

Unifrog Quick Tasks: KS3

How do I get logged in?

- Open the welcome email in your school inbox and follow the instructions to create your account.

I can't find a welcome email?

- Check your spam/junk folder
- If you still can't find it, head to <https://www.unifrog.org/sign-in> and click 'Reset password / Resend welcome email'

Here are some quick tasks you can complete in Unifrog! Once you're logged in, these will help you to see what options are available to you and understand what your next steps might be.

Task 1:

Take the **Interests Profile quiz** to learn a little more about yourself and explore the careers commonly associated with your interests. (This takes 12-15 minutes).

Watch this short video to see how it works: [Student- Using the Interests Profiling tool](#)

Task 2:

Once you have completed the Interests Profile check out your results! Here you will find a link to the careers that you might be interested in.

Using the link, explore the suggested careers and favourite at least one career profile in the **Careers Library**.

This short video explains how the Careers Library works: [Student- Using the Careers library](#)

Task 3:

Dream Big! Use the **Post 16 intentions tool** to make a note of what your dream career would be. You can also say which pathway you would choose to work towards this dream, be it college, 6th form or an apprenticeship. (This takes 5-10 minutes).

Watch this short video to see how it works: [Student- Using the P16 Intentions tool](#)