

Hampshire Connexions

Hampshire Connexions Service is an information, advice, support and guidance service for all 13-19 year olds. There are Connexions Personal Advisers in every school and college. They can provide guidance, information and advice on careers; education choices; work; training; relationships; self-esteem; staying healthy; sexual health; money etc.

Connexions is a confidential service and a young person's meeting with a Personal Adviser will be in a private room, within the School.

For **careers advice** you will see **Steve Emery** who is in Swanmore College on Tuesdays and Fridays. For personal issues or concerns **Christelle Fraysse** is available on Wednesdays and Thursdays. She can offer appointments when referrals have been made via tutors or Key-Stage Directors and also offer drop-in sessions for self-referrals, at break and lunch times.

The Careers Adviser can help you with your career planning and help you with the choices you need to make about what to do after Year 11. You may have already requested a careers interview when you completed your "Next Steps" form in year 10, and these interviews are still taking place.

You can also request an interview by speaking to Mrs Illsley the Careers co-ordinator in Swanmore, or by seeing one of the Connexions advisers, in the Connexions room in 'R' Block. You can also request a careers appointment at the main reception desk in school.

Connexions Websites:

www.hampshireconnexions.co.uk

You will find lots of useful information on this website including:

- CV Creator – to help you write a CV
- E-Clips – to find careers information (use your post code as a password, or the College post code which is SO32 2RB).

www.connexions-direct.com

You can contact a Personal Adviser anonymously using Connexions Direct. This is a national helpline service available (by telephone, text or webchat) from 8am until 2am every day.

Tel: 080 80013 2 19

Text: 07766 4 13 2 19