

North Berwick High School



**KEEP  
CALM  
and  
CAREER  
PLAN**

S6 Careers Resource  
June 2023

# Welcome to S6

Welcome back to sixth year. Since this is your last year at school, it's essential to begin **now** to think about what you are going to do in the future. This book contains career planning resources that everyone can use this year.

As the school's Careers Advisers, we are here to give you information and advice about the options open to you, so please get in touch if you need our help.

## Help from Skills Development Scotland

If you would like help in deciding what to do when you leave school, you should register on Skills Development Scotland's website **My World of Work** at [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk). As a starting point, use the online tools and quizzes on the website under Exploring Options to help identify areas of study or employment which might suit you. The website can also give you lots of useful information on applications, CVs, interviews, jobs and college. You can also call Skills Development Scotland's Contact Centre for advice on **0800 917 8000**.

If you have used the **My Strengths** tool and accessed **My World of Work** website and other resources to research information, but are still undecided about what to do, please speak to your Guidance teacher, who can refer you to one of us for a face to face interview in school.

We can also be contacted by phone at the Skills Development Scotland Centre in Musselburgh on **0131 665 3120** or by email or text at the addresses below or use the blog at [www.edubuzz.org/careers](http://www.edubuzz.org/careers)

## Mick Burns/Dearbhla Gallagher/Emma Veitch

### Careers Advisers

June 2023

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07500 065958



# Look to the future

Careers Advisers

Mick Burns  
and  
Emma Scott



**Start with you**  
**Because it's all about you!**



**Think about Your Strengths**



**Where? Do you want to go?**



**Who? Makes this happen?**



**What's it all about?**  
**Job? Qualifications? Money? Lifestyle?**



**Find Someone to help shape your thoughts**

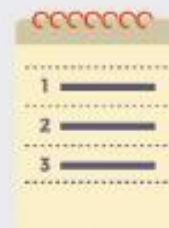


**Get a direction**

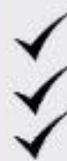


**Options: Job**

**Study Gap Year**



**Got the plan**



**To make it all happen**

**Time to move!**

LNAT and applications for Law Degrees [here](#)

Higher Education Open Days and Events [here](#)

Exploring Higher Education 2023		
UCAS Discovery Days	Date	Further information – see <a href="#">UCAS Discovery Exhibitions</a> and <a href="#">Discovery Day Guide</a>
<a href="#">Forth Valley</a>	Friday 1 September	University of Stirling, Stirling – 9.30am-3pm
<a href="#">Edinburgh</a>	Tuesday 5 September	Royal Highland Centre, Edinburgh - 9.30am-3pm
<a href="#">Aberdeen</a>	Wednesday 6 September	University of Aberdeen, Aberdeen - 9.30am-3pm
<a href="#">Glasgow</a>	Tuesday 12 September	SEC Centre, Glasgow - 9.30am-3pm
<a href="#">Lanarkshire</a>	Wednesday 13 Sept	University of the West of Scotland (UWS), Lanarkshire Campus - 9.30am-3pm
<a href="#">Ayrshire</a>	Thursday 14 September	University of the West of Scotland (UWS), Ayr Campus - 9.30am-3pm
<a href="#">Moray</a>	Tuesday 19 September	University of Highlands & Islands (UHI) Moray, Elgin - 9.30am-3pm
<a href="#">Inverness</a>	Wednesday 20 September	University of Highlands & Islands (UHI) Inverness - 9.30am-3pm
<a href="#">Fife</a>	Thursday 21 September	Kingdom Centre, Rothes Halls, Glenrothes - 10am-3pm
<a href="#">Dumfries &amp; Galloway</a>	Monday 25 September	Easterbrook Hall, Dumfries - 9.30am-2pm
<a href="#">Borders</a>	Tuesday 26 September	Borders Event Centre, Kelso - 10am-2pm
<a href="#">Tayside</a>	Wednesday 27 September	University of Highlands & Islands (UHI) Perth College - 9.30am-3pm
<a href="#">Stornoway</a>	Thursday 5 October	The Nicolson Institute, Stornoway - 10am-1pm

## Useful Websites for Higher Education Applicants

[www.ucas.com](http://www.ucas.com) – UCAS (Universities and Colleges Admissions Service)

Details of degree courses throughout the UK. Includes course search by subject and/or institution, course profiles, university/college information, student finance. Also includes Apply, the on-line application system used by applicants to UK universities.

[www.myworldofwork.co.uk](http://www.myworldofwork.co.uk) – Skills Development Scotland's website

Provides information on Higher National and Degree courses as well advice on how to choose a course and make your application.

[www.planitplus.net](http://www.planitplus.net) - PlanIT

Contains information on all full and part time courses at Scottish colleges including Higher National Certificates/Diplomas, along with information on degree courses at Scottish universities.

[www.discoveruni.gov.uk](http://www.discoveruni.gov.uk) – Discover Uni

Detailed information on the going rate for entry to courses. Also includes a survey of current students' views of their course, including how it is taught and assessed, level of academic support provided, availability of learning resources including libraries and IT facilities. Data on graduate employment destinations for individual courses.

