



Initial Advice and Guidance

What are my options?

Overwhelmed by all the possibilities?
Don't know what to do or which ideas suit you best?
Know what you want to do, but don't know how to get there?

Feeling uncertain about all the possibilities is natural. GC is here to help you access the information and support you need to make the next positive step forwards in your life.

What can I do to help myself?

Reflect – Is there anything that you know you like/dislike? What are you good at? Are there any hobbies, interests, experiences you have enjoyed? Any skills you enjoy using or wish you had?

Explore – Take careers quizzes, look at the useful websites below, research, talk to people about your ideas.

Plan and Do – Put your ideas into action - attend virtual open events, speak to tutors or employers, ask for advice, make enquiries/applications to see if your ideas can become your reality.

Visit our careers area on the website to see our careers programme and how we support students

Access impartial information and discover potential options at:
www.gloscol.ac.uk/student-and-parent-guide/careers-advice/external-career-information-websites

Prospective students

GC offers an exciting range of programmes designed with your future employability in mind.

To learn more visit us at: www.gloscol.ac.uk
Email: info@gloscol.ac.uk | **Tel:** 0345 155 2020

Look out for our open events throughout the year, for a chance to talk to staff and students about what it is like to study at GC. If you need more personal 1:1 careers advice contact your school careers adviser, or for adults contact the National Careers Service at:
nationalcareers.service.gov.uk/contact-us

Current Students

Check out Next Steps online and [career pilot](#). Talk to your Student Mentor who can support you to explore opportunities and overcome any potential barriers. You can also talk to your course tutors – they have a wealth of subject knowledge and will be an invaluable source of help and inspiration. Once you have explored some possible choices you may feel you would benefit from a more in-depth chat about your options, your Student Mentor can refer you to a GC Careers Adviser for a 1:1 careers meeting.



Contact Details

Call us: 0345 155 2020

Email us: info@gloscol.ac.uk

Search us: gloscol.ac.uk





Useful Websites

www.gloscol.ac.uk - At GC we make people more employable. Our students leave us with the skills employers love! Discover how GC has learning that truly works.

nationalcareers.service.gov.uk - Provide information, advice and guidance to help you make decisions on learning, training and work.

www.sacu-student.com - Start your research with a FREE Spartan Test. A visual quiz that suggests courses and careers that may suit you.

www.prospects.ac.uk - General advice site with FREE Careers planner and jobs match quiz.

www.careerpilot.org.uk - Career tools and choice routes for ages 14 - 18 in the South West.

Higher Education

www.ucas.com - University College Admission Service - advises and connects people to Higher Education.

www.grows.ac.uk/student - Local network raising aspirations to study at HE.

www.thecompleteuniversityguide.co.uk - Independent guidance and advice.

T Levels

www.gloscol.ac.uk/campaigns/t-levels - T level covers a core set of underpinning knowledge, concepts and skills, and then moves on to specialist content covering occupational and industry specific skills. It includes industry placements with an employer which will last for a minimum of 45 working days.

Apprenticeships

www.gov.uk/apprenticeships-guide - Overview of Apprenticeships and search for live apprenticeships.

www.gloscol.ac.uk/apprenticeships - General advice and live vacancies at GC.

Alternative Destinations and Further Support

www.youngglos.org.uk - Young Gloucestershire. Support, training and 1:1 careers mentoring for 16-25yr olds, not in employment, education or training (NEET's).

www.bridgetrainingltd.co.uk - Local provider with bespoke education offer for young people.

www.kingstrust.org.uk - Helps young people aged 11-30 get into work, education and training.

www.forwardsgloucestershire.co.uk - Local disability employment support and advice.

www.prospect-training.org.uk - Local provider offering training and courses for ages 13 - 65+.

www.youthsupportteam.co.uk - Youth Support Team for Gloucestershire. Helping young people with education, training, employment and support.

commercial.co.uk/sustainability/our-social-value/commercial-foundation - Commercial Foundation Ltd. Supporting young adults who have previously experienced barriers to work or education to get their lives back on track, through a 12-week employability programme.

resurgo.org.uk/programmes/cheltenham - The Spear Programme helps young people realise their potential by coaching them with the mindset and skills they need to both get into work and thrive once they're there.

Contact Details

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