



Free Careers Resources

These resources have been selected to help Careers Leaders and others to create and maintain a high-quality careers programme in their school or college.

Most sites have been recommended by others and have been used successfully in careers programmes hence promoting them in this guide.

Please be aware of the following:

- Check sites thoroughly yourself before deciding if the resource is suitable for your needs – you may need to look beyond this list
- Links change regularly and some listed here may have changed since this document was produced (last checked 03-09-24)
- There are different target audiences for these resources, but some could easily fit into more than one category therefore approach each resource with an open mind and see how it could be used and with whom
- Some resources do make reference to extended services at a cost

- 2 For Careers Leaders
- 3 For the young person
- 6 Corporate careers programmes
- 7 STEM
- 8 For the teacher or adviser
- 9 Higher Education resources for the Careers Leader/teacher
- 11 Visiting speakers to inspire students
- 12 Information for parents and carers
 - Labour Market Information – general sites
- 13 Labour Market Information – key datasets
- 14 Labour Market Information – the North East

You can access this full list by following this [link](#) to North East Ambition



■ For Careers Leaders

Use these sites to gather all the information you need prior to creating a high-quality careers programme in your institution. Time spent researching these sites will enable both new and experienced Careers Leaders to fully appraise where their careers programmes currently sit and what needs to happen to turn them into outstanding provision.

[Careers strategy: making the most of everyone's skills and talents](#)

The national strategy for careers work in schools published December 2017

[Careers guidance and access for education and training providers](#)

Statutory guidance for careers work in schools, based on national strategy, updated Jan 2023

[Welcome to the CEC Resource Directory](#)

National Careers Leader resources and links to further support eg, free Careers Leader training

[Gatsby Benchmark toolkit](#) and [Gatsby Benchmark toolkit – SEND](#)

Handbooks to help secondary schools create a careers programme based on the Benchmarks

[Careers education and guidance - National Governance Association \(nga.org.uk\)](#)

CEIAG Guidance for governors from the NGA

[The CDI Framework](#)

Recommended Careers Education framework for KS2 to Post-16 launched in April 2021. Watch the one-hour launch video explaining how to use the framework [here](#)

[Programme of Study for PSHE Education \(key stages 1–5\)](#)

PSHE programme KS1-5 January 2020

[Quality in Careers Standard](#)

The national quality award for CEIAG

[Browse: Education and learning - GOV.UK \(www.gov.uk\)](#)

An A-Z of all 14-19 topics

[Careers support for secondary schools \(northeastambition.co.uk\)](#)

Check out toolkits for all 8 Benchmarks brought to you by the North East Combined Authority

[Careers Education Resources | Teach First](#)

Resources, ideas and a whole lot more from an approved Careers Leader training provider

[Using youth social action to support careers education | YSA Toolkit](#)

Lots of ideas about how schools and colleges can achieve the Benchmarks eg, BM6



[My Journey, My Future | CEC Resource Directory](#)

Lesson plans, pathways information and videos around the theme of transition for 11-18s

[Skills for Careers \(education.gov.uk\)](#)

The comprehensive careers guidance website from DfE for young people and adults

[Education Development Trust Employability&Careers - YouTube](#)

Check out a range of National Careers Service videos for different audiences

<https://resources.careersandenterprise.co.uk/resources/example-careers-calendar-events-202425>

Dates for NCW, NAW, BSW and others. Download the calendar and add your own events

FOR CAREERS LEADERS TO SIGN UP TO

[Careers Leader training | The Careers and Enterprise Company](#)

Apply for fully funded national training from the CEC including a post-course bursary

[Community of Practice - Careers Leaders - CDI](#)

Join the CoP to share ideas and resources. Additional CoP brought to you by [Facebook](#)

[Homepage - North East Ambition](#)

Sign up to the monthly newsletter with regional offers for Careers Leaders

[Registration | MoneySense \(mymoneysense.com\)](#)

CLs/Teachers can sign up for this free financial education programme

KEEP UP TO DATE VIA SOCIAL MEDIA

[Janet Colledge RCDP \(@CareersDefender\) / X](#) Janet Colledge

[Tristram Hooley \(@pigironjoe\) / X](#) Tristram Hooley

■ **For the young person**

These websites are mainly for individual students in school or college, or those who may be studying elsewhere. They are designed to help young people navigate the world of education, training and career choices. Many will be equally useful for Careers Leaders, Careers Advisers, parents/carers and employers. Some sites require free registration for access to all functions.

