

## CAREERS PROGRESSION- ONLINE RESOURCES

Whether you're in Years 9, 10, 11 or Broadoak alumni, it is worth making the most of the time available during Lockdown to consider your future (and look forward to it!). Below are links to a range of videos and worksheets that can provide information, advice and guidance around all things 'Careers', including interview techniques, further and higher education and financial capabilities.

Description	Year Group(s)	Website link
Find out all the things you need to know about making your next steps towards university	9, 10, 11, 12, 13	<a href="https://gmhigher.ac.uk/resources/university-and-me-guide/">https://gmhigher.ac.uk/resources/university-and-me-guide/</a>
An activity that will help to separate the facts from the fiction when it comes to student finance.	10/11	<a href="https://gmhigher.ac.uk/resources/budgeting-skills-finance-myth-busting/">https://gmhigher.ac.uk/resources/budgeting-skills-finance-myth-busting/</a>
A quiz to discover what your spending habits say about you with tips on how to save money as a student.	10/11	<a href="https://gmhigher.ac.uk/resources/budgeting-skills-prudent-student/">https://gmhigher.ac.uk/resources/budgeting-skills-prudent-student/</a>
Learn how to prioritise by selecting which extra items you'd like to spend your student loan on. Then draw them on your Instagram feed.	10/11	<a href="https://gmhigher.ac.uk/resources/budgeting-skills-instagram/">https://gmhigher.ac.uk/resources/budgeting-skills-instagram/</a>
Learners are shown what the average student spends their money on. Activity involves learners having to match the cost to the spend	10/11	<a href="https://gmhigher.ac.uk/resources/budgeting-skills-students-spending/">https://gmhigher.ac.uk/resources/budgeting-skills-students-spending/</a>
Learners are shown ways that they can improve their wellbeing through a series of colouring images and explanations and examples	10, 11, 12, 13	<a href="https://gmhigher.ac.uk/resources/study-skills-colouring-sheet/">https://gmhigher.ac.uk/resources/study-skills-colouring-sheet/</a>
Learners can use their decision-making skills to decide what the best decisions are to ensure that they are utilising their study time wisely when at home	10, 11, 12, 13	<a href="https://gmhigher.ac.uk/resources/study-skills-this-or-that/">https://gmhigher.ac.uk/resources/study-skills-this-or-that/</a>
A fun interactive word search showing the different types of distractions that can cause you to avoid study	10, 11, 12, 13	<a href="https://gmhigher.ac.uk/resources/study-skills-distractions/">https://gmhigher.ac.uk/resources/study-skills-distractions/</a>
Helping learners to identify their own stresses can be difficult. This worksheet uses advice from the NHS website and personal reflection to help learners recognise the signs they show during stressful periods and ways to combat them	10, 11, 12, 13	<a href="https://gmhigher.ac.uk/resources/study-skills-recognising-stress/">https://gmhigher.ac.uk/resources/study-skills-recognising-stress/</a>
Using the social media platform, Instagram, students can see some of the accounts we advise and highlight their own favourites to create a positive feed for them when they are scrolling the platform.	10, 11, 12, 13	<a href="https://gmhigher.ac.uk/resources/study-skills-instavation/">https://gmhigher.ac.uk/resources/study-skills-instavation/</a>
10 tips for how to use free periods for school to college transition.	11	<a href="https://gmhigher.ac.uk/resources/be-college-ready-wisely/">https://gmhigher.ac.uk/resources/be-college-ready-wisely/</a>
Information and advice about how to prepare for your first week at college	11	<a href="https://gmhigher.ac.uk/resources/be-college-ready-first-week/">https://gmhigher.ac.uk/resources/be-college-ready-first-week/</a>
Tips on how college and sixth form students can save money. From buying	11/12	<a href="https://gmhigher.ac.uk/resources/be-college-ready-save-money/">https://gmhigher.ac.uk/resources/be-college-ready-save-money/</a>

