

## National Careers week, 1<sup>st</sup> - 8<sup>th</sup> March 2021

To celebrate National Careers week we collated relevant Careers information to support you on your next steps, whatever they may be.

Every day do something positive to find out something new!

Day	Theme	Activity	Resource link
Monday	Careers guidance & St Cuthbert's	Go to the St Cuthbert's Careers Guidance section on the school website and read through the information & documents. Register for a UCAS hub account and join in every day with Careers hour	<a href="http://www.st-cuthbertshigh.newcastle.sch.uk/school-information/careers-guidance/">http://www.st-cuthbertshigh.newcastle.sch.uk/school-information/careers-guidance/</a> <a href="https://www.ucas.com/ncw2021">https://www.ucas.com/ncw2021</a>
Tuesday	Higher Education & Apprenticeships	Discover the Future you with Future Me Discover Degree Apprenticeships with the Sutton Trust	<a href="https://futureme.ac.uk/students/higher-education-north-east">https://futureme.ac.uk/students/higher-education-north-east</a> <a href="https://www.suttontrust.com/our-programmes/apprenticeship-summer-school/">https://www.suttontrust.com/our-programmes/apprenticeship-summer-school/</a>
Wednesday	Building muscle	Think about the ways in which Covid 19 has tested you, but also think about the opportunity it has given you to develop self-organisation, and discipline. What challenged and got to you during the lock downs? How did you deal with it, how did you come back and overcome these challenges?  What is your personal story that can be compelling to interviewers and a source of strength to draw upon in the future?	Join the Team talk with our Enterprise advisor Vicky Smith from Brewin Dolphin  Period 5 Team link =  Complete your wheel of strength - <a href="https://barclayslifefskills.com/i-want-to-choose-my-next-step/school/wheel-of-strengths/?utm_source=Website&amp;utm_medium=EM&amp;utm_campaign=HS_Feb_SLT_Act_WoS&amp;utm_term=HS_SE">https://barclayslifefskills.com/i-want-to-choose-my-next-step/school/wheel-of-strengths/?utm_source=Website&amp;utm_medium=EM&amp;utm_campaign=HS_Feb_SLT_Act_WoS&amp;utm_term=HS_SE</a>
Thursday	Employability skills	What do employers look for? Looking after your personal brand/online appearance.  Building essential skills	<a href="https://www.youtube.com/watch?v=L7b69Lg2gAc">https://www.youtube.com/watch?v=L7b69Lg2gAc</a> <a href="https://www.youtube.com/watch?v=Urq61vfkdpQ">https://www.youtube.com/watch?v=Urq61vfkdpQ</a>  <a href="https://www.skillsbuilder.org/parents-and-carers">https://www.skillsbuilder.org/parents-and-carers</a>
Friday	DIY	There are so many great virtual events, activities and work experience available to you. Take a look at these web links and sign up online. Any queries or support required please email Mrs Garay directly <a href="mailto:sarah.garay@scchs.org.uk">sarah.garay@scchs.org.uk</a>	Virtual work experience <a href="https://www.speakersforschools.org/experience-2/vwex/">https://www.speakersforschools.org/experience-2/vwex/</a> Work & study opportunities <a href="https://successatschool.org/jobscourses">https://successatschool.org/jobscourses</a>