[Young People | Skills for Careers \(education.gov.uk\)](#)

Start exploring your training and career possibilities or get help working out your options

[National Careers Service](#)

Skills assessment, explore careers, find a course. Check out [NCS videos on YouTube](#)



[The Buzz Quiz - North East Ambition](#)

A personality quiz revealing courses and jobs linked to your natural strengths and abilities
[icould.com](#)

Over 1,000 careers videos backed up by articles and resources

[Careers - BBC Bitesize](#)

Careers information on BBC Bitesize. Includes series of videos on relevant career/life topics

[Success at School: Careers advice for schools and students](#)

Explore [career zones](#), top employers and jobs, courses and advice. Register for more

[First Careers, careers advice school children | First Careers](#)

General careers information including subject links and videos

[TARGETcareers UK | careers help and advice for school leavers](#)

A comprehensive information site on sectors, pathways and LMI

[School Leaver Jobs | AllAboutSchoolLeavers](#)

Register for an account and find information on options, industries and job-seeking

[Your Game Plan](#)

Online career planning modules

[GENERAL SUPPORT FOR YOUNG PEOPLE](#)

[The Mix - Essential support for under 25s](#)

More than just careers information for young people – health, wellbeing and support

[Careers Advice and Help - Youth Employment UK](#)

Support site for young people including employability toolkit and advice to join [LinkedIn](#)

<https://www.kingstrust.org.uk/how-we-can-help>

Resources to help young people start a business, write a CV or build confidence

[Higher Education for young people](#)

[Helping you find the right career, degree or apprenticeship \(sacu-student.com\)](#)

Interactive site drilling down from labour market sectors to labour market information

[Prospects.ac.uk](#)

Careers information for graduates/postgraduates and those researching HE opportunities



[Discoveruni.gov.uk](https://discoveruni.gov.uk)

The new website to replace Unistats: compare courses and check student satisfaction

[Theuniguide.co.uk/](https://theuniguide.co.uk/)

Interactive '[A Level Explorer](#)' on the Uniguide website

[Browse Careers \(ucas.com\)](https://ucas.com)

Link job families-subjects-skills to find out how HE studies links to individual jobs and sectors

[The Student Room](#)

"The largest student community in the world"

[University events for schools and outreach opportunities | Uni Taster Days](#)

A directory of university events including open days, lectures and tours

[UK University Search](#)

A step-by-step search tool to locate all UK university events for prospective students

[StudentStream](#)

Video content featuring vital HE advice, help and expert knowledge

[Aspire \(upreach.org.uk\)](https://upreach.org.uk)

Post-18 guidance on HE and other options, as well as CV, budgeting and career advice

[Sectors and Occupations | Oxford University Careers Service](#)

Check out career profiles from Oxford University's expert Careers Advisers

[Apprenticeships | Learn About Apprenticeships And Find The Right One For You \(ucas.com\)](#)

You can also search for apprenticeships and apply for them in addition to a degree application

<https://www.informedchoices.ac.uk/start>

A handy resource for students researching Russell Group universities

COULD GO TO UNIVERSITY BUT MIGHT NOT WANT TO...?

[Not Going To Uni: Apprenticeships & Work Experience in the UK](#)

The website that looks at alternatives to university

[Higher & Degree Listing - Amazing Apprenticeships](#)

A list of current apprenticeship vacancies. Can also use the FAA search facility [here](#)

[Apprenticeship choices \(apprenticeshipguide.co.uk\)](https://apprenticeshipguide.co.uk)

Research your apprenticeship options by sector and check even more vacancies [here](#)



[GetMyFirstJob | Apprenticeships, Degree Apprenticeships, Work Experience & Graduate Jobs](#)

Vacancy information and advice for young people looking for jobs and training

[Support, training and advice on finding your next opportunity - JobHelp \(campaign.gov.uk\)](#)

Job seeking guide for older students leaving school or college and applying for work

[Ultimate Guides — Finding an apprenticeship \(ucas.com\)](#)

