



SEMLEP

South East Midlands
Local Enterprise Partnership

Exploring Careers in lockdown

Workbook

Introduction

Now more than ever, it's time to **think about your future** and set goals to aim for. Lockdown won't last forever! After all, that's why we go to school: to get the right skills and qualifications to get a job that we love. But where do you start? And what about the current situation?

This three-step brainstorming technique will help you start to identify your skills and interests, aligning to the needs of the workforce and helping you to look and plan ahead. It's your future, take action and start thinking about what's next.

What are you good at?

ACTIVITY ONE

Because of Covid19 the jobs market has and will change but a good starting point in any situation is getting to know yourself. What are your strengths? What kind of person are you? What job might suit you?

TASK ONE

Take the 5-minute fun [Buzz Quiz](#) to find out which 'animal' you are and which area you might like to work in.

TAKE THE QUIZ

TASK TWO

Once you've started thinking about your career, take the 15-minute [Prospects Career Planner Quiz](#).

TAKE THE QUIZ

TASK THREE

Which path from school into work might suit you? Listen to three very different stories from [Bejay](#), [Mia](#) and [Callum](#).

HEAR THE STORIES

What are you interested in?

ACTIVITY TWO

This is a difficult time but as things settle down new jobs will come up so take this chance to find out what jobs are out there. There are loads you'll never even have heard of – and plenty of exciting opportunities to discover.

TASK ONE

Listen to real-life stories on [iCould](#).

LISTEN HERE

TASK TWO

See where your favourite subject could lead on [BBC Bitesize Careers](#).

VISIT THE WEBSITE

TASK THREE

Chat to your family about jobs. What got your parents/carers interested in their first job? How did their interests change over their career?

What skills are employers looking for?

ACTIVITY THREE

We hear a lot about how important qualifications like GCSEs are, but skills, attitudes and behaviours are equally, if not more important. But what actually are the skills employers want?

TASK ONE

Watch this quick introduction to the [skills that employers want](#), followed by this clip predicting the [skills needed by 2030](#).

[WATCH THE VIDEO](#)

TASK TWO

What are you doing during lockdown that is helping you to develop these skills? Show future employers evidence of your skills by using Barclays Life Skills

[RECORD YOUR SKILLS](#)

TASK THREE

Remember to transfer what you have learnt onto your CV if you have one and if you don't yet, keep this recorded in a safe place – don't forget what you have learnt over this time! Employers will want to find out what you did.