

Connexions Careers Advisers are available in all schools and colleges to help you to make a plan for what you would like to do in the future. Talk to your school/college Careers Co-ordinator to find out how to arrange a meeting.

From the 1st April 2011 to make careers information, advice and guidance more accessible you can:

- ❖ **Call** the ask-a-careers-adviser service on 0845 0349577 between 5pm and 9pm on Monday to Friday to talk to a Careers Adviser
- ❖ **Text ask** to the ask-a-careers-adviser service on 81066
- ❖ **Email** the ask-a-careers-adviser service at getconnectednow@northyorks.gov.uk and a Careers Adviser will contact you
- ❖ **Look** on the ask-a-careers-adviser Facebook page to find out what is new
- ❖ **Visit** www.getconnectednow.co.uk -- the website that links you with careers, learning and work.

If you have internet access, you can explore Get Connected Now at any time. You will find several pages of information:

- ❖ **Did you know** – answers to all kinds of questions you might ask about your options
- ❖ **Qualifications and Pathways** – explore the different routes you might take
- ❖ **Local courses** – find out where you can access courses
- ❖ **About work** – find the answers to such questions as “How many hours can I work?” and “what will I get paid?”
- ❖ **Careers** – information about hundreds of different careers
- ❖ **Make preparations** – including help to revise for exams, write your CV, work experience, volunteering and much more
- ❖ **Links** to over 250 useful websites
- ❖ **A list** showing the **careers and opportunities section of nearly 200 national and local company websites**
- ❖ The **National Apprenticeship Service current vacancies**
- ❖ **Labour Market Information** relating to the local area including a link to the website LMI YNY (Labour Market Information York and North Yorkshire)

There is also information about events and news, and a section for your parents/carers to help them to support you.