

# WHAT DO I NEED TO KNOW?

YEAR  
10

## ADVISERS ANSWER SHEET

These are possible answers to the Quiz questions, but there may be other suggestions from the students – (students could leave out the www on websites)

### Options and Decisions

- 1 Connexions Personal Adviser - tutors - parents/carers – friends
- 2 [www.myplan4life.org](http://www.myplan4life.org)  
[www.connexions-direct.com](http://www.connexions-direct.com)  
[www.connexionswest.org.uk](http://www.connexionswest.org.uk)  
Kudos – Job Explorer Database (JED) – Careerscape
- 3 [woe.futures4me.co.uk](http://woe.futures4me.co.uk)

### Work Experience

- 4 Careers teacher – work experience coordinator – school/college website  
[www.experiencesofwork.co.uk](http://www.experiencesofwork.co.uk)  
[www.direct.gov.uk](http://www.direct.gov.uk) (14-19 your life/your options)
- 5 See how organisations work – learn new skills – understand employers needs- increased self-confidence – see how my subjects fit with work

### Qualifications/skills 4 jobs

- 6 [www.connexions-direct.com/itsyourchoice](http://www.connexions-direct.com/itsyourchoice)  
[www.connexionswest.org.uk](http://www.connexionswest.org.uk)  
Kudos – JED – Careerscape – Careers library – Connexions Personal Adviser  
Careers tutor

- 7 [www.connexions-direct.com/jobs4u](http://www.connexions-direct.com/jobs4u)  
- careers library - Connexions Personal Adviser

### The World of Work

- 8 Connexions Local Information Sheets and Work Matters  
[www.connexionswest.org.uk/vacancies](http://www.connexionswest.org.uk/vacancies)
- 9 [www.apprenticeships.org.uk](http://www.apprenticeships.org.uk)  
[www.apprenticeshipsonline.org/westofengland](http://www.apprenticeshipsonline.org/westofengland)
- 10 [www.connexions-direct.com](http://www.connexions-direct.com)  
- Connexions Personal Adviser

### Voluntary work/part time work

- 11 [www.yatevoluntarylink.org.uk](http://www.yatevoluntarylink.org.uk)  
[www.mvonline.gov.uk](http://www.mvonline.gov.uk)  
[www.princes-trust.org.uk](http://www.princes-trust.org.uk)  
[www.do-it.org.uk](http://www.do-it.org.uk)
- 12 [www.connexions-direct.com](http://www.connexions-direct.com)  
[www.direct.gov.uk](http://www.direct.gov.uk)

### Study/ exams

- 13 [www.bbc.co.uk/schools](http://www.bbc.co.uk/schools) (secondary) tutors – parents- friends
- 14 Make a study plan – study little at a time – bite size chunks – be focused
- 15 Tutors - Special Educational Needs Coordinator (SENCO) – Personal Adviser

### Health matters

- 16 Balanced meals - exercise - get enough sleep – don't smoke/drink/take drugs
- 17 Connexions Direct Adviser (080 800 13 2 19)  
[www.direct.gov.uk/YoungPeople](http://www.direct.gov.uk/YoungPeople)
- 18 [www.talktofrank.com](http://www.talktofrank.com)  
Connexions Direct Adviser (080 800 13 2 19)

### Social/emotional

- 19 Connexions Direct Advisers (080 800 13 2 19)  
[www.bullying.co.uk](http://www.bullying.co.uk)  
[www.bullyonline.org](http://www.bullyonline.org) (school bully mobile)  
[www.1bigdatabase.org.uk](http://www.1bigdatabase.org.uk)
- 20 [www.ruthinking.co.uk/sexwise.asp](http://www.ruthinking.co.uk/sexwise.asp)  
Connexions Personal Adviser – Connexions Direct Adviser

### Money matters

- 21- 23 [www.youthinformation.com](http://www.youthinformation.com)  
[www.direct.gov.uk](http://www.direct.gov.uk) (money)

### Parents/carers

- 24 [www.connexions-direct.com/parentcarer](http://www.connexions-direct.com/parentcarer)
- 25 Connexions Personal Adviser - Tutors

## WEBSITES EXPLAINED:

- [apprenticeships.org.uk](http://apprenticeships.org.uk): information on how apprenticeships work
- [apprenticeshipsonline.org/westofengland](http://apprenticeshipsonline.org/westofengland): apprenticeships and information
- [bbc.co.uk/schools](http://bbc.co.uk/schools): go to secondary for study tips, revisions guides, information for parents and subject help
- [bullying.co.uk](http://bullying.co.uk): help and advice for victims of bullying, their parents/carers and teachers
- [connexions-direct.com/itsyourchoice](http://connexions-direct.com/itsyourchoice): help to plan your 16+ options
- [connexions-direct.com/jobs4u](http://connexions-direct.com/jobs4u): career ideas including qualifications needed, training routes and salaries
- [connexions-direct.com/parentcarer](http://connexions-direct.com/parentcarer): information for parents/carers on careers, choices and much more
- [connexions-direct.com](http://connexions-direct.com): information and advice about choices in your life and support advisers on line
- [connexionswest.org.uk/vacancies](http://connexionswest.org.uk/vacancies): current jobs with training
- [connexionswest.org.uk/where2](http://connexionswest.org.uk/where2): information on local support agencies
- [connexionswest.org.uk](http://connexionswest.org.uk): help to decide what to do, Local Information Sheets, Work Matters
- [direct.gov.uk](http://direct.gov.uk): go to Education and learning >14-19 your life your options > which way now? Years 10-11, for information on work experience
- [do-it.org.uk](http://do-it.org.uk): postcode search for local volunteering opportunities
- [experiencesofwork.co.uk](http://experiencesofwork.co.uk): general work experience information
- [woe.futures4me.co.uk](http://woe.futures4me.co.uk): database of local learning and training and lots of information about the area you live in
- [mvonline.gov.uk](http://mvonline.gov.uk): Millennium Volunteers for those aged 16-24 to get valuable skills and experience. Fit your projects around study and training
- [myplan4life.org](http://myplan4life.org): (click Plan-it) to plan your future, find information on qualifications, write a CV, record your skills and qualities
- [need2know.co.uk](http://need2know.co.uk): information on health, relationships, money, cyber bullying, housing and more
- [princes-trust.org.uk](http://princes-trust.org.uk): personal development and motivation programmes for those aged 14-30 with projects to boost confidence and learn team-building skills
- [ruthinking.co.uk/sexwise.asp](http://ruthinking.co.uk/sexwise.asp): information on sexual health matters and access to free confidential advice
- [talktofrank.com](http://talktofrank.com): help, support and information on the dangers of taking drugs
- [teenagehealthfreak.org](http://teenagehealthfreak.org): information on bullying, eating disorders, weight, addictions and loads more
- [yatevoluntarylink.org.uk](http://yatevoluntarylink.org.uk): volunteering opportunities in South Gloucestershire
- [youthinformation.com](http://youthinformation.com): benefits, debt, managing money, tax and lots more

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WEST OF ENGLAND