The UCAS guide to finding the right apprenticeship for you

[Free Online Get work ready - from Reed's Gateway to work careers programme Course | reed.co.uk](#)

Take a free course on job seeking! Searching, applying and interviewing covered

[Careers Advice For Young People | WorldSkills UK](#)

Careers resources showcasing selected technical education routes

<https://degreeapprenticeships.guide/>

The full guide to degree apprenticeships produced by DfE and CEC

■ Corporate Careers Programmes

Following these links will introduce you to multiple branded resources within each website, enabling you to create classroom-based sessions on a number of topics within your careers programme eg, a series of modules for Key Stage 3 from WorldSkills UK or a job-seeking programme from Accenture for 16-18 year olds looking for employment or training.

[LifeSkills | Developing work and life skills \(barclayslifeskills.com\)](#)

Jobsearch programme with self-help exercises and opportunities for work experience

[Skills to Succeed Academy \(s2sacademy.com\)](#)

Job preparation programme developed by Accenture

[Careers Advice Toolkit | Educator Resources | WorldSkills UK](#)

Four key sections with lesson plan, power point and reflection sheet. Find out about skills [here](#)

bbc.co.uk/teach/topics

Careers duties, responsibilities and resources as presented by the BBC

[Employability Skills Toolkit - PwC UK](#)

An employability skills toolkit with lesson plans mapped against the Benchmarks. See also the wider [New World, New Skills](#) resource for schools

[BASE - British Army Jobs \(mod.uk\)](#)

Engaging careers content brought to schools by the British Army



[McDonald's Education - Free Teacher Resources](#)

An insight into the world of business, food technology and careers with McDonalds from 14+

[Preparing For Your Future - Free Online Course - Youth Employment UK](#)

A free online course to help 14-16 year olds build career confidence

[Journey-to-work-free-online-course - Youth Employment UK](#)

Ahead of the game: A free online course to help those aged 17+ build career confidence.

[CareerSense \(mycareersense.com\)](#)

Resources produced by Natwest divided into key stages from KS3-5. See [workshops](#) for more

[Be Future Ready \(bereadygroup.org\)](#)

Online learning resource to support Y6 students making their transition to secondary school

[My Week of Work | CEC Resource Directory \(careersandenterprise.co.uk\)](#)

Set of 20 careers lessons about the world of work

[Gateway to work | Reed](#)

A digital careers education curriculum for Y9-13 by Reed Recruitment. Register for access

<https://www.stepintothenhhs.nhs.uk/>

NHS resources for [KS3](#), [KS4](#) and [Primary](#)

<https://www.skillsbuilder.org/>

A vast range of free resources to embed transferable skills into the curriculum

■ STEM

There are a multitude of STEM websites as one would expect and the selection here is merely a starting point with some of the key sites that provide useful generic STEM information. Some interesting posters and infographics can be found [here](#)

[STEM Learning - Resources, CPD, STEM Ambassadors and enrichment](#)

Resources, CPD ideas and link to STEM Ambassadors. Find North East STEM info [here](#)

[Careers resources \(rsb.org.uk\)](#)

Royal Society of Biology: reference guide, posters, degrees and careers, technician routes

[A Future in Chemistry | RSC Education](#)

Royal Society of Chemistry: 14+ options, 16+ options, going to university, job profiles, videos

[Careers with physics | Institute of Physics \(iop.org\)](#)

Institute of Physics: careers booklets, physics jobs, case studies, video/audio, Marvin and Milo!



[Inspiring Tomorrow's Engineers - Tomorrow's Engineers
\(tomorrowsengineers.org.uk\)](https://tomorrowsengineers.org.uk)

Inspirational content and practical suggestions to enhance interest in engineering

[Knowledge Bank \(northumbria.ac.uk\)](https://northumbria.ac.uk)

Check out some engaging STEM lessons put together by trainee teachers

■ For the teacher or adviser: resources for careers education delivery

The following sites contain resources to use in lessons, assemblies and small group delivery. They vary in format from careers activity worksheets to videos and webinars.

