**Labour Market Information Update**

It is critical this year, that you are supported, particularly in key transition moments to understand opportunities and the changing labour market. You should feel confident that you are equipped with information needed to make positive choices.

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| **Post 16 Choices** |
| ***Insert Name of School here*** |
| When it comes to the question of what to do following your GCSEs there are a lot of options to think about. The Department for Education has put together a handy [grid](https://resources.careersandenterprise.co.uk/resources/16-choices)to inform you about all of the options open to you beyond Year X |
| Post 16 contact and event information: | ***Space for Careers Leaders to add in local Post 16 providers contact details*** |
| Sources of Support from the Careers and Enterprise Company: | * [The Resource Directory](https://resources.careersandenterprise.co.uk/)
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| * [My Choices Student Guide](https://resources.careersandenterprise.co.uk/all-resources-all-one-place?op=%EF%80%82&q=My%20CHoices)
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| * [Work It videos](https://www.youtube.com/playlist?list=PLok8K4I1AJqZ2TAdJjKAO5dS0Xm12jIBT)
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| * [My Week of Work](https://learnliveuk.com/my-week-of-work/)
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| Local Labour Market Information:  | ***Space to populate with relevant local information – growth areas and good news messaging. Contact you EC or EA for help with this section*** |
| Key websites and links: | ***Space for Careers Leaders to insert own context specific websites and links*** |
| Prepare for your 1:1 Personal Guidance session: | **Date:** |  |
| **Time:** |  |
| How to prepare for your interview: | **Think about:*** Your own skills and interests – your favourite subjects, activities you enjoy or volunteering which you may do. These help to build up a picture which can then start to link to areas of work
* The world of work – do you have areas of work which interest you? Try to do some research to find out more about these. Talk to your family and friends to open up new possibilities
* Building a personal action plan – this is just a plan which helps you to keep all your job ideas, interests, and research together. A Careers Adviser can help you to develop this.
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