

# How to Support Your Teen on their Career Journey

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# Making Career Decisions

## Aims

- How are career decisions made
- How to start the discussion around careers and options
- Overview of options at age 16 and 18°

Experiences

Luck

Availability of  
the job

# How come you're doing the job you are doing?

Local  
opportunity

Knew from a  
young age

Skills fitted into  
the role

Interests/Hobbies

# Has your Career journey been like this?





# Or has it been more like this?



*There's no such thing as a career path, it is crazy paving and you have to lay it yourself."*

Sir Dominic Cadbury.

# How do we prepare young people for jobs that don't exist yet?

## Career Management Skills

- Develop transferable skills
- Growth mindset
- Understand careers aren't linear anymore
- No longer one job for life
- Develop resilience
- Digital skills important

# Career Journey







# Why can it be hard to make choices?

Un-informed

Worried,  
uncertain

Lack of self  
awareness

Fear of failure

Students with  
SEND/ who are  
neurodiverse

Uncertain  
where choices  
can lead

# Who Influences Choices?

Teachers

Parents/Carers

Media/Social Media

Careers Advisers

Friends

Role Models

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Teachers

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Role Models

Parents/Carers

1 in 4 students consider their parents to be their main influence on degree subject choices (UCAS)



# So be aware....

- Is the information accurate?
- Any out of date information?
- Be aware of own stereotypes
- Mindful of the language you use
- Avoid telling them what they should or shouldn't do
- Listen
- Encourage and stay positive

This can start from a young age....



# Why is it important for parent/carer involvement?

- Most influential
- You have more contact
- Drip feed into conversations
- They do actually listen to you
- You can support them to research courses, careers
- Attend open days, careers fairs etc
- Help develop their self belief

# How to start the discussions?

‘ What do you want to do when you are older?’



# Guiding your teen in the decision-making process



Self Awareness



Opportunities



Decision Making



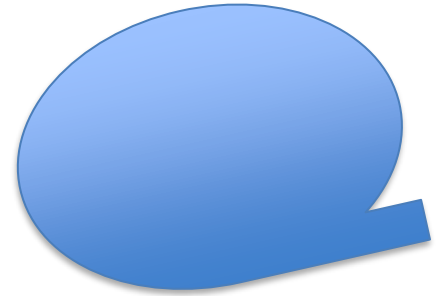
Taking Action and  
Coping with Transition



# How else can you start the conversation?

## Self Awareness

- What do you enjoy at the moment (in school/at home etc)
- What are you good at?
- What other strengths do you have?
- What do you like doing now?
- What is it about ..... that you enjoy?
- Is there anything that you are worried about when thinking about your next step?
- Who is inspiring you at the moment?



# Opportunity Awareness

- Do you know the local colleges and sixth forms?
- What do you know about the job(s) you are interested in?
- Have you heard talks in school about people doing different jobs? Did they inspire you?
- If looking at a course/job- look at general factors -outdoors/ essay writing/experiments/practical/creative?
- Is there a Careers Adviser in school/college you can talk through your ideas?
- Shall we check when the next open day is at .....

# Practical Activities

- Start discussion early
- Support research – look on websites
- Use your networks
- Attend virtual/real open events- speak to staff
- Do a drive/walk past of any new place (college/sixth form/work place)
- Support independent travel
- Visual tools- pictures, videos
- Plan A and Plan B



# Change is ok!

It can even be a positive!

Plan A and Plan B is helpful





# How can a young person gain experience of work?

- Virtual work experience (e.g. Forage, Speakers for Schools, Springpod)
- Talks from people doing their job e.g. Speakers for Schools
- Volunteering
- Part time job/Seasonal work
- Free Online courses e.g. Future Learn, Open lean, Harvard, Alison
- Existing Networks- chat to the next door neighbour!



