

Section C—Additional Guidance

Sources of additional information and guidance

You should make use of a range of support in order to help inform you when you are making your options choices. Here are some examples.

Support for you:

- Discuss your options choices, and thoughts with your form tutor
- Discuss your subjects with your subject teachers, what do they think?
- Talk to your friends and family
- Make an appointment to speak to our careers adviser, Miss Parker

The National Careers Service provide a free telephone and webchat service 8am-10pm on 0800 100 900. Perhaps give them a call with your parents?

Websites:

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| • www.helpyouchoose.org | Norfolk's 14-19 careers information, advice and opportunities website for young people |
| • www.gov.uk/apprenticeships-guide | Information about becoming an apprentice |
| • www.icanbea.org.uk | Information for young people on career opportunities across Norfolk and Suffolk |
| • www.apprenticeships.org.uk | Includes a parent's guide to apprenticeships |
| • www.icould.com | Career videos with information on choices |
| • https://nationalcareersservice.direct.gov.uk | Careers information with section for 13-19 year olds |

Examples of activities that might help you to decide:

- Reading information on websites about different subjects
- Talking to older students, members of your family or friends
- Doing research online about careers, and what qualifications you need to work in that career
- Look online at Springwood 6th Form and other post-16 providers. What courses are on offer?
- Think about and mind-map out what jobs you might like to have.