

# Resources – our recommendations



Our Careers Advisers and Employability Workers have sourced some of our favourite places to go for extra careers support.

Careers Information – Apprenticeships	
<a href="#">Amazing Apprenticeships</a>	Find out first which employers have <a href="#">apprenticeship vacancies</a> .
<a href="#">Prospects</a>	Everything you need to know about <a href="#">Degree apprenticeships</a> .
<a href="#">RMP Enterprise</a>	Find out who are the <a href="#">best apprenticeship employers and training providers</a> .
Careers Information – Exploring	
<a href="#">Prospects</a> The logo for Prospects is displayed in a large, bold, black font with white letters, set against a black rectangular background.	<p>Explore hundreds of job profiles, with advice on routes into your preferred career. Read profiles of top UK employers to find out what they do.</p> <p>Unsure about what career might suit you? Prospects offer some quizzes that'll help you explore your options – use the <a href="#">career planner</a> or the job match link.</p>
Careers Information – Qualifications	
<a href="#">Department for Education</a>	<a href="#">T Levels</a> all you need to know - two-year courses developed in collaboration with employers and businesses so that the content meets the needs of industry and prepares students for work.


## Careers Information – University

<b>Discover Uni</b>	Information about university life, comparing courses - <a href="http://www.discoveruni.gov.uk">www.discoveruni.gov.uk</a>
<b>The Complete University Guide</b>	League tables, university profiles, course guides, what to do with your degree, advice for parents - <a href="http://www.thecompleteuniversityguide.co.uk">www.thecompleteuniversityguide.co.uk</a>
<b>UCAS</b>	One-stop shop for all post-16 and post-18 options information. There is a useful career explorer section and personality quiz. They also offer information on apprenticeships, advice on employment and taking a gap year - <a href="http://www.ucas.com">www.ucas.com</a>

## Employability and Employment – CV Services

<b>CVhelp</b>	Use the CV builder to build your CV quickly! Trusted by recruiters, hiring managers with live chat facility - <a href="http://www.cvhelp.co.uk">www.cvhelp.co.uk</a>
<b>Live Career</b>	What sections to include in your CV. Make a job-winning CV in minutes. No writing experience required - <a href="http://www.livecareer.co.uk">www.livecareer.co.uk</a>
<b>My Perfect CV</b>	Classic CV templates and pre-written bullet points. Start with proven CV content. No writing experience needed. Make a CV in minutes. Step-by-step guidance. Fill-in-the-blank CVs. Automatic cover letters etc - <a href="http://www.myperfectcv.co.uk">www.myperfectcv.co.uk</a>
<b>Total Jobs</b>	10 steps to a successful CV. Writing a good CV can be one of the toughest challenges of job hunting - <a href="http://www.totaljobs.com">www.totaljobs.com</a>

## Employability and Employment – Interview Techniques

<p>EDF Energy</p> 	<p><a href="#">5 tips to enhance your employability.</a></p>
<p>Indeed</p>	<p>Job interview tips: How to make a great impression. Remember good manners and body language. Non-verbal communication can be just as important as anything you say in the interview - <a href="http://www.indeed.co.uk">www.indeed.co.uk</a></p>
<p>Monster</p>	<p>10 best interview tips to live by. There are a lot of job interview guides out there, but these 10 tips are all you need to know - <a href="http://www.monster.com">www.monster.com</a></p>
<p>Reed</p>	<p>Up-to-the-minute expert advice on interview techniques and more. Find out how <a href="http://www.reed.co.uk">www.reed.co.uk</a> can help you find your perfect position.</p>
<p>The Mix</p>	<p>You've got through to the interview! Now what to wear, questions to ask and techniques. All the information you need for your interview. Free help for under 25s - <a href="http://www.themix.org.uk">www.themix.org.uk</a></p>

## Employability and Employment – Self-Employment

<p>Simply Business</p>	<p>Covers everything you will ever need to know! Wondering how to become self-employed? There are some <a href="#">tips for getting started</a> – from weighing up the pros and cons of self-employment, to understanding tax and benefits when you're self-employed.</p>
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## Mental Health and Well-being

### Action for Happiness



This a charity that has great resilience resources and ideas to help you find ways to bounce back. They offer several services that include:

- actions to complete
- coping calendars
- inspirational speakers
- 10 days of happiness tasks

[www.actionforhappiness.org](http://www.actionforhappiness.org)

### Childline

0800 1111 (the call is free and it won't show up on phone bill).

### Kooth

XenZone is a provider of online mental health services for children, young people and adults. [Kooth](#), from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

### MIND

Find out about mental health, staying well and accessing help and support. Information on [your wellbeing](#).

### Relate

The UK's largest provider of relationship support for all ages - [www.relate.org.uk](http://www.relate.org.uk)

## Online Learning

### bbc bitesize



Be curious! [Nine to Five](#) with Stacey Dooley has lots of video content about careers + employability, including the importance of communication and resilience to exploring different experiences at work.

## SEND

<b>Derby SEND IASS</b>	Offers impartial information and advice to parents/carers in Derby City. This site has lots of information and advice for both parents and young people regarding Education, Health and Care Plans (applying/appeals), personal budgets, transport, education - <a href="http://www.derbysendiass.org.uk">www.derbysendiass.org.uk</a>
<b>Disability Jobsite</b>	Offers general employment information and job searching - <a href="http://www.disabilityjobsite.co.uk">www.disabilityjobsite.co.uk</a>
<b>DoIT</b>	Explains why employers value volunteering and how many volunteer roles lead to paid jobs, plus a database of local volunteering opportunities - <a href="http://www.do-it.org">www.do-it.org</a>
<b>Leonard Cheshire Disability</b>	Will help you find information on continuing in education, finding work, internships, apprenticeships etc - <a href="http://www.leonardcheshire.org">www.leonardcheshire.org</a>
<b>My Adult still My Child</b>	Supports parents/carers so that they can better understand their rights and options in decision-making as they continue to love and care for their adult child - <a href="http://www.myadultstillmychild.co.uk">www.myadultstillmychild.co.uk</a>
<b>National Autistic Society</b>	This is an excellent website with lots of information for young people with autism that supports transitioning into adult life - <a href="https://www.autism.org.uk/">https://www.autism.org.uk/</a>
<b>Transition2 (T2)</b>	You will find information on programmes for young people with moderate to profound learning disabilities - <a href="http://www.transition2.co.uk">www.transition2.co.uk</a>
<b>United Response</b>	Offer information on supported employment, access to work and various other aspects of transition - <a href="http://www.unitedresponse.org.uk">www.unitedresponse.org.uk</a>

<b>Rethink</b>	Improving the lives of people affected by mental illness. The goal is to ensure everyone affected by mental illness has a good quality of life - <a href="http://www.rethink.org">www.rethink.org</a>
<b>The Mix</b>	Essential support for under 25's. Provides a confidential helpline, e-mail, webchat and telephone counselling - <a href="http://www.themix.org.uk">www.themix.org.uk</a>
<b>Time to Change</b>	Choose to talk about mental health and help change lives. At Rethink Mental Illness, they want to end mental health discrimination - <a href="http://www.time-to-change.org.uk">www.time-to-change.org.uk</a>

We are here to help and support you with advice and guidance in relation to opportunities around higher education, further education or entering into the world of work. Please fill in the simple form and one of our team will be in touch very soon.

[Express your interest!](#)

We regularly share information on our resources and other resources we recommend via our website [www.debp.org](http://www.debp.org) and via our social media channels. Please follow us.



**We hope you find them useful!**