# Options at 16 and 18...



# Options after Year 11

Full-time  
education  
(college/sixth  
form)

Work Based  
learning  
Apprenticeships/  
Traineeship

# Full Time Qualifications

- Academic (A levels)
- Applied Courses
- Practical/Vocational Courses

A Levels

T Levels (New)

BTECs

City and  
Guilds

Cambridge  
Technical

(Amongst  
others)

- Sixth Forms
- Colleges
- Small  
Specialist  
Providers

# What can you study?

## For example...

### **A levels**

Biology  
Sociology  
Politics  
English  
History  
Psychology  
Business Studies  
Computer Science  
Geography  
Geology  
Computer Science

### **Applied/Practical elements**

Business  
Computing  
Forensic Science  
Health and Social Care  
Engineering  
Childcare  
Creative Media Production  
Sport  
Animal Management  
Performing Arts

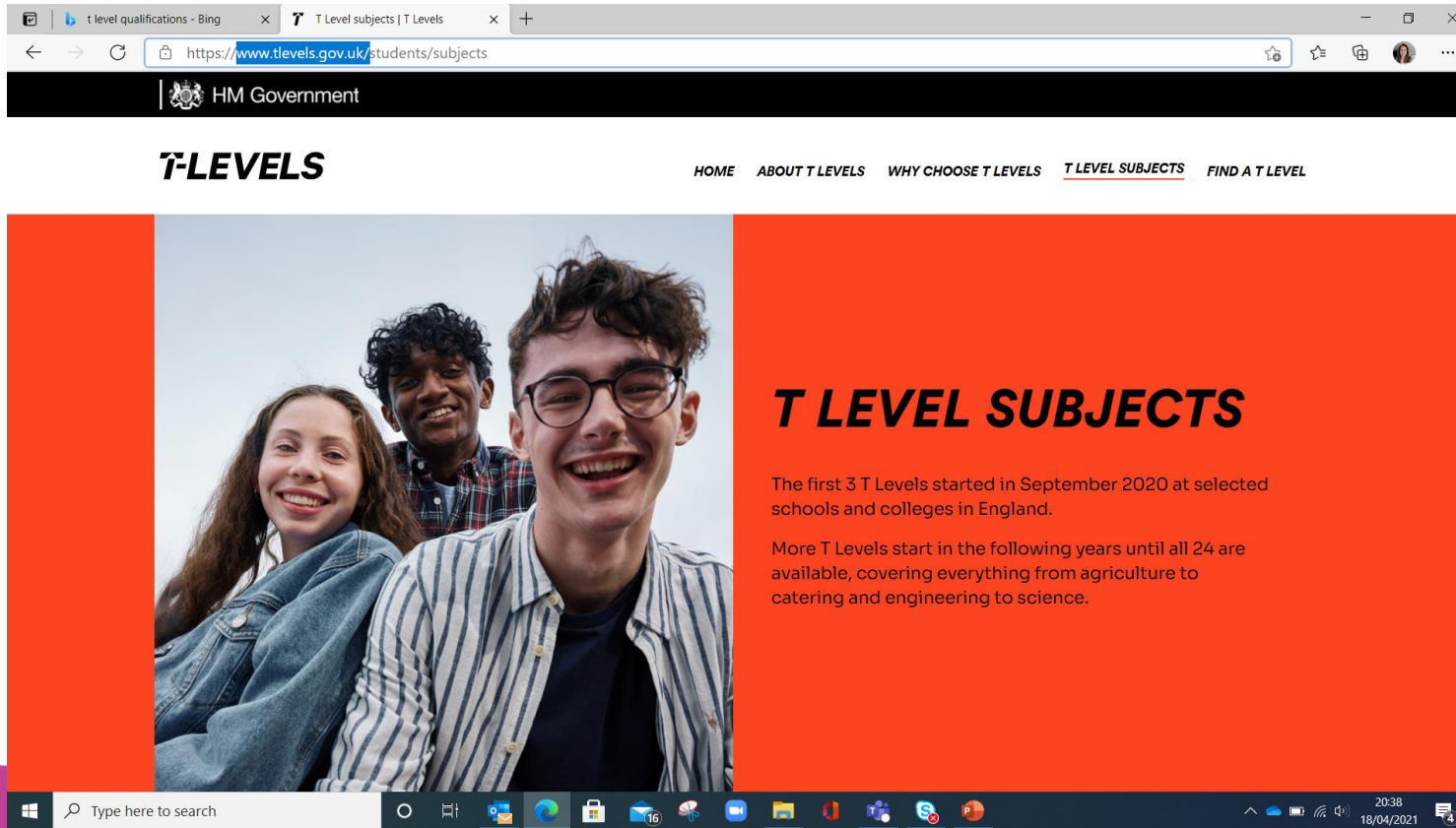
### **More Practical**

Carpentry  
Hairdressing  
Welding  
Animal Care  
Beauty therapy  
Brickwork  
Motor Mechanics  
Marine Engineering  
Floristry



# NEW: T Levels (equivalent to 3 A Levels)

- [www.tlevels.gov.uk/](https://www.tlevels.gov.uk/)





# Full Time courses for no or low qualifications

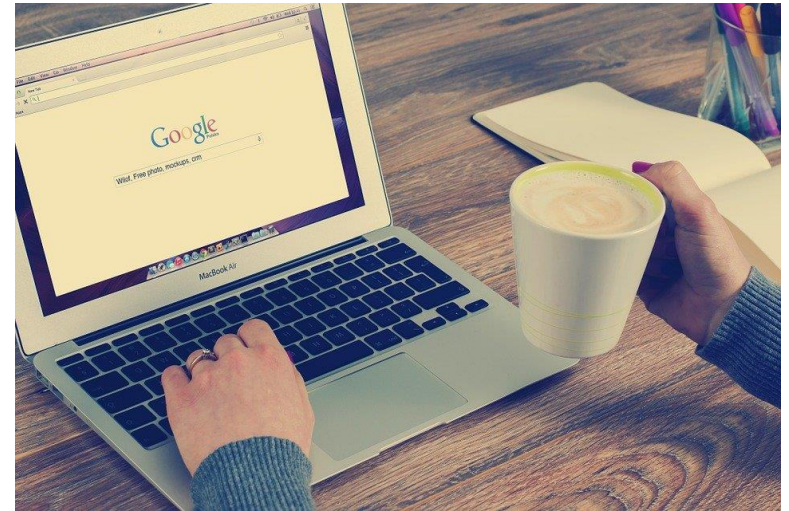
- Foundation Learning – no qualifications required (includes SEND courses and some taster courses)
- Level 1 courses – need GCSE grade 1-3
