**Information and support**

***Useful places to start!***

**The Cumbria Local Enterprise Partnership site has useful information about the key sectors in Cumbria and the work of the Cumbria Careers Hub**

<https://www.thecumbrialep.co.uk/young-people-careers-in-cumbria/>

* [National Careers Service](https://nationalcareers.service.gov.uk/) - a brilliant place to start!
* [Amazing Apprenticeships](https://amazingapprenticeships.com/)
* [BBC Bitesize](https://www.bbc.co.uk/bitesize/careers)
* [Careers Pilot](https://www.careerpilot.org.uk/)
* [Centre for Leadership and Performance](https://www.cforlp.org.uk/)
* [GoConstruct](https://www.goconstruct.org/)
* [Hello Future](https://www.hellofuture.ac.uk/)
* [ICould](https://icould.com/)
* [Inspira](https://www.inspira.org.uk/)
* [Not going to UNI](https://www.notgoingtouni.co.uk/)
* [National Careers Service](https://nationalcareers.service.gov.uk/)
* [UCAS](https://www.ucas.com/)
* [Carlisle College](https://www.carlisle.ac.uk/)
* [Furness College](https://www.furness.ac.uk/)
* [Gen 2](https://www.gen2.ac.uk/)
* [Kendal College](https://kendal.ac.uk/)
* [Lakes College](https://www.lcwc.ac.uk/)
* [Newton Rigg](https://www.newtonrigg.ac.uk/)
* [University of Cumbria](https://www.cumbria.ac.uk/)

**Useful Information from Hello Future**

Growth Mindset:

[https://www.hellofuture.ac.uk/wp-content/uploads/Growth-Mindset-Workbook\_FINAL.pdf](https://smex12-5-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.hellofuture.ac.uk%2fwp%2dcontent%2fuploads%2fGrowth%2dMindset%2dWorkbook%5fFINAL.pdf&umid=da197207-d2b4-42d3-8543-ea3829a22c41&auth=438558d5329f5814a0a31cfd8e89073841978136-de9d4f2041be8d2b9f73d71ee2c8ca8ac5b62f0b)

Communication:

[https://www.hellofuture.ac.uk/wp-content/uploads/Communicating-Confidently-Workbook.pdf](https://smex12-5-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.hellofuture.ac.uk%2fwp%2dcontent%2fuploads%2fCommunicating%2dConfidently%2dWorkbook.pdf&umid=da197207-d2b4-42d3-8543-ea3829a22c41&auth=438558d5329f5814a0a31cfd8e89073841978136-81786cf2806d229b555dd51e6cb072df37878174)

[https://www.hellofuture.ac.uk/resources/](https://smex12-5-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.hellofuture.ac.uk%2fresources%2f&umid=da197207-d2b4-42d3-8543-ea3829a22c41&auth=438558d5329f5814a0a31cfd8e89073841978136-98ee9aad7cf1e86ab4df0687aebdd48e51b572df)

<https://www.youtube.com/channel/UCN3HN0c259gnWr9M7zFRCUg?view_as=subscriber>

The *Parents, Carers & Guardians Guide to Careers & Opportunities for School Leavers:*

[https://www.hellofuture.ac.uk/wp-content/uploads/A-Parents-Carers-and-Guardians-Guide-To-Careers-and-Opportunities-for-School-Leavers.pdf](https://smex12-5-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.hellofuture.ac.uk%2fwp%2dcontent%2fuploads%2fA%2dParents%2dCarers%2dand%2dGuardians%2dGuide%2dTo%2dCareers%2dand%2dOpportunities%2dfor%2dSchool%2dLeavers.pdf&umid=da197207-d2b4-42d3-8543-ea3829a22c41&auth=438558d5329f5814a0a31cfd8e89073841978136-0d45afb9acc335f936be517746f7ecbf8a9c6120)

*The Students Guide to Higher and Degree Apprenticeships* that she may have mentioned:

<https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Ascds%3AUS%3Aab372e97-b6e6-4348-a457-da180819ebc2#pageNum=1>

The brand new **2021 Applying for Higher Education (UCAS) Guide:**

[https://www.hellofuture.ac.uk/wp-content/uploads/Applying-to-HE-guide.pdf](https://smex12-5-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.hellofuture.ac.uk%2fwp%2dcontent%2fuploads%2fApplying%2dto%2dHE%2dguide.pdf&umid=594f368f-b104-4afd-8e1d-31656c46e016&auth=6ee71664058f9e213a7d173c07ec084ff04b5bb0-f01c906352a29f3c3660c0ec941afc8cbe46d3f7)