

# WORKBOOK FOR OVER 16

Pathways Digital Workbook



# WELCOME

There are two tasks in this toolkit, which you can do from anywhere. The tasks are all about employability. This is your ability to find, get and keep a job.

Make sure you work on these tasks alongside the explanation video.



## TASK ONE: GO ONLINE FOR SOME PSYCHOMETRIC TESTS

There are free online tests just a few clicks away and we've given you some examples below. They all have practice tests which you can do free of charge. We suggest you try five, then retake them and record your progress.

- [Practiceaptitudetests.com](https://www.practiceaptitudetests.com)
- [Jobtestprep.co.uk](https://www.jobtestprep.co.uk)
- [Assessmentday.co.uk](https://www.assessmentday.co.uk)

You can keep track of your progress after you've completed each one here:

## TASK TWO: NOW CREATE YOUR ELEVATOR PITCH

### **What you could include:**

- Name
- What you're studying
- Jobs you have (this could be a Saturday job or any volunteering you do)
- Goals and aspirations for the future
- Your hobbies
- Things that interest you

### **And don't forget to include something from your personal brand:**

- How do people describe you?
- What are your major strengths?
- What motivates or excites you?

## MY ELEVATOR PITCH

The best ones will be entered into a draw to win a prize.

## THANK YOU

We hope you enjoy getting stuck into these tasks. Thank you and good luck.



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