- Level 2 courses – need GCSE grade 3s

# Work Based Routes .....



# Apprenticeships

- For anyone age 16 +
- Full time job with training & qualifications
- Paid a salary
- Will need to attend a job interview and interview with training provider
- Levels range from Level 2 up to degree level
- About 4 days working in a job and 1 day a week theory/college based



Government  
'Find An  
Apprenticeship'  
website

# Traineeships (age 16 – 24 or 25 with EHCP)

- Work Experience alongside a course
- Can last from 6 weeks to 1 year
- Help with English and maths (if you need it)
- May gain a vocational level 1 qualification
- Unpaid (but may get travel expenses)
- Offered at colleges and smaller providers (e.g SWRAC, Rockley Watersports Academy)
- Gain experience and skills to lead onto further work/apprenticeship/college

# Supported Internships

- For young people with **learning difficulties and/or disabilities** aged 16- 24 years old (must hold an EHCP)
- Structured programme based mainly in workplace
- Helps you learn the skills needed for employment
- Lasts up to a year
- Unpaid

# Options After Age 18

- Higher Education (university, distant learning, local colleges)
- Higher/Degree Apprenticeship
- Apprenticeship
- College Course
- Job
- Traineeship/Supported Internship
- Gap Year (work/volunteer abroad/in this country)