second hand books to taking a flask of coffee to college or sixth form		
Tops tips for settling into college, including making friends and joining in with new activities	11	<a href="https://gmhigher.ac.uk/resources/be-college-ready-settling-in/">https://gmhigher.ac.uk/resources/be-college-ready-settling-in/</a>
Activities and information to help young people discover their skills, qualities and strengths.	09, 10, 11	<a href="https://gmhigher.ac.uk/resources/wellbeing-the-art-of-positivity/">https://gmhigher.ac.uk/resources/wellbeing-the-art-of-positivity/</a>
Creative activities to encourage positivity and self-belief when thinking about the future.	09, 10, 11	<a href="https://gmhigher.ac.uk/resources/wellbeing-strengths-self-esteem/">https://gmhigher.ac.uk/resources/wellbeing-strengths-self-esteem/</a>
A guide to handy revision hacks to help you revise more effectively.	10, 11, 12, 13	<a href="https://gmhigher.ac.uk/resources/revision-skills-hacks/">https://gmhigher.ac.uk/resources/revision-skills-hacks/</a>
Video where learners will learn tips and tricks to help them study	11	<a href="https://gmhigher.ac.uk/resources/study-skills-how-to-study/">https://gmhigher.ac.uk/resources/study-skills-how-to-study/</a>
Video where learners will learn different ways to look after their mental health whilst studying	11	<a href="https://gmhigher.ac.uk/resources/study-skills-self-care/">https://gmhigher.ac.uk/resources/study-skills-self-care/</a>
Video where learner will learn the difference between procrastination and distraction and how this will help them in the future when studying	11	<a href="https://gmhigher.ac.uk/resources/study-skills-procrastination/">https://gmhigher.ac.uk/resources/study-skills-procrastination/</a>
A budgeting game where you're placed in a student's shoes to make decisions about spending.	10/11	<a href="https://gmhigher.ac.uk/resources/budgeting-skills-prudent-student/">https://gmhigher.ac.uk/resources/budgeting-skills-prudent-student/</a>
Video which dispels common myths and confusion surrounding student finance	10/11	<a href="https://gmhigher.ac.uk/resources/budgeting-skills-mythbusting/">https://gmhigher.ac.uk/resources/budgeting-skills-mythbusting/</a>
Video in which learners are introduced to what they can expect to spend their money on when at university.	10/11	<a href="https://gmhigher.ac.uk/resources/budgeting-skills-spending/">https://gmhigher.ac.uk/resources/budgeting-skills-spending/</a>
Learn about what support you can access whilst you are studying to make the most of your potential	09/10	<a href="https://gmhigher.ac.uk/resources/student-life-support-at-uni/">https://gmhigher.ac.uk/resources/student-life-support-at-uni/</a>
Learn about what your options are when you leave school and the different study options you need to consider when choosing a higher education course	09/10	<a href="https://gmhigher.ac.uk/resources/student-life-he-options/">https://gmhigher.ac.uk/resources/student-life-he-options/</a>
Learn about how higher education is so much more than learning. What would you get involved in as a student?	09/10	<a href="https://gmhigher.ac.uk/resources/student-life-outside-of-lectures/">https://gmhigher.ac.uk/resources/student-life-outside-of-lectures/</a>
Do you know everything there is to know about being a student in higher education? Test out your knowledge using this fun and challenging word search!	09/10	<a href="https://gmhigher.ac.uk/resources/student-life-wordsearch/">https://gmhigher.ac.uk/resources/student-life-wordsearch/</a>
Wondering what options are available to you when you leave school? Work your way through this activity to find out more!	09/10	<a href="https://gmhigher.ac.uk/resources/student-life-path-finder/">https://gmhigher.ac.uk/resources/student-life-path-finder/</a>
How to prepare for that all important interview whether it is for a place at college or a job opportunity and learn how to make a good first impression.	10/11	<a href="https://gmhigher.ac.uk/resources/interview-skills-first-impressions/">https://gmhigher.ac.uk/resources/interview-skills-first-impressions/</a>
Gain hints and tips on how to prepare for answering interview questions and identify how you can help yourself stand out from the crowd	10/11	<a href="https://gmhigher.ac.uk/resources/interview-skills-your-interview/">https://gmhigher.ac.uk/resources/interview-skills-your-interview/</a>