[icould free teaching resources - icould](#)

Resources to complement careers videos and articles including [inspiring the future](#)

[Panjango Online](#)

Knowledge and skills-based activities on the resource bank, along with [360 degree tours](#)

[Institute for Apprenticeships and Technical Education](#)

Detailed standards for all new apprenticeships – great to use as job descriptions. Check out the [occupational maps](#) which show progression routes in technical education

[The future of work: classroom lesson plan | Nesta](#)

A classroom lesson plan on LMI. Find North East classroom LMI resources [here](#)

[Event Videos | founders4schools](#)

A series of videos showing how prominent speakers have inspired school pupils

[Money Games and Online Financial Resources | MoneySense](#)

A free financial education programme for 5-18 year olds

[Professional network for young people \(uptree.co\)](https://uptree.co)

Bridging the gap between schools and employers – often used with post-16

[HOME | MYPATH Careers Resources \(mypathcareersuk.com\)](https://mypathcareersuk.com)

Check out the 'job of the week' resource.

[Careers Education Resources For Teachers And Careers Leaders - YEUK](#)

Free resources from Youth Employment UK. Sign up to join the YEUK community

[Try a Trade - About Apprenticeships](#)

A new set of resources produced in partnership with Checktrade. Register for full access.

SUPPORTING BENCHMARK 4: CAREERS IN THE CURRICULUM

Ideas on how teachers can incorporate career learning into their subject

[Careers in the Curriculum Modelling Tool Guide - CEC](#)

Guidance on how to embed careers in all subject areas



[Collaboration-in-the-Classroom-The-Teacher-Toolkit \(futurefirst.org.uk\)](https://futurefirst.org.uk)

A short report exploring how careers can be delivered in the curriculum. See page 7 for ideas

[Education toolkit \(bitc.org.uk\)](https://bitc.org.uk)

Guidance for schools and businesses on how to work on joint curriculum projects

[Forum-talent-potential](#)

Case studies of effective employer links in the school curriculum. Part of Skills Builder

[Apprenticeship resources for schools, teachers, parents \(amazingapprenticeships.com\)](https://amazingapprenticeships.com)

Including apprenticeship information, [films & stories](#) and [posters & displays](#) linked to [subjects](#)

[Gatsby Benchmark 4 | CEC Resource Directory \(careersandenterprise.co.uk\)](https://careersandenterprise.co.uk)

Editable powerpoint presentations in the My Learning My Future series

[Where could your favourite subject take you? - BBC Bitesize](#)

Job inspiration linked to school subjects. Book employers to speak in subjects [here](#) and find out more about how to showcase creative careers [here](#)

[AET and Tesco: Careers in English resources | CEC Resource Directory](#)

Careers using English. Also check out [maths](#) and [French](#) AET resources

[Subject Career Posters \(planitplus.net\)](https://planitplus.net)

Downloadable subject posters and lots of useful information for Teachers/Careers Leaders

[Skills Shortages Resources for Teachers and Young People | Edge Foundation](#)

A selection of resources covering a number of subject and career areas

<https://www.youtube.com/@WhatsthePoint>

Over 70 videos to support teachers in their lessons

<https://www.youtube.com/@careersbox818>

Over 380 videos in one of the biggest online careers libraries

■ Higher Education resources for the Careers Leaders/teacher

A sample of sites to support schools and colleges raise awareness of the huge number of opportunities available by entering Higher Education in universities and colleges.

[HE+ \(myheplus.com\)](https://myheplus.com)

Support and resources from Cambridge University for pre-16 and post-16 students

[Advancing Access](#)

CPD and links to online events for staff to support students' progression to leading universities



[Helping you find UK scholarships | The Scholarship Hub](#)

Useful information about scholarships, bursaries and grants

[Graduate employment and skills guide - Office for Students](#)

A guide for HE students about to graduate and start their career journey; useful to picture an undergraduate at the end of their journey and preparing for their next step

NORTH EAST UNIVERSITIES

[Outreach Activities - NERAP](#)

HE support from combined NE universities – North East Raising Aspirations Partnership

[Outreach North East - Supporting Access to Higher Education Pathways](#)

A single point of contact for teachers and advisers to provide HE information to all students

[Information for Schools and Colleges - Newcastle University](#)

Newcastle University resources – over 400 free resources and activities

[For Schools and Colleges - Durham University](#)

Durham University resources – Spend a night in one of Durham's colleges!

