

# WHAT DO I NEED TO KNOW?

YEAR  
10

Now in Year 10? Want to wave goodbye to worries about moving on and doing well? Complete this quiz and find out where to go for information, advice and the support you need.

Use 'Sources of Information' to help you complete the quiz. There may be more than one answer for each question.

## Options and decisions

1 Who can you talk to about your options, choices and decisions?

2 What websites/software can give you help with your decisions?

3 Which website has details of all local courses and training?

## Work Experience

4 Where can you get more information about work experience?

5 What will you gain from work experience?

## Qualifications/skills for jobs

6 Confused by all the different qualifications...where can you get help?

7 Where will you find details of qualifications and skills needed for different jobs?

## The world of work

8 Where can you find information on what's happening locally?

9 Interested in Apprenticeships? Where can you find more information?

10 Where can you check out Entry to Employment (e2e)?

## Voluntary work/part-time work

11 If you want voluntary work, which websites should you visit?

12 Want to know the law about part-time working – check it out at...

## Study/exams

13 If you need help with exams, which site will give you study tips?

14 What is the best way to balance work and social life?

15 If you need additional support, who can you, your parents/carers talk to?

## Health matters

16 Your health affects your future - what can you do to keep healthy?

17 Worried about your eating habits – where you can get support?

18 You think a friend is taking drugs – where can they get help?

## Social/emotional

19 You're getting bullied at school – what should you do?

20 Your friend thinks she's pregnant – who should she talk to?

## Money matters

21 If you have trouble managing your money, who you can talk to?

22 To find out about financial help while still learning, where would you go?

23 If you want to know the minimum wage, where will you get information?

Don't worry –  
Parents/Carers are not trying  
to take over but do want to help,  
and to do that they will need  
information!

24 What websites could they use to find out everything they need to know?

25 Where can you turn for help if relationships are difficult at home?

## HOW DID YOU DO? - ADD UP YOUR RIGHT ANSWERS

### 0-10 correct answers

You'll soon need to make some decisions about your future. Want help? There are people you can contact.

### 10 -20 correct answers

Well done, you've started planning ahead. Keep your options open. You know where to go for help.

### 20 -26 correct answers

Its seems like you're in control! Keep at it. You need good information to make the best decisions.

## DONE THE QUIZ - FOUND GAPS? MY NEXT STEPS START HERE!

The things I will need to do to help me move on are:

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## IN YEAR 10 YOU SHOULD BE THINKING ABOUT:

- Courses, training and employment options - deciding what's right for you
- How to get the best from your work experience
- Qualifications and skills needed for jobs
- The world of work
- Balancing studies and social life
- Getting help with financial, personal, social or emotional issues that might get in your way

**It's your choice and your future... so don't be afraid to ask,  
but remember to stay true to yourself!**