

MY FUTURE, MY JOURNEY, MY SKILLS



**DANCOP**  
**'INDEPENDENT ME'**  
*EXPLORATION – STAGE 1*

Prizes to be  
WON!

10 CHALLENGES

1 YOU

## College and University

### Challenge 1

#### *Explore colleges in your region*

##### Online

Use this tool <http://bit.ly/FindMyCollege> in list to explore colleges in the East Midlands. Remember to click 'show/hide map.'

##### Offline Option

Shortlist the colleges you know or have visited. List & order the advantages & disadvantages of each.

### Challenge 2

#### *The right qualification for you*

##### Online

Visit <http://bit.ly/FindMyCourse> & insert your choice of Level 3 subjects to find HE courses suitable for you. They can be A levels or BTECs. Now visit <http://bit.ly/MyHECourse> to search and compare HE courses relevant to you.

##### Offline Option

Step 1: Draw up a list of subjects you enjoy & are good at.  
Step 2: Consider all the HE course you could study using your subject choices.  
Step: Rank your favourite options 1-3 for future tutor discussions.

### Challenge 3

#### *Hopes and fears*

##### Offline

Write down on a piece of paper two hopes and two fears about progressing to college/university to share with someone you trust.

## Personal Development

### Challenge 1

#### *Who am I?*

##### Online

Ever wonder which job is best suited to your personality type? Use the link <https://www.16personalities.com/> to take a personality test (be honest), record your outcome for future activities. You might also want to share the test with family and friends.

### Challenge 2

#### *Resilience & managing stress*

##### Online

Visit <http://bit.ly/pdtask2> to answer questions on how to be resilient and top tips for managing stress.

##### Offline Option

Step 1: Write down a scenario which negatively affected your mood, how you felt and what triggered this.  
Step 2: Research four coping strategies and apply these to your scenario above  
Step 3: Set a SMART target to achieve something positive in the near future.

## Apprenticeships

### Challenge 1

#### *Introduction to apprenticeships*

##### Online

Let us introduce you to the world of apprenticeships with our easy-to-follow guide. Simply read the guide and watch the video. Both the document and video can be accessed by using this link: <http://bit.ly/apprenticeship1>

### Challenge 2

#### *Myth busting*

##### Online

Get to the truth on apprenticeships & visit <http://bit.ly/apprenticeship2> to complete our myth busting quiz.

### Challenge 3

#### *The apprenticeship challenge*

##### Online

Test how far you have come on the apprenticeship journey by using the link <http://bit.ly/apprenticeship3> to complete the final activity.

## Personal Skills

### Challenge 1

#### *Meet the future you*

##### Online

There are many sources and tools available to help you when you are considering what type of job may suit your particular skill set and interests. Access <http://bit.ly/2Ui4dkV> to create a free account to take the quiz and see your personalised results.

### Challenge 2

#### *Understanding CVs*

##### Online

Take a quick CV quiz at <http://bit.ly/2WoJeQ1>. Once you have completed the quiz, try annotating the example CV.

##### Offline Option

It's time to dust off your investigation skills and awake your inner Sherlock Holmes! Speak to anyone that you may know or pick up the phone and ask your contacts for their top 5 CV tips and what skills/qualities they have included on their own CV without them revealing what their work history is. Can you guess what industry they have been a part of or what previous roles they have tried their hands at?