**[www.push.co.uk](http://www.push.co.uk) – PUSH Online**

The ultimate Guide to student life, university and everything! Researched by students and recent graduates. Includes brief university profiles, university links to student unions/newspaper websites, information on how to apply, prices of beer, a jargon buster and lots more.

**[www.pathways.ac.uk](http://www.pathways.ac.uk) – Pathways**

Designed to help HNC/HND college students with progression on to degree courses at university. This site provides useful information for school leavers on links from HNC/D courses at local colleges to related courses at universities in south east Scotland.

**[www.prospects.ac.uk](http://www.prospects.ac.uk) – Prospects**

The essential guide to graduate careers, jobs and postgraduate study in the UK. Gives information about employment opportunities in its 'What do Graduates Do' section.

**[www.saas.gov.uk](http://www.saas.gov.uk) – Student Awards Agency for Scotland**

Information on all aspects of student funding including bursaries and student loans. Scottish students studying in Scotland do not pay tuition fees for their courses. Some students may be eligible for a non-repayable bursary depending on the level of their family's income. All students can apply for a non income assessed repayable loan. Look at this site to find out more about the cost of Higher Education.

**Which University [here](#) Best Course for Me [here](#) Go Think Big [here](#)  
Studential [here](#) The Student Room [here](#) Icould [here](#)**

# Important information for applicants to courses in Medicine, Dentistry or Law

## Medicine and Dentistry

All applicants to degree courses in **Medicine** and **Dentistry** must sit an aptitude test. The **UCAT** (UK Clinical Aptitude Test) is being used by all Scottish universities (and the majority of those outside Scotland). This is an aptitude test, which does not draw on any particular body of knowledge that a candidate can learn in advance. However, you should familiarize yourself with the format of the test and do the practice questions on the UCAT website.

You must register on-line to take the test. Registration opens 16<sup>th</sup> May 2023 and booking opens 20<sup>th</sup> June 2023. Booking deadline is 21<sup>st</sup> September 2023. There is a test centre in Edinburgh. The cost of taking the test is £70 for 2023. Bursaries may be available to cover the cost of the test depending on parental income. Check the UCAT website for more details. [www.ucat.ac.uk](http://www.ucat.ac.uk)

## The BioMedical Admissions Test (BMAT)

BMAT testing is being withdrawn from 2024.

<https://www.admissionstesting.org/for-test-takers/bmat/>

## Law

The **LNAT** (the Law National Aptitude Test) is used by the **University of Glasgow** (and other institutions outside Scotland) as part of the selection process for applications to all courses in Law, including joint degrees in Law and another subject. For the **September 2024** intake, registration for the **LNAT** opens 1 August 2023. The cost of the test was £75 for 21/22 session, bursaries may be available to help with costs. Full details of test dates and registration go to the LNAT website [www.lnat.ac.uk](http://www.lnat.ac.uk)

**Start to think about how to write your [Personal Statement](#) for UCAS applications and what to include.**

- Remember to allow yourself plenty of time to work on creating a good personal statement. Universities decide on their offers based mainly on your statement and your exam results.
- Timeline for this [here](#)
- Online personal statement tool [here](#)
- More help on this is [here](#)
- Link to UCAS advice for parents and carers [here](#)
- More on applying to university and/or college [here](#)

# Volunteering

## Why volunteer?

- Meet new people
- Improve your mental health
- Boost your confidence
- Give yourself an edge with uni/college/job applications
- Make a difference to your local community
- 

## Local opportunities

**Junior Rangers** – Environment group for young people aged 11-18 in East Lothian. Focus on conservation work.

[juniorrangers@eastlothian.gov.uk](mailto:juniorrangers@eastlothian.gov.uk)

**North Berwick Youth Café** - [www.northberwickyouthcafe.org.uk](http://www.northberwickyouthcafe.org.uk)

**Leuchie House** – Respite Care Home, volunteer roles include meal assistant, gardener and admin support.

[www.leuchiehouse.org.uk](http://www.leuchiehouse.org.uk)

Podcast of NBHS student Gap Year experiences with Leuchie House [here](#)

**North Berwick Lifeboat Station** – [www.rnli.org](http://www.rnli.org)

**The Seabird Centre** – [www.seabird.org](http://www.seabird.org)

**Charity Shops** - Cancer Research, British Heart Foundation and Oxfam

**Can Do** - find out more about the great work we do in East Lothian for disabled children and their families [here](#)

## Other Resources

[www.saltireawards.scot](http://www.saltireawards.scot)

[www.volunteereastlothian.org.uk](http://www.volunteereastlothian.org.uk)



## Leuchie House

Can provide a wide range of work-related experiences, paid and unpaid.

If you are considering any of these why not contact:

### Jaime Calder | HR Manager

Leuchie House | North Berwick | EH39 5NT

01620 892864|Direct Dial 01620 614034

[jcalder@leuchiehouse.org.uk](mailto:jcalder@leuchiehouse.org.uk)

To find out what is available.



Summer jobs, gap year & volunteer opportunities  
at Leuchie House, Respite Charity.

