

## Your Guidance Interview with Connexions

Connexions North Tyneside works in all North Tyneside schools to offer impartial careers information advice and guidance. All our advisers are full qualified in careers guidance.

In a guidance interview, we will usually have about 30 minutes to discuss whatever career-related topic is important to you. This could include:

- I have no idea what I want to do after Year 11, what are my options?
- I know what I want to do after Year 11, but what could my longer-term career options be?
- What type of Apprenticeships are available and how do I apply?
- Which subjects might I need for certain degree courses/careers?
- Where can I find more information?

### The Guidance Interview is:

**Supportive**- the meetings are very informal and relaxed.

**Impartial** – we'll not recommend one route to you over another, we are here to help you explore your options.

**Confidential** - at the beginning of the interview, we will discuss confidentiality and safeguarding and how we keep your information – you can see our privacy notice at <https://www.skillsnorthtyneside.org.uk/connexions/> We'll also have a copy of this at the interview.

**Part of a process** - making career choices is a process and not a single one-off event. A guidance interview is a good starting point to help explore some possibilities.

### What to expect in your Guidance Interview:

In our 30 minutes, we'll explore:

- predicted GCSE grades
- any likes, interests (or dislikes!)
- ideas for after Year 11 and the available options
- longer-term career plans

From our discussion, we will be able to outline the next steps that you can take

You might have lots of ideas, or none. Don't worry if that sounds familiar! We can arrange follow-up interviews where they would be useful. Remember to get back in touch if plans change too.

**What happens after the interview?**

We will get some useful careers information sent onto you so you can have a read through and share with people at home.

**Where and when do interviews take place in school?**

Your school will let you know about the arrangements for meeting your Connexions Adviser  
Have a think about anything that you want to talk about or ask.

**Using Careers Information**

If you are interested in finding out a bit more about careers that might interest you, the National Careers Service website is a good start. It has lots of useful information about different careers by sector. If you don't have any ideas, have a look at the skills assessment – it takes around 5-10 minutes to complete and will suggest careers that might be of interest to you based on how you respond to the questions.

<https://nationalcareers.service.gov.uk/>

**We look forward to meeting you.**