



# Living Well North Tyneside

Supporting Health and Wellbeing

**National Careers Week** (NCW) is an annual campaign dedicated to empowering students, job seekers, and professionals with knowledge about career opportunities, skills development, and pathways to success. Taking place from **3rd to 8th March 2025**, this week provides free resources, events, and guidance to help people make informed career choices.

## Why is National Careers Week Important?

Career decisions can be overwhelming, whether you're a young person choosing GCSEs, a college student exploring university and apprenticeships, or an adult considering a career change. National Careers Week exists to:

- Bridge the gap between education and employment by providing practical advice.
- Raise awareness of different career pathways, including apprenticeships, university routes, vocational training, and self-employment.
- Encourage meaningful conversations between students, parents, educators, and employers.
- Inspire individuals to explore new opportunities and build the skills needed for the future job market.

With rapid changes in technology, industry demands, and working environments, staying informed about emerging careers and skill requirements is more crucial than ever.

## How to Get Involved in National Careers Week 2025

### 1. Explore Careers Through Online Resources

One of the best ways to take part in NCW is to explore career options and develop skills using free tools. Useful platforms include:

**National Careers Service** – Provides job profiles, skills assessments, and career advice.

**Prospects** – Great for students and graduates looking for career ideas.

**UCAS Career Compass** – Helps young people explore higher education and employment options.

### 2. Attend Careers Fairs & Events

Many schools, colleges, universities, and job centres host career fairs, employer talks, and networking events during NCW. These events offer:

- Opportunities to meet employers and ask about different industries.
- Apprenticeship and training insights directly from professionals.
- CV-writing workshops and interview preparation sessions.

### 3. Consider Work Experience & Apprenticeships

Work experience and apprenticeships offer a hands-on approach to learning about a career. If you're a student or job seeker, NCW is the perfect time to:

- Apply for work experience placements to gain industry exposure.
- Explore apprenticeship opportunities in your chosen field.
- Talk to professionals about what skills are most valuable in your industry.

### 4. Educators & Parents: Support Career Conversations

If you're a teacher, mentor, or parent, use NCW as a conversation starter about career aspirations. Here's how:

- Encourage discussions about strengths, interests, and potential careers.
- Introduce career quizzes and personality tests to help young people explore options.
- Highlight role models in different industries, including successful professionals who followed alternative paths (e.g., apprenticeships, vocational training, or self-employment).

### 5. Develop Your CV & Job Skills

NCW is a great time to refresh your CV, improve your LinkedIn profile, and practice job applications. Consider:

- Taking online courses to boost your employability.
- Writing or updating your personal statement or cover letter.
- Practising interview skills with friends, mentors, or career coaches.

### **Career Support in North Tyneside**

If you're based in North Tyneside and looking for local career support, there are several organisations that can help:

#### **For Students & Young People**

- **Connexions North Tyneside** – Offers careers advice and support for young people aged 13-19.
- **North Tyneside Learning Trust** – Works with schools to support career development.
- **TyneMet College & Newcastle College** – Provide a range of vocational courses, apprenticeships, and career guidance.

#### **For Job Seekers & Career Changers**

- **North Tyneside Jobs & Skills Hub** – Offers free employment support, including CV writing, interview prep, and job matching.
- **National Careers Service (North East)** – Provides one-to-one careers advice and skills development.
- **VODA North Tyneside** – Supports individuals looking for volunteering opportunities to gain experience.

#### **For Employers & Businesses**

If you're an employer, NCW is a great time to:

- Offer work placements or internships.
- Host talks or mentoring sessions in schools and colleges.
- Support apprenticeships and graduate schemes.

### **Inspiring Career Stories**

Many successful professionals followed non-traditional career paths. Some well-known British figures who took alternative routes include:

**Sir Richard Branson** – Founder of Virgin, left school at 16 and built a global business empire.

**Mary Portas** – Retail expert and businesswoman, started her career as a Saturday worker in a department store.

**Sir Alan Sugar** – Left school at 16 and built Amstrad, a multi-million-pound company.

Their journeys highlight that there is no single “right” way to build a successful career—what matters is passion, skills, and perseverance.

### **Final Thoughts: Building a Future You Love**

National Careers Week 2025 is more than just a campaign—it's an opportunity to explore, learn, and take action toward a fulfilling career. Whether you're a student, job seeker, career changer, or employer, now is the time to:

- Discover new opportunities in emerging industries.
- Develop valuable skills for the job market.
- Connect with mentors, employers, and career advisors.

**Remember:** Your career path is unique, and there is no “one-size-fits-all” approach to success. Take this week to explore your potential and build a future you're excited about!

### **Related Links**

- [National Careers Service](#)
- [Prospects](#)
- [UCAS Career Compass](#)
- [Working Well North Tyneside](#)
- [Connexions North Tyneside](#)
- [National Careers Service \(North East\)](#)
- [VODA North Tyneside](#)





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