

## Useful sources of careers and labour market information

- Take time to reflect on your own understanding:
  - How up to date are you with what's happening in the UK labour market?
  - Ask your teachers, advisers and parents what's changed over the last 10 years
  - What routes are there into employment other than uni?
- Be aware of how your subject and course choices can open up lots of career options as well as closing some down.
- Find out about careers and particular job roles from 'experts' – people who actually do the jobs you're interested in. There are many videos and case studies online, Youtube is a great place to start your search.
- Explore all the career progression opportunities for your chosen job or sector, e.g. the starting point for someone with GCSEs or an international baccalaureate, up to degree and post-graduate level jobs. This will help you to identify a possible progression route in the sector you want to work in.

## Useful resources

[Explore jobs](#) is an evolving careers resource, with job role profiles, subjects and skills information:

[Prospects](#) - a comprehensive range of job profiles

[Careersbox](#) - provides careers films on the web

[i-could](#) - provides information about jobs and ideas for your future

[National Careers Service](#) - provides over 800 different types of job profiles

[My World of Work](#) - is the careers service for Scotland

[Careers Service \(Northern Ireland\)](#) - is the careers service for Northern Ireland

[Careers Wales](#) - careers information and advisory service for Wales