



East  
Midlands

National  
Careers  
Service

Helping you take  
the next step

## National Careers Service

### Helping Young People Take the Next Step

#### About us

We offer free and impartial information, advice and guidance to help you with your decisions about careers, courses and work. Our service is available to people who live in England and is supported by qualified careers advisers.



#### You can use the career tools on our website to:

- learn more about the careers that interest you
- discover your strengths and skills
- find the right courses and training

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#### Explore Careers

We've got over [800 job descriptions](#) that tell you about:

- the average pay for each role
- the type of courses you can do to get into a job
- the skills you'll need
- what you'll do each day
- where the job can lead

You can browse through different industries by job category, or search for individual job descriptions if you've got a career in mind.

## Skills Assessments

Try one of our [Skills assessments](#) to learn more about your career skills, strengths and motivations. There are 2 assessments to choose from:

- [Discover your skills and careers](#)
- [Skills health check](#)

After working through an assessment, you'll get a report summarising your results, including suggestions about the job categories and job roles that might suit you.

### Questions about exam cancellations?

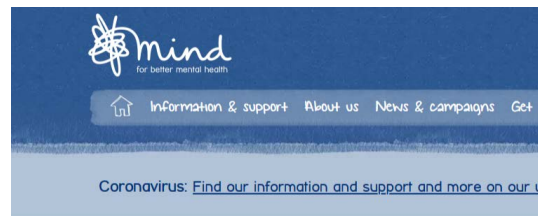
Visit the [Gov.uk](#) site for up-to-date answers to the most frequently asked questions about the cancellation of this years GCSE, AS and A level exams. The National Careers Service is available to support young people whose exams have been cancelled on their next steps in learning, skills, and work. When results are announced our advisers are on hand for any careers or education related queries and to provide professional guidance over their next steps.

### Coronavirus (COVID-19): what you need to do

Access the [latest advice](#) about social distancing measures.



Here are some great tips on how to maintain your emotional-wellbeing.



### Information and support

And don't forget you can always contact Mind or use their online resources.

## Want to speak to an adviser?

Call 0800 100 900 or [use webchat](#)

8am to 10pm, 7 days a week