

KUDOS

1. Once given your Username and password, login to **Kudos (Cascaid)** – note your own details somewhere securely. Then start by completing the My Profile sections (which includes about 50 rapid answer questions) NOTE before this there is a section on any particular HEALTH ISSUES that you may be aware of - this can just be ticked as none or better if there is something to tick it - the purpose of this being, that when considering various types of jobs it will be flagged up if any health issues might need very careful thought/preparation, this is no big deal). The **QUALIFICATION level** is the one which best describes the highest qualifications you might be aiming at (be realistic as this would link to some of the career suggestions - making them as relevant as possible). There is a list of headings down the left hand side - a great place to start is **ME, My Profile assessments**. If you continue with the other assessments eg **My Personality, My Skills** you will find you that the guidance should fit you closer. You can then explore career sectors and specific jobs, especially those that Kudos flag up as possibly interesting to you.
 3. Go to **the SPS Website, then on the top tabs find Learning and then scroll down to careers. There are 3 Guides. You should read through some sections on the guide 'What's Your Thing?'**. Use this to reflect on sectors that interest you.
 4. **Go back into Kudos and complete more sections/research more ideas using the Careers/Industries tabs. The idea being to find a list of about 5 careers that might be of interest to YOU.** Then you are to produce a table comparing the 5 careers including name of *career, main types of work that each entails, particular skills, qualifications, the youngest age that someone could get into the career, approx. starting salary, approx. highest salary, why the career would suit you, final ranking of the careers chosen in terms of appeal to you.*
 5. Go back into **Kudos and explore Apprenticeships and/or Universities.**
 6. Access the **National Careers Service Jobs website** (<https://nationalcareersservice.direct.gov.uk/job-profiles/home>). Do further research on a range of careers you might be interested in, there is a great deal of useful information, so make sure you read down the page.
 7. Return to Kudos and see how much more can be completed now.
- FINALLY Reflect on what you have learnt about your employability skills today, and write 3 next steps action points on the feedback sheet.**