



To our students, their parents, carers and teachers,

Exam season is now in full swing and we at GCC are wishing those of you on this journey the best of luck. You've made it so far, and you only have a little way to go.

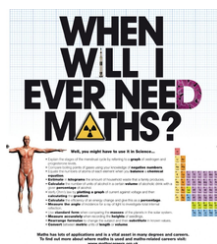
Here are some top tips that will help you perform to the best of your abilities while taking care of your physical and mental health.

- Get enough sleep
- Go on a short walk
- Take breaks between sessions
- Take a break with other people
- Keep your study space organised
- Be kind to yourself

## NEW - GCC Influencers of the month

This month we are all about helping you to do your best! There's some great recommendations for [social media accounts to follow](#) for both GCSE and A Levels subjects. Go check them out!





## UCAS Deadlines

**Students who have applied to university, make sure you have responded to your offers!**

If you received your offers by 14th July 2022, you should respond by 21st of July 2022 (Including Extra choices)

More information [here](#).

## Choosing the right career path

A friendly reminder that it is okay to not be sure what career path to choose. The sky is your limit! To make this decision easier for you, we put together a list of [recommended websites for career research](#).

## What to do over the summer?

If you've not got many plans for the summer, how about building your skills and experiences and starting to explore ideas for your future? Check out our boredom breakers [here](#).

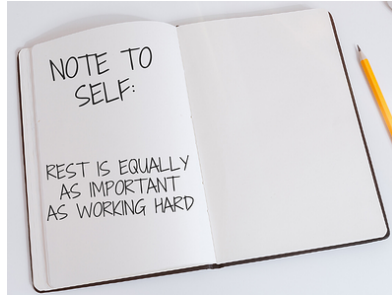
## What Next Sussex - 6th October 2022

We are delighted to be running our virtual Post 16 options event again in October! [This event](#) will help young people, their parents/carers and teachers make choices about where and what to do next. With representatives from sixth form & FE colleges, apprenticeships, universities and employers from across Sussex, the event is not to be missed if you have a child starting Year 11 in September. You can find out more about the event and access lots of useful information [here](#). Also have a look at our directory of [all the different places you can study after year 11](#).

## CPD & Networking event - 16 June 4 - 5pm

For any careers practitioners out there, please note we have a CPD & Networking event taking place online this Thursday. Visit our webpage [here](#) for more info.

## Mash's words of wisdom!



## Remember to follow us on:

[Instagram](#) (for Students)

[Facebook](#) (for Parents/Carers)

[Twitter](#) (for Teachers)

## Staying in touch

*We hope you still want to receive our emails but if you don't please just send us an email with 'unsubscribe' in the subject line to: [hello@getcareerconfident.co.uk](mailto:hello@getcareerconfident.co.uk) or select unsubscribe below.*



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