



This newsletter aims to support you when thinking about your future and provide you with access to resources that will help you to learn more about different industries and pathways. Please use the links included to read more information. Links are underlined.



## DO

Answer the “what do you want to learn?” question at the top of the Coursera website to see if there are any free, online courses that match your interests.



## LISTEN TO

Listen to this podcast from Squiggly Careers. It is aimed at Career Starters who want to understand how to learn and grow in their first job.



## READ

The GetMyFirstJob Ambassador Network is an online resource of apprentices, you can click on each person to read their story.



## WATCH

28<sup>th</sup> June is Armed Forces Day. You can learn more about Army Jobs, and the skills you need to develop, by watching this video.



# SPOTLIGHT ON A...



## UNIVERSITY

“Once you have applied, you can arrange an initial meeting with a Disability Adviser to register for support. This can happen over the summer before you arrive, or after you enrol. The Adviser will assist you to plan and organise your support, and will provide links to mental health specialist teams.”

Read more about University of Kent's Autism support here.

## EMPLOYER

“By embracing and recognising the diverse backgrounds and perspectives within our workforce, we empower our teams and ensure our people bring their best self to work – whether in the air, on the ground, or in the support roles which underpin our operational capability.” You can read more about RAF Diversity and Inclusion here.

If you see a word you don't understand, you can use this jargon buster to search and find out what it means. If you can't find the word on there, you can use the internet to research the meaning or speak to a teacher.



## WORD OF THE WEEK

### Online Assessments

Online assessment in recruitment refers to the use of online platforms to evaluate an applicant's skills, personality, and suitability for a job.

## A FACT ABOUT EMPLOYMENT



In the most recent Youth Voice Census, the top three skills that students think are most important for work are 'communication' (70%), 'teamwork' (56%) and 'problem solving' (33%). The skills they are most confident in are listening (70%), creativity (63%) and problem solving (62%).

Source

## SUCCESS STORIES

My journey started with my diagnosis in March of 2006 when I was 15.

I was a good student in elementary school, quiet and conscientious. There were signs, however, that I had difficulties with attention. In middle school, I continued to do well. The structure at school and home masked what lurked beneath the surface. I had a difficulty making and keeping friends and developed a social anxiety as I struggled to make meaningful friendships.

High school was difficult from the first day. My social anxiety increased and my grades plummeted. I couldn't pay attention in class. This is when I found out that I had ADHD.

My first job was as an accounting analyst at a large investment company. I excelled. My interest in investing, coupled with a work environment well suited for someone with ADHD as there was structure and a clear definition of my job. This allowed me to shine. I was promoted within six months to Senior Accountant.

[Read more about David's story here.](#)

## OPPORTUNITY'S CALLING...

Are you looking to kickstart your career after school? Whether you're thinking apprenticeship or university, this [live virtual session taking place on 2<sup>nd</sup> July](#) with AWE is your chance to explore real opportunities and hear directly from the people doing it.



If you feel ready to speak about your future and have any questions or need support to plan your next steps, please contact [rkataatic@greenlabyrinth.co.uk](mailto:rkataatic@greenlabyrinth.co.uk)