Spot those all-important good (and bad!) first impressions and choose who you think should get the job!	10/11	<a href="https://gmhigher.ac.uk/resources/interview-skills-who-got-the-job/">https://gmhigher.ac.uk/resources/interview-skills-who-got-the-job/</a>
What are your unique selling points? Personalise this silhouette and reflect on all the ways that you can stand out from the crowd	10/11	<a href="https://gmhigher.ac.uk/resources/interview-skills-stand-out/">https://gmhigher.ac.uk/resources/interview-skills-stand-out/</a>
Video where learners will learn how to use the Pomodoro technique to support affective revision	10, 11, 12, 13	<a href="https://gmhigher.ac.uk/resources/revision-skills-pomodoro/">https://gmhigher.ac.uk/resources/revision-skills-pomodoro/</a>
This resource will give you an overview of different courses and the careers they can lead to. There's an introductory video, 6 different subject-related videos, followed by a wrap up where you can find out your next steps.	9, 10, 11, 12	<a href="https://gmhigher.ac.uk/resources/what-can-i-study-part-1-introduction/">https://gmhigher.ac.uk/resources/what-can-i-study-part-1-introduction/</a>
This video focuses on courses and careers in sciences.	9, 10, 11, 12	<a href="https://gmhigher.ac.uk/resources/what-can-i-study-part-2-sciences/">https://gmhigher.ac.uk/resources/what-can-i-study-part-2-sciences/</a>
This video focuses on courses and careers in humanities and languages	9, 10, 11, 12	<a href="https://gmhigher.ac.uk/resources/what-can-i-study-part-3-humanities-languages/">https://gmhigher.ac.uk/resources/what-can-i-study-part-3-humanities-languages/</a>
This video focuses on courses and careers in business, law and mathematics.	9, 10, 11, 12	<a href="https://gmhigher.ac.uk/resources/what-can-i-study-part-4-business-law-mathematics/">https://gmhigher.ac.uk/resources/what-can-i-study-part-4-business-law-mathematics/</a>
This video focuses on courses and careers in computing, engineering and architecture.	9, 10, 11, 12	<a href="https://gmhigher.ac.uk/resources/what-can-i-study-part-5-computing-engineering-architecture/">https://gmhigher.ac.uk/resources/what-can-i-study-part-5-computing-engineering-architecture/</a>
This video focuses on courses and careers in arts, music and media.	9, 10, 11, 12	<a href="https://gmhigher.ac.uk/resources/what-can-i-study-part-6-art-music-media-studies/">https://gmhigher.ac.uk/resources/what-can-i-study-part-6-art-music-media-studies/</a>
This video focuses on courses and careers in education and social care.	9, 10, 11, 12	<a href="https://gmhigher.ac.uk/resources/what-can-i-study-part-7-education-social-work/">https://gmhigher.ac.uk/resources/what-can-i-study-part-7-education-social-work/</a>
This video summarises the workshop and tells you where to find out more information.	9, 10, 11, 12	<a href="https://gmhigher.ac.uk/resources/what-can-i-study-part-8-next-steps/">https://gmhigher.ac.uk/resources/what-can-i-study-part-8-next-steps/</a>
This worksheet accompanies the What Can I Study series of video resources.	9, 10, 11, 12	<a href="https://gmhigher.ac.uk/resources/what-can-i-study-worksheet/">https://gmhigher.ac.uk/resources/what-can-i-study-worksheet/</a>
A guide to using the traffic light technique to prioritise your revision.	10, 11, 12, 13	<a href="https://gmhigher.ac.uk/resources/revision-skills-traffic-light-technique/">https://gmhigher.ac.uk/resources/revision-skills-traffic-light-technique/</a>
A guide to building an effective revision timetable.	10, 11, 12, 13	<a href="https://gmhigher.ac.uk/resources/revision-skills-revision-timetable-handout/">https://gmhigher.ac.uk/resources/revision-skills-revision-timetable-handout/</a>