If you are applying to study **Medicine, Nursing, Paramedic** or a **Healthcare profession (Physiotherapy, Occupation Therapy, Speech and Language, Art Therapy etc.)** we have paid and voluntary opportunities that can help you gain experience and provide evidence for your supporting statements.



We provide full training and short-term contracts on excellent rates of pay above minimum wage for either summer work or for your gap year. We also have opportunities for volunteering in our amazing health-care setting. You can gain invaluable skills to get you ready for the next step in your career from first-hand experience with advances in enabling technologies as well as developing social skills and practical skills.

Get in touch today or see our blogs and posts on our website  
from previous North Berwick students.

[leuchiehouse.org.uk](http://leuchiehouse.org.uk) / 01620 892864

# College Resources

[Edinburgh College](#)

Scottish Colleges [here](#)

Borders College [here](#)

Scotland's Rural [College](#)

Pre-application resources [here](#)

Higher National level funding [here](#)

HN to degree progression routes [here](#)

Scottish Qualifications Framework [here](#)

# Finding Employment

CV preparation [here](#)

MyWOW Cover letter information [here](#)

MyWOW Cover letter layout and examples [here](#)

MyWOW Cover letter information [here](#)

MyWOW Cover letter layout and examples [here](#)

MyWOW – Interviews help [here](#)

MyWOW – My Interview [here](#)

Some Vacancies Information [here](#)

## Planning Ahead

<b>Don't have a clue:</b>	<ul style="list-style-type: none"> <li>• Think about your skills, strengths and interests as discussed at today's session</li> <li>• Visit <a href="http://www.planitplus.net/careerzone/careerometer">www.planitplus.net/careerzone/careerometer</a> You can use the computers in the school library or at home to do this and it will help generate some ideas.</li> <li>• Register on <a href="http://www.myworldofwork.co.uk">www.myworldofwork.co.uk</a> for careers information and resources.</li> </ul>
<b>Have some ideas but need to explore options available:</b>	<ul style="list-style-type: none"> <li>• Visit <a href="http://www.planitplus.net">www.planitplus.net</a> for career and course information</li> <li>• Try getting some relevant work experience or work shadowing.</li> <li>• Start to research the post-school options outlined below using the available resources.</li> </ul>

### Post-school options and resources

<b>Further Education</b>	<ul style="list-style-type: none"> <li>• Visit <a href="http://www.planitplus.net">www.planitplus.net</a> for course availability</li> <li>• Read college prospectuses in the careers library and/or visit college websites:  <b>Edinburgh College</b> - <a href="http://www.edinburghcollege.ac.uk">www.edinburghcollege.ac.uk</a>   <b>Scotland's Rural College</b> - <a href="http://www.sruc.ac.uk">www.sruc.ac.uk</a>   <b>Borders College</b> - <a href="http://www.borderscollege.ac.uk">www.borderscollege.ac.uk</a></li> </ul> <p>There are many other colleges throughout Scotland which you can explore in more detail through the Planit website</p>
<b>Higher Education</b>	<ul style="list-style-type: none"> <li>• Visit <a href="http://www.ukcoursefinder.com">www.ukcoursefinder.com</a> you can take a quiz to help you identify course ideas</li> <li>• Visit <a href="http://www.ucas.com">www.ucas.com</a> and <a href="http://www.planitplus.net">www.planitplus.net</a> for course information</li> <li>• Visit <a href="http://www.saas.gov.uk">www.saas.gov.uk</a> for financial advice</li> <li>• Visit <a href="http://www.push.co.uk">www.push.co.uk</a> for student advice</li> <li>• Visit <a href="http://www.prospects.ac.uk">www.prospects.ac.uk</a> for degree course progression</li> <li>• Read university prospectuses in the careers library or visit university websites.</li> <li>• Attend the Higher Education Exhibition - details to follow</li> </ul>
<b>Employment/ Training</b>	<ul style="list-style-type: none"> <li>• Register on <a href="http://www.myworldofwork.co.uk">www.myworldofwork.co.uk</a> for help with CV's and interview skills</li> <li>• There are lots of job search websites; you can access some links to these on <a href="http://www.edubuzz.org/midandeastvacancies">www.edubuzz.org/midandeastvacancies</a></li> <li>• Visit Scottish Apprenticeships <a href="#">here</a> and The Guarantee <a href="#">here</a> and <a href="#">here</a></li> <li>• Try to get some relevant work experience or work shadowing or do some volunteering - try <a href="http://www.volunteereastlothian.org.uk">www.volunteereastlothian.org.uk</a></li> </ul>
<b>Year Out</b>	<ul style="list-style-type: none"> <li>• Visit <a href="http://www.yearoutgroup.org">www.yearoutgroup.org</a> <a href="http://www.summerjobs.com">www.summerjobs.com</a> and <a href="http://www.gapyear.com">www.gapyear.com</a></li> <li>• Think about what you hope to gain from a year out.</li> <li>• Plan what you would like to do at the end of your year out too</li> <li>• Country guides <a href="#">here</a> to help you</li> </ul>

Remember to use the Careers blog at [www.edubuzz.org/careers](http://www.edubuzz.org/careers)

**START PLANNING NOW!**