



HM Government

**National
Careers
Service**

Your career, your choice

**Practical support and advice
for young people**



At this stage in your life, you always have choices around what to do next. It's important to know what's out there, and which paths you can take, so you can figure out what's right for you.

**That's where
we come in.**



How we can help you

The National Careers Service offers free, impartial support and advice to help you make informed decisions about your future and achieve your goals.

Our advisers and online tools can help you make sense of it all – so you can take your next step at your own pace, in your own time.

We'll help you to understand your choices, review your skills, explore potential careers, identify study and hands-on training opportunities, and more.



Understand yourself



Do you like working alone or in a team? How does change make you feel? Are you motivated by helping people?

If you're unsure where to start, these questions can help you to **understand your own skills and ambitions**, and figure out what's right for you.

Our **online skills assessments** will show you the choices and potential careers that can help you learn, grow and find a happy future.



Complete our **online skills assessment** to understand your skills, interests, motivations and personal style.

It takes less than 10 minutes, and your results link to different job profiles, so you can see the choices that might suit you.

**nationalcareers.service.
gov.uk/skills-assessment**

Understand different paths



There are lots of paths you can take to reach your goals. Finding the right course is just one of them.

Whether its picking the right subjects or deciding which qualification to choose, we can help you to consider the **skills and qualifications** that will match your goals and help you on your way to a happier, brighter future.

Our professional advisers can talk you through all of the different routes and help you decide which is best for you.

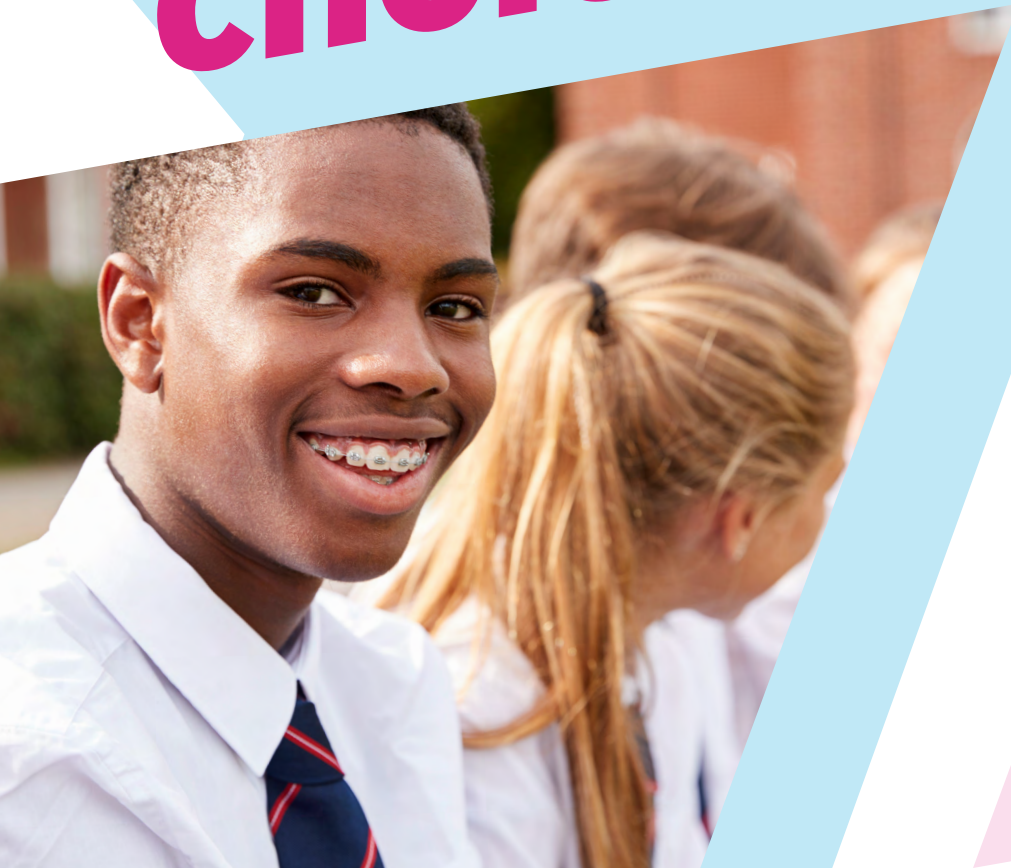


You can use our **find a course tool** to search for courses from trusted providers that suit your interests and circumstances. You can search by **location, specific course name or general subject**.

If you're struggling to find the right course for you, just contact one of our advisers.

**nationalcareers.service.
gov.uk/find-a-course**

Understand your career choices



There are lots of choices out there, and everyone's next step is unique.

Our **online job profiles** can help you to **understand your options and career choices** and tell you everything you need to know.

We give you useful labour market information, including the skills or qualifications that employers are looking for, and what each job involves, to help you to prepare for exciting jobs of the future.



Explore our mix of **job profiles** and find out which roles might be right for you.

You can discover how to get there – there are lots of different routes into the same career, from apprenticeships to internships. Our **explore careers** tool can show you what it takes and help you find the right path for you.

**nationalcareers.service.
gov.uk/explore-careers**

Get professional support



We understand that it can be hard to narrow down your choices and make those big decisions.

Speaking to one of our trained careers advisers can give you the knowledge and confidence you need to make your next step.

Our advisers offer personalised advice and guidance about all your choices, including:

- › school subjects, college courses and university courses
- › apprenticeships, traineeships and T levels
- › finding work and preparing for interviews
- › internships and graduate schemes
- › where to find specialist support

We also offer dedicated support every August for students receiving their results – get help online, via webchat, and through the Exam Results Helpline.

Chat with an adviser online

nationalcareers.service.gov.uk/webchat/chat

Or phone us on 0800 100 900

We're open Monday to Friday from 8am to 8pm, and Saturdays from 10am to 5pm.

Get in touch



We're on hand to help you make choices that are **right for you**.



nationalcareers.service.gov.uk



Chat online

Chat to an adviser on our website
nationalcareers.service.gov.uk/webchat/chat

Monday to Friday, 8am to 8pm
Saturday, 10am to 5pm



Phone us

0800 100 900

Calls are free from landlines
and most mobile numbers.

Monday to Friday, 8am to 8pm
Saturday, 10am to 5pm



Follow us



NationalCareersService



NationalCareers



[national-careers](https://www.linkedin.com/company/national-careers)





nationalcareers.service.gov.uk

The bottom of the image features a series of overlapping, slanted rectangular shapes in various shades of blue and a central magenta shape, creating a modern, abstract design.