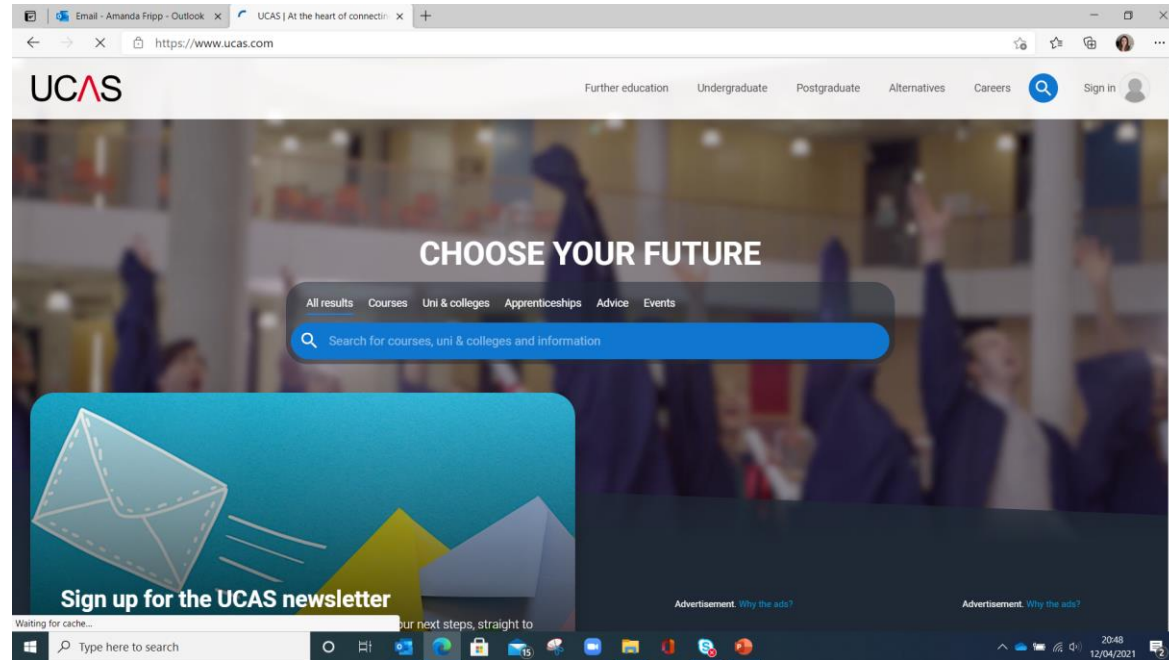




# University - UCAS - [www.ucas.com](https://www.ucas.com)

## DEGREES

- Single honours
- Combined honours
- Degrees with work placement
- Vocational Degrees
- Degrees with study abroad year
- Degree with foundation years



# Local Higher Education Providers



Brockenhurst  
College



**AECC**  
**University College**  
*Transforming lives  
through Health Sciences*



# Higher and Degree Apprenticeship

- For those with A Levels or Level 3 qualification
- Like a normal apprenticeship but will complete higher or degree level qualifications (Level 4 and above)
- Available in lots of different jobs
- For example...
  - Nursing Degree Apprenticeship
  - Solicitor Degree Apprenticeship
  - Engineering Higher/Degree Apprenticeship
  - Business/Accounting/IT
  - Police Degree Apprenticeship

