveyor…	https://www.goconstruct.org/
Engineering and manufacturing	Mechanical Engineer, Production Manager, Welder, Electronics Assembler…	https://www.tomorrowsengineers.org.uk/students/career-finder/ https://www.engineerjobs.co.uk/careers-advice/where-to-start/the-different-types-of-engineering-sectors https://www.wisecampaign.org.uk/what-we-do/expertise/welcome-to-my-skills-my-life/
Creative and Digital	Graphic Designer, Animator, Search Engine Optimisation Executive, Software Developer, Helpdesk Engineer, Website producer….	https://www.screenskills.com/careers/ https://thecreativeindustries.co.uk/industries https://ccskills.org.uk/careers/advice/article/a-creative-digital-career https://digital.nhs.uk/about-nhs-digital/careers/the-academy-at-nhs-digital
Health and Social Care	**Health:** There are 350 job roles in the NHS, not just doctors and nurses… **Social care:** Social worker, Support Worker, Nursery Manager	https://www.stepintothenhs.nhs.uk/ https://www.jobs.nhs.uk/ https://www.eastsussex.gov.uk/jobs/ https://www.skillsforcare.org.uk/Careers-in-care/Think-Care-Careers.aspx
Land-based Industries	Landscape Architect, Garden Designer, Farm Manager, Sales Manager, Agri-Technologist, Food Scientist….	https://www.golandscape.co.uk/ https://www.fwi.co.uk/careers
Visitor Economy	Chef, Retail Manager, Hotel Manager, Housekeeping Manager, Bar Manager…	https://www.caterer.com/advice/career-advice

Large employers are a good place to look for a wide range of jobs. Two of the largest here in Sussex are the NHS and East Sussex County Council . But don't forget to check out the websites of **small and medium sized employers** too, as they often find it hard to recruit the people they need.

Grow your skills and confidence

Yes, good grades in your GCSEs are important. But UK employers also want to hire people with a positive attitude and good communication skills, who can solve problems and are ready to work hard. It's a good idea to use your free time and holidays to gain experience, which will build your skills and confidence and make you more employable. Here are some options:

- **Volunteering** – search for local opportunities https://do-it.org/ Take part in National Citizenship Service https://www.ncsyes.co.uk/ .
- **Part time jobs** – look at online job boards such as https://www.e4s.co.uk/search/part-time-jobs or https://www.indeed.co.uk/ Check for job adverts on your local high street. Offer computer skills, garden maintenance or car cleaning services to your neighbours.
- **Work experience, job shadowing, or just talking to employers**. Contact employers to ask if you can visit. Even a few minutes asking someone about their job will be valuable and will boost your confidence. Here are some pointers for work experience: https://www.c360.org.uk/education/careers/workexperience/wexguide .
- **Projects** such as blogging, making YouTube videos, DIY, bike repairs and selling on eBay will show your initiative.
- Attend **careers fairs, employer events and insight days.** Target employers you're interested in and have a list of questions ready to ask them.
- Look for **free online courses** https://www.open.edu/openlearn/free-courses https://www.futurelearn.com/courses https://www.reed.co.uk/courses/free **or get a digital badge in coding** https://idea.org.uk/ .
- Enter an **art, science or writing competition** https://schoolreadinglist.co.uk/competitions-for-children/childrens-writing-competitions/ http://www.schoolscience.co.uk/competitions https://www.studentartguide.com/resources/high-school-art-competitions-list .
- Take part in an **industry or university event or summer school**. Look on UCAS or Google to find more examples.

Get support

Talk over your career ideas with people you trust. Ask them what they think your strengths are; perhaps they can introduce you to employers. Role-play phone calls and interviews, so that you feel comfortable talking to people. If travelling makes you nervous, practise the journey to work.

For more help and advice, speak to your school or college's careers advisor.

Free guidance is also available from the National Careers Service on 0800 100 900 or use webchat.

Good luck!

The East Sussex Careers Hub team