

# Home-working RESOURCES

MON 20TH APRIL - FRI 1ST MAY

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12&13

'Receptive'



**Ready for work challenge**



**Instagram challenges**

Why do you need a CV? A CV tells employers what you're good at, what you are interested in and what you've achieved in life so far. You hand it out when you are looking for jobs. They are great to take to careers fairs, and you can often upload your CV if you are applying for a job online.

Have you completed one? Great, send it over to us and we will have an employer give you feedback and some brilliant tips on how to make your CV stand out.

Haven't started one yet? Speak to your coach to get a template emailed to you and support on how to get started. If you have access to a computer click up here and let [Barclays life skills](#) help you build one step by step.



**Learning a new skill? We want to see it...**

Take a photo of you learning a new skill or mastering an old one. Whether you are learning to cook, play the guitar, dance, write poetry or code. We would love to see it!

**Coping Calendar...**

Why not have a go at trying 30 days of actions, in our coping calendar. It is a great way to care for yourself and others. As you tick each action as completed, share your progress with your coach and your peers at ThinkForward.