[Schools and Colleges | Teesside University](#)

Teesside University resources – how to prepare for the university application process

[For schools and colleges | The University of Sunderland](#)

University of Sunderland – Pre and Post 16 activities for schools and colleges

[School & College Outreach \(northumbria.ac.uk\)](#)

University of Northumbria – check out the university's Evolve programme

NORTH EAST FE COLLEGES: HIGHER EDUCATION/ACCESS TO HE COURSES

Bishop Auckland	Higher Education - Bishop Auckland College (bacoll.ac.uk)
Derwentside, Consett	https://www.derwentside.ac.uk/access-to-higher-education/
East Durham, Peterlee	Higher Education East Durham College (edc.ac.uk)
Gateshead	Access to higher education Gateshead C Gateshead College
New College, Durham	University Centre (newcollegedurham.ac.uk)
Newcastle	University Centre Student Support (ncl-coll.ac.uk)
Northumberland, Ashington/Kirkley Hall	Higher Education - Northumberland College
Sunderland	Higher Education - Sunderland College
Tynemet College, Wallsend	Higher education at TyneMet College Browse courses
Tyne Coast College, South Shields	Tyne Coast College - Higher Education



■ Visiting speakers to inspire students

There is a vast amount of evidence to show how encounters with employers and employees can have a profound impact on young people, whether these are physical visits to a school (eg, delivering an assembly) or an online presentation via a webinar. These sites enable you to search through volunteer databases and find inspiring speakers for your students.

[Inspiring The Future – Connecting schools and colleges with volunteers from the world of work](#)

Register and invite local volunteers into schools for a variety of activities from lessons to events. Includes a [guide](#) showing how to make the most of your volunteers

[Welcome to Founders4Schools | founders4schools](#)

Request role models for events, workplace visits, speakers, mock interviews, careers fairs...

[Speakers for Schools - Our Home](#)

Invite high profile national speakers into school to give inspirational talks

[LifeSkills | Workshops \(barclayslifeskills.com\)](#)

Job seeking workshops, money skills and other activities delivered by Barclays volunteers

[Request a STEM Ambassador](#)

Book a STEM ambassador to deliver STEM activities/talks in school. Sign in to STEM portal

[Request Support - Amazing Apprenticeships](#)

Apprenticeship resources and ASK request form

[Future First - an alumni community for every state school and college](#)

Some free elements, but note that key aspects of this service do incur a cost

[MyBigCareer Values – My Big Career](#)

Connecting disadvantaged young people with aspirational opportunities

[Request support \(apprenticeships.gov.uk\)](#)

Why not invite a young apprentice to come and talk to your learners?

VIRTUAL EXPERIENCES OF THE WORKPLACE

[About us | Springpod](#)

Free virtual experiences for students. Check out [Speakers for Schools](#) and [Uptree](#) too

[Free Virtual Work Experience Programs from Top Companies - Forage \(theforage.com\)](#)

Bite-sized virtual work programmes with some of the world's top companies



■ Information for parents and carers

Parents and carers are known to be the single biggest influence on most – though by no means all – young people's lives. Parents and carers, if they have the right information, can help schools and colleges reinforce important messages about their children's future decisions. Parents and carers need to keep up to date with changes in education and training, however, and this is where these websites can help.

[Educator-toolkit-Gatsby-Talking-Futures](#)

Find interactive conversation cards [here](#)

[Careers Advice for Parents - Youth Employment UK](#)

[Careers guidance and access | Parentkind](#)

[Parental Guidance from The Careers Writers Association - Home](#)

[Careers resources for parents \(neonfutures.org.uk\)](#)

Parents' guide to engineering careers

[Parent Zone - Amazing Apprenticeships](#)

Parents' guide to apprenticeships. More info [here](#)

[Mumsnet | The UK's most popular website for parents](#)

Do a search on aspects of education, training and work and read the discussions

[Helping young people make education and career choices | National Careers Service](#)

Information for parents and carers brought to you by the NCS

<https://www.careerpilot.org.uk/parent-zone>

General information about careers with a useful list of common questions

■ Labour Market Information (LMI) – general sites

Labour Market Information is vital in a careers programme so that young people are familiar with the world of work around them. Through the careful and targeted use of LMI in an institution the careers programme can give both important information about industry sectors, jobs forecasts and the skills and qualities employers look for in their workforce. Simple and useful LMI can also be found in some of the young people's sites above and you can read guidance on how to use LMI at [icould](#), [LMI for All](#) and [YEUK](#).

