

As schools across Scotland are closed to most pupils, our Careers Advisers are continuing to provide careers information and advice by phone and digitally. We've got plans in place to support those who are choosing their options or leaving school as well as loads of ready-made digital resources that you can access remotely. All our support is designed to help pupils understand their options and build their career management skills.



## Option Choices – Conversations

Our school-based Careers Advisers will be providing support over the coming weeks to help pupils think about their option choices, including one-to-one conversations, to discuss where their options might take them. As with our meetings with young people in schools, a parent or carer may like to join this conversation but as these can't take place face to face at the moment, we'll seek to make arrangements to hold these over the phone or by video call.



## Option Choices – Online Pupil Support

[My World of Work](#) has lots of information and resources that can help with these important decisions including the subject choices tool and an online version of the Future Me magazine.



## Resources – Webinars

Our series of [CareerJam webinars](#) discuss topics including Foundation Apprenticeships, college and university applications, online or phone interviews and labour market information. Sessions are recorded so you can watch them whenever



## Resources for Secondary School Pupils and Leavers

[My World of Work](#) has lots of resources to support school pupils and school leavers around applying for courses, apprenticeships, student funding, finding a job, interview advice and much more.

If you or your child want to speak to a Careers Adviser, you can contact your local centre or our helpline;

- Dumfries Tel: 01387 272500
- Stranraer Tel: 01776 889793
- SDS Helpline Tel: 0800 917 8000

Our helpline is open Monday to Friday, 9am-5pm.

### Useful links

**My World of Work:** [Scotland's careers website](#)

**Apprenticeships.scot:** [all about apprenticeships in Scotland](#)

**My Kid's Career:** [website for parents and carers](#)

**Skills Development Scotland:** [Scotland's national skills body](#)

**Digital World:** [promoting digital technology skills and careers in Scotland](#)

**[Dumfries and Galloway Facebook Page](#)**