## STAGE COMPLETED?

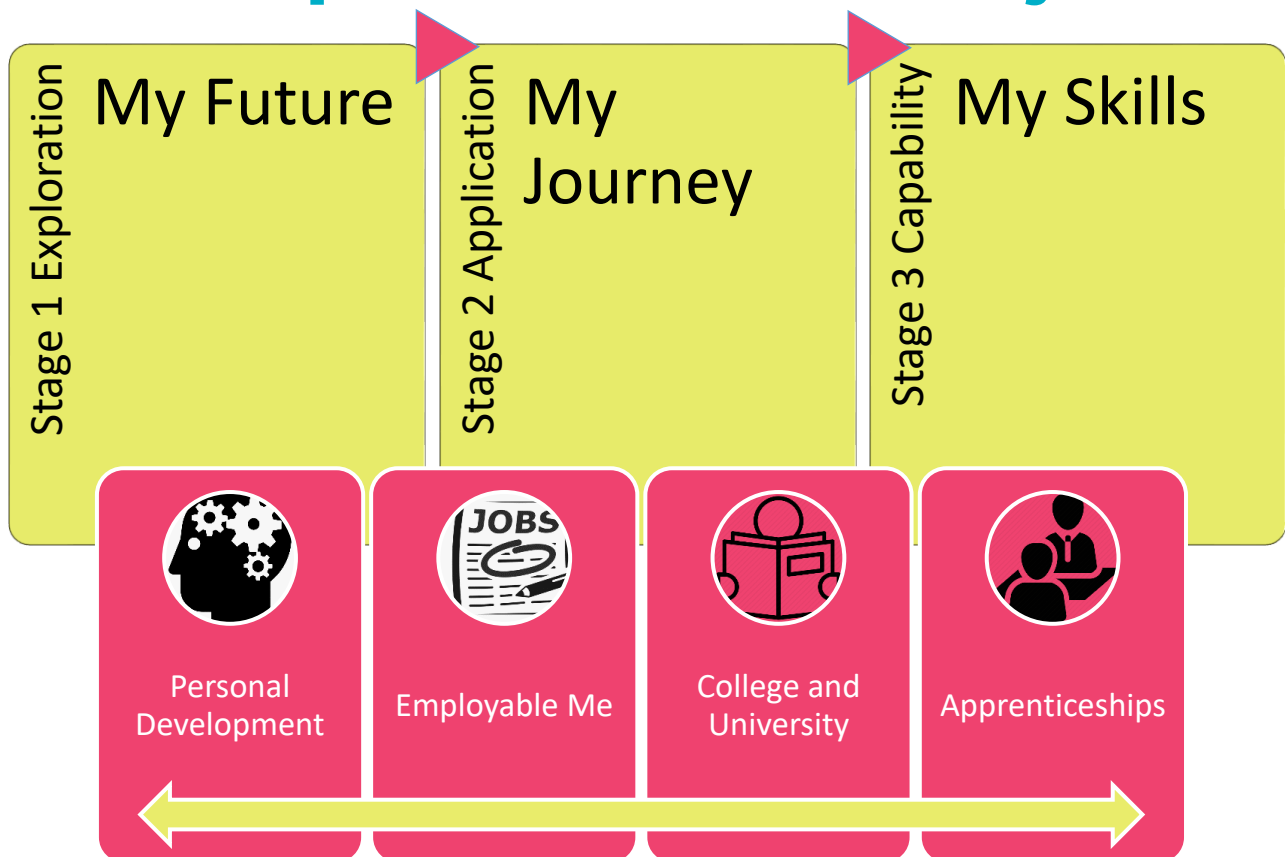
Congratulations! Now visit <https://bit.ly/ticketstostage2> or scan this QR code to access Stage 2

 All links tested in Chrome





# Independent Me Project



# DANCOP Independent Me Project

Hello!

*We know the next few weeks are going to feel strange. You might be studying at home for the first time or be one of the students who is still going into school. Either way, we understand life is going to feel a bit different for a while, your day to day structure might change and you might miss seeing your friends and teachers most days! DANCOP are here to help by providing you with some interactive tasks to work through to prepare for an exciting and bright future!*

## Who are DANCOP?

DANCOP stands for the Derbyshire and Nottinghamshire Collaborative Outreach Programme. We work closely with your school and often come out to deliver workshops around topics such as employability, careers, college, university and apprenticeships. We are a team of friendly people and we would like to continue to support you to reach your aspirations even whilst schools are closed! You can find out more about what we do on our website: [www.teamdancop.co.uk](http://www.teamdancop.co.uk)

## What do I need to do?

As part of the Independent Me project, you will need to progress through three stages.

**Stage One: Exploration - My Future**

**Stage Two: Application - My Journey**

**Stage Three: Capability - My Skills**

Your first task is to complete Stage One. You will find the stage one challenges in this pack. Once you have completed the challenges, use the QR code or link to complete the form, telling us what you have learnt and to confirm you have completed the tasks - QR codes can be scanned using a phone camera. On completion of all challenges, you unlock the next stage. We will release the next stage via the email address you provide. When you have completed each challenge at each stage, you will be entered into a prize draw!

**Please submit your stage one form by Friday 27<sup>th</sup> March.** We will send out your next stage task by Monday 30<sup>th</sup> March.

## What's in it for me?

The projects and activities that DANCOP provide you with will help you to develop your skills and knowledge *on education pathways and employability* in order to reach your aspirations! We will also be awarding prizes for learners who take part in the whole project and complete all tasks. We will release further details about prizes in stage 2.

## What if I'm not sure what to do or need help?

The friendly DANCOP team are here to help with any queries you have! If you need any help, have any questions or aren't sure what to do, enter your questions using this form and we will get back to you as soon as possible.

Help form: <https://bit.ly/independentmesupportform>. You can also call us on 01332 591396. Or email us at [info@teamdancop.co.uk](mailto:info@teamdancop.co.uk).

**Good luck and enjoy the mission!**

