

## COVID-19 – April 2020

### Useful information, advice and guidance for young people

This pandemic is changing the way education must be delivered, which means that there is a lot more emphasis on independent learning. However, when this comes to researching and understanding your future, this can be difficult. YC Hertfordshire provide careers guidance in your school and youth worker support both in schools and the community. We have put together the information below to help you start on this journey. We know this will raise questions and your adviser is on hand to support you.

#### Things you can do that are careers-related

- Complete relevant activities on 'Unifrog'. Update your Activities.
- Try online careers tasks for your age group [here](#) (all students)
- Think about any volunteering you can do at home to help your parents or neighbours. Add this to your careers file, your CV or your school careers software account (all students).
- Think about volunteering you can do in the community [here](#) (Key Stage 5):
- Research the networking tool 'LinkedIn' [here](#) and create an account (Key Stage 5)
- To check our latest local 'jobs seen' lists in Hertfordshire, click [here](#) (Key Stage 4/5)
- Find out more about 'virtual' work experience [here](#) (Key Stage 4/5)
- Monitor opportunities for the Autumn on the links below (Key Stage 4/5)  
<https://www.hopinto.co.uk/>  
<https://www.gov.uk/apply-apprenticeship>  
<https://www.allaboutschoolleavers.co.uk/jobs>
- Monitor the latest University advice [here](#) (Key stage 5):

#### General information

- Have your say remotely through a YC Hertfordshire youth forum [here](#)
- For YC Hertfordshire support during isolation visit [here](#)
- Information on getting fitter during lockdown is [here](#)
- Read about and download the 'Think Ninja' mental health App [here](#)

- Chat to someone online about things that are worrying you using the sites below:

<https://www.themix.org.uk/get-support>

<https://www.kooth.com/>

### Work Related Learning

- Find out what your current skills, interests and personality traits are, then find help to develop them further to support your future [here](#)
- A further source of employment advice for young people is [here](#)

**You can contact our adviser Lucy Osman on 01707 292493 or email at [lucy.osman@hertfordshire.gov.uk](mailto:lucy.osman@hertfordshire.gov.uk) for personal advice and guidance.**