



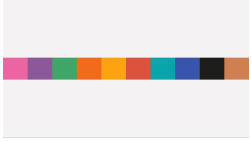
All of Us

Top employability tips specifically for care experienced and estranged students.

If you'd like free, impartial employment advice – you can also visit the [Acas website](#) and [Rees Foundation | Careers coaching for care experienced people – Rees Foundation](#)

Transitioning from education to the professional world can be a demanding task for any student. However, care-experienced and estranged students often face additional challenges, such as lack of support, social isolation, and financial constraints. Despite these challenges, care-experienced and estranged students and graduates can utilise several strategies to enhance their employability prospects. Here are some of my favourite tips:

1. Primarily, care-experienced and estranged students should actively seek support from their university or college, charities, and government agencies that provide support. These support systems provide a range of services, including mentoring, counselling, financial support, and career guidance. By leveraging these services, care-experienced and estranged students and graduates can gain the necessary skills and confidence to navigate the challenging job market.
2. Building a professional network is essential for finding job opportunities. Care experienced and estranged students should attend career fairs, join professional organisations, and connect with alumni and industry professionals on LinkedIn. Such networks offer valuable advice, referrals, and job leads, especially for students who do not have a robust support system to rely on.
3. Join the All of Us employability group on LinkedIn. Opportunities for scholarships, mentoring, internships and even jobs are posted on the group.
<https://www.linkedin.com/groups/12904053/>
4. Gaining work experience is critical in building a strong resume. Care-experienced and estranged students should explore various options such as internships, work-study programs, and part-time jobs that align with their career goals. Volunteering is also an excellent way to gain valuable experience and broaden one's network. I used my volunteering experience to gain work experience and wrote about the transferable skills to gain work experience and even formed a significant part of my undergraduate of the year award application last year which saw me make it to the top ten finalists. To maximise the opportunities available, care-experienced and estranged students should be proactive in seeking out these opportunities asking charities, visiting websites like



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<https://reachvolunteering.org.uk/> and such as seeking to apply for trustee positions to diversify charity governance can provide invaluable work experience

<https://youngtrusteesmovement.org/opportunities/>.

5. Developing skills in areas such as leadership, communication, project management, and problem-solving can significantly enhance employability prospects. Universities and colleges offer a range of resources, such as workshops, online courses, and certifications, that can help students acquire these skills. Care-experienced and estranged students should take advantage of these resources and seek out opportunities to develop these skills outside the classroom.
6. Being proactive is another critical strategy for care experienced and estranged students. Rather than waiting for opportunities to come their way, they should create their own opportunities as well apply to ones readily available. They can achieve this by reaching out to potential employers, attending networking events, and participating in industry-related activities. Developing a robust personal brand that showcases skills, achievements, and interests can also make them stand out to potential employers.
7. Finally, Care experienced and estranged students often experience significant stressors and challenges in their personal lives. Practising self-care is crucial in managing such challenges and prioritising mental and physical health. Exercise, healthy eating, adequate sleep, and seeking support when necessary can make a significant difference in managing stress and maintaining overall well-being.
8. Care-experienced and estranged students face unique challenges in finding employment. However, by seeking support, building a professional network, gaining work experience, developing skills, being proactive, and practising self-care, they can improve their employability prospects and achieve their career goals. With determination, hard work, and the right support system, these students can achieve anything they want. You can make the first step by joining the All of Us group if you haven't already.



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The best career resources:

- UpReach - <https://upreach.org.uk/>
- The Care Leaver Covenant - <https://mycovenant.org.uk/for-care-leavers/care-leaver-opportunities/>
- Career Matters (Thrive) - <https://www.career-matters.org/career-matters-thrive-platform/>
- The Children's Commissioner for England - <https://www.childrenscommissioner.gov.uk/blog/career-planning-resources-for-care-leavers/>
- Drive Forward Foundation: This organisation provides practical support and guidance to care-experienced young people in the UK, including career coaching, CV writing workshops, and interview skills training: <https://driveforwardfoundation.org/>
- Barnardo's: This charity offers various Employment Training and Skills (ETS) courses specifically designed for care leavers, helping them develop skills and qualifications for the job market: <https://www.barnardos.org.uk/get-support/support-for-young-people/leaving-care/young-person>
- Become: This organisation offers a range of resources for care leavers, including their "From care to careers" guide and free coaching which provides valuable insights on navigating the world of work: <https://becomecharity.org.uk/>
- The Social Mobility Foundation (UK): Their flagship Aspiring Professionals Programme (APP) supports high-achieving students from disadvantaged backgrounds through university application, career workshops, mentoring, and internships with top employers. <https://www.socialmobility.org.uk/>
- The Sutton Trust (UK): This organisation works to improve social mobility through research, policy advocacy, and educational programs. <https://www.suttontrust.com/>
- SAYes Mentoring: SAYes do free transition mentoring of young people from care experienced and challenging (including estranged) backgrounds for one hour per week, for nine months. If you are 16-24 years of age, live in the London area, and feel that you are at a disadvantage in some way, please email mentee@sayesmentoring.org to talk about next steps. <https://sayesmentoring.org/>