

NO PERMISSION NEEDED

You do not need to do this alone!



QUICK
TIPS

Successful apprentices:

Ask for help

Stay organised

Learn from feedback

Keep trying

You don't need permission to:

ASK QUESTIONS:

1

Your questions matter. The application process is not just an opportunity for an employer to get to know you, it is also your chance to learn about them. If you want to know how apprentices are supported, what development opportunities are available, or what it's really like to work there, ask. Finding the right fit works both ways.

HAVE OTHER COMMITMENTS:

2

Remember, you are allowed to have other commitments. If you have a holiday booked or an interview clashes with an exam, communicate this to the employer as early as possible. Exams should always take priority, and most employers will be happy to arrange an alternative interview date. Clear and timely communication shows professionalism and helps avoid unnecessary stress.

HAVE DOUBTS:

3

Doubting yourself is part of being human. Don't let the fear of not being "good enough" hold you back from opportunities that could help you learn, grow and succeed. Everyone faces self doubt, but those who keep going despite it are often the ones who discover what they are truly capable of.

TAKE A PEN AND PAPER

4

Feel free to take a notepad and pen into your interview to make notes throughout. You can also prepare a few key bullet points in advance to help prompt your answers and keep you focused during the conversation.

INFORM OF PERSONAL ADJUSTMENTS

5

If you require any adjustments or additional support during the recruitment process, let the employer or interviewer know in advance. This will help them make appropriate arrangements and ensure you feel comfortable, supported and able to perform at your best.

Confidence is not something you have before you start. It is something you build by taking opportunities, trying new things and learning along the way.