[Working Futures, 2017-2027 \(warwick.ac.uk\)](#)

The latest 'Working Futures' survey covering labour market forecasts from 2017-2027



[LMI for All | icanbea...](#)

Up to date government-funded LMI for a range of audiences. Two interactive tools can be embedded into school and college websites: The [Careerometer](#) and [Skillsometer](#)

[Home - Office for National Statistics \(ons.gov.uk\)](#)

The UK's largest independent producer of official statistics and the recognised national statistical institute of the UK; collecting, analysing and disseminating statistics about the economy, society and population.

[Nomis - Official Labour Market Statistics \(nomisweb.co.uk\)](#)

A service provided by the Office for National Statistics, ONS, giving free access to the most detailed and up-to-date UK labour market statistics from official sources. Provides access to a range of data including industry classifications, area profiles, earnings and travel to work.

[Salary Stats Centre | Adzuna](#)

Labour market statistics based on millions of up to date vacancies

■ Labour Market Information (LMI) – key datasets

This is the 'hard core' statistical information for people who are looking for specific information on the labour market. Used in the right way these data can add credibility to any teaching about the labour market and emphasise key points about the world of work in careers discussions, class or homework or even within certain curriculum subjects.

[UK SIC 2007 - Office for National Statistics \(ons.gov.uk\)](#)

- ⊕ Standard Industry Codes: 19 industries relating to sectors of work

[SOC 2020 - Office for National Statistics \(ons.gov.uk\)](#)

- ⊕ Standard Occupational Classifications: Over 850 individual occupations within industries

[Annual Survey of Hours and Earnings \(ASHE\) - Office for National Statistics](#)

- ⊕ Annual Survey of Hours and Earnings: ASHE (every year)
Data on time worked, and pay, for FT/PT employees in all industries/occupations

[Annual Population Survey - Official Labour Market Statistics \(nomisweb.co.uk\)](#)

- ⊕ Annual Population Survey: APS (every year)
Covers employment, housing, ethnicity, religion, health and education

[Business Register and Employment Survey - ONS](#)

- ⊕ Business Register and Employment Survey: BRES (every year)
Official source of employee/employment estimates ie, who works in what industry



<https://www.ons.gov.uk/employmentandlabourmarket/peopleinwork/employmentandemployeetypes/bulletins/uklabourmarket/august2024>

- ⊕ Labour Force Survey: LFS (every three months)
Data on employment/unemployment/claimant count in the UK

[Employer Skills Survey 2024](#)

See 'list of occupations' for examples of different job roles at all levels. Last survey 2022

[Data and analysis | HESA](#)

- ⊕ For Higher Education statistics: HESA
Student numbers by course/institution/criteria, destinations and more

■ Labour Market Information (LMI) – the North East

These sites relate to LMI specifically for the North East. Exploring them will highlight the differences in the economies of the seven local authorities in the North East Local Enterprise Partnership area and help schools and colleges adapt their careers programmes to suit the needs of their local labour market. North East Ambition provides a toolkit for [Benchmark 2](#).

[Homepage - North East Evidence Hub \(northeast-ca.gov.uk\)](#)

The latest North East economy data which can be downloaded, exported and compared. Check out the latest outlook for 2023 and beyond [here](#), including a video summary

[Labour Market Information - classroom resources](#)

LMI lessons and plans for Y7-13

[LSIP - North East Chamber of Commerce \(necc.co.uk\)](#)

Local Skills Improvement Plan for Newcastle, North Tyneside and Northumberland

[Home - North East Local Skills Improvement Plan \(NELSIP\)](#)

Local Skills Improvement Plan for Gateshead, South Tyneside, Sunderland and Co Durham

[North East : Business News | Bdaily](#)

Sign up for a daily digest of business news covering all North East LA areas

[North East - Business news, local news, expert opinion - Business Live \(business-live.co.uk\)](#)

Sign up for a daily digest of news stories covering the North East economy