


# FAST TOMATO



# WHAT IS FAST TOMATO?

- *Fast Tomato is a online programme which supports your decision making when looking for a career and deciding on GCSE options.*
  - *It can give us career guidance and inform us not only what subjects are best, based on our interests, but what careers this will lead into.*
  - *If you have any headphones these may come in handy when browsing different careers.*
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# LESSON ONE

*In Google, type in*

*<http://www.fasttomato.com/account/findorganisation>*

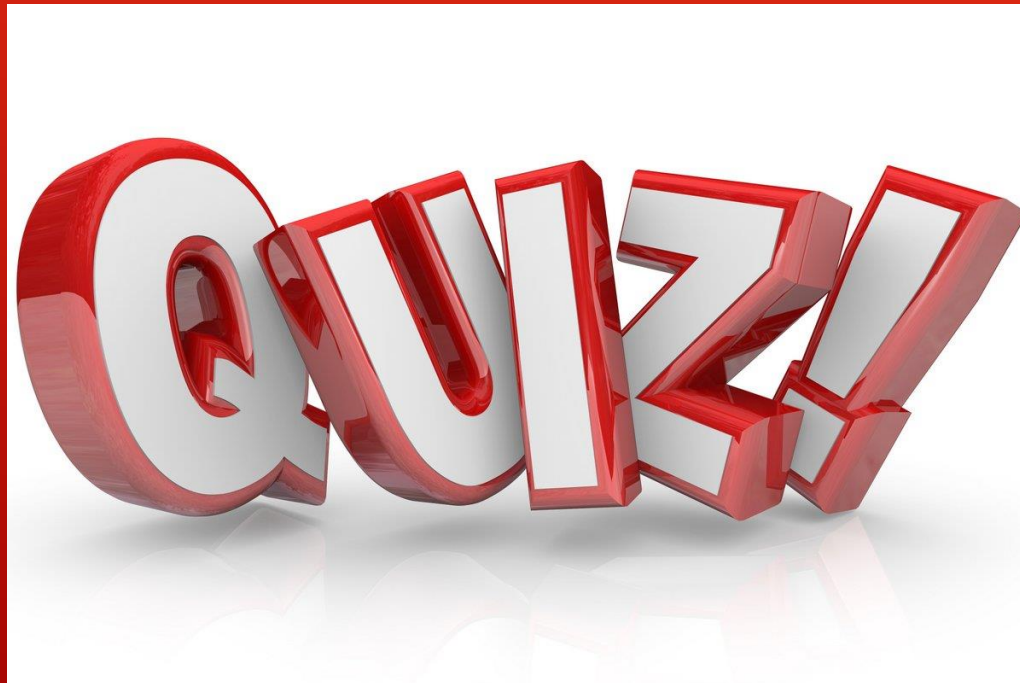
*Or go to the GCS website and click on the fast tomato link  
(Under the curriculum – Careers and Work related learning  
section)*

*Type in THE CODE 'VHDZ' then enter your details to set up  
your account*

*Write down your username and password in your planner*

## **Take the quiz**

***This will give the programme and idea of what you like, what you are interested in and where your strengths lie***





## Browse your career suggestions

*Explore each of the careers; reading their description, watching their videos and looking at the salary!*

*If any careers stand out then 'favourite' them on the main screen so you can view them again later*

# LESSON TWO



Log on

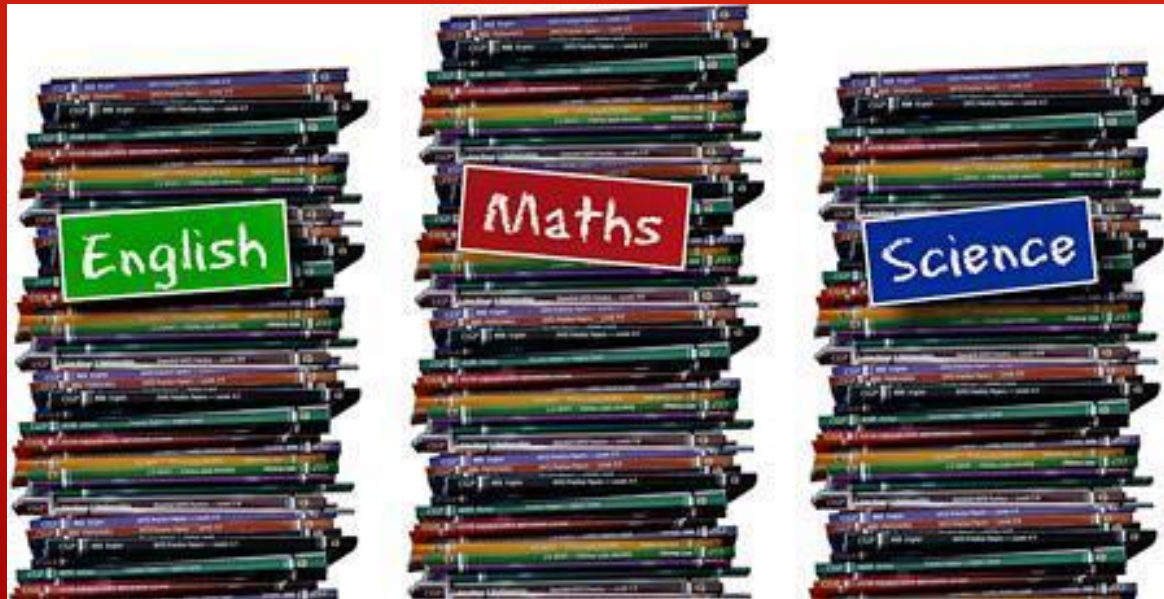
Click on 'Choices ' and then 'Subject suggestions'



***Browse each subject suggested.***

***Read the description, watch the videos and see what is involved.***

***If you like the sound of it... press 'favourite'.***



# LESSON THREE



Log on

Click on 'Choices ' and then 'Subject suggestions'



**Along the top bar, click on 'browse subjects' and look at any other subjects that are offered at Guildford County that may interest you**

**Don't forget to 'favourite' it if you are interested!**



*Hopefully this exercise has supported the process of deciding your GCSE options and your future career thoughts, at this moment in time.*

*If you would like, open your 'favourites' page and click the right mouse button to print off your findings.*

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against a solid red background.