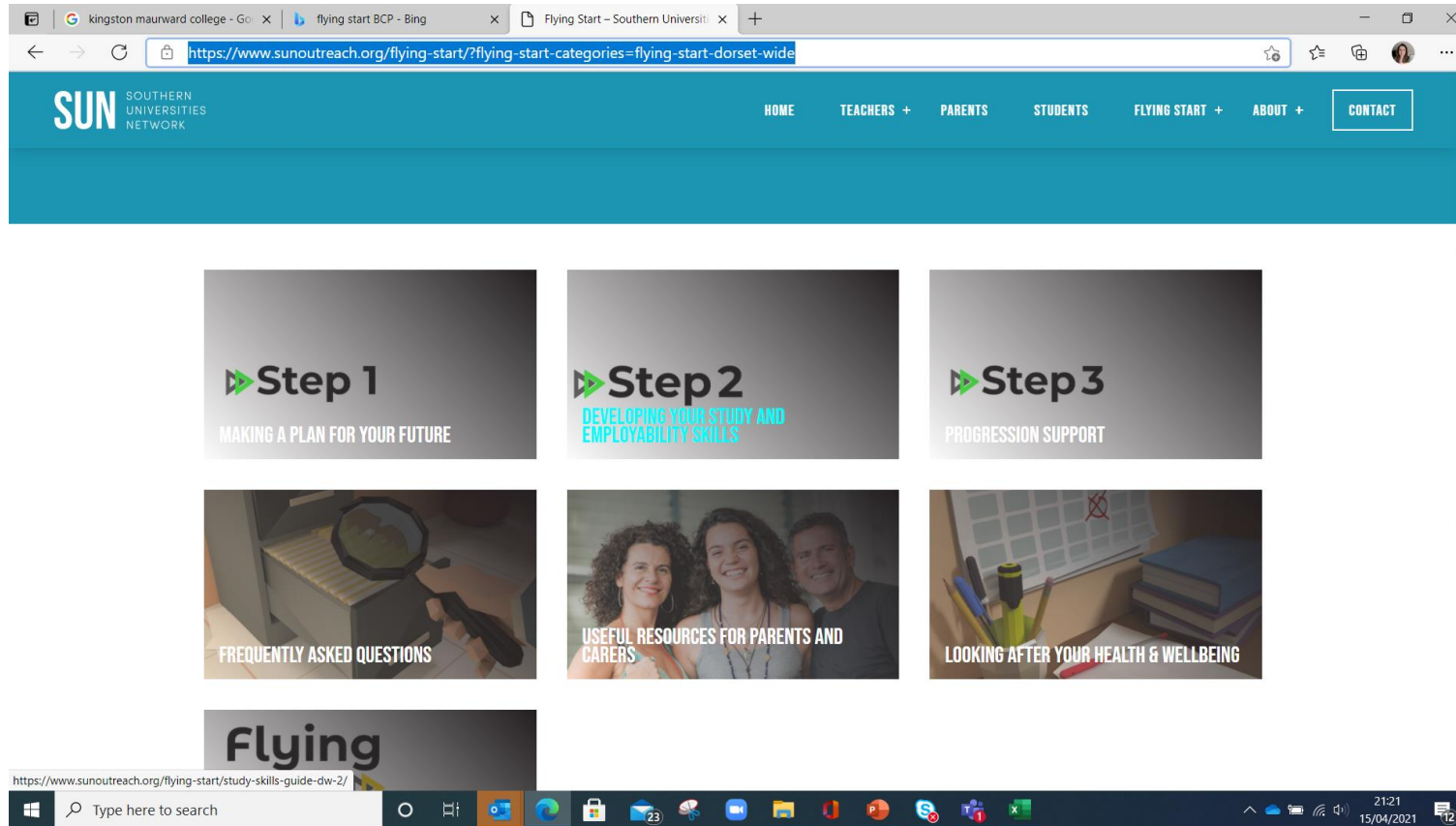
# Where to get more help?

- Careers Adviser in school (ask head of year/tutor/Careers Lead)
- Advice and Guidance Teams in local colleges
- School/Sixth form websites/Careers Lead
- College Websites
- UCAS website (for university)
- Find An Apprenticeship Gov website
- [Flying Start – Southern Universities Network \(sunoutreach.org\)](http://sunoutreach.org)
- Local Youth advice services (Number 18, Bournemouth Council Youth)
- National Careers Service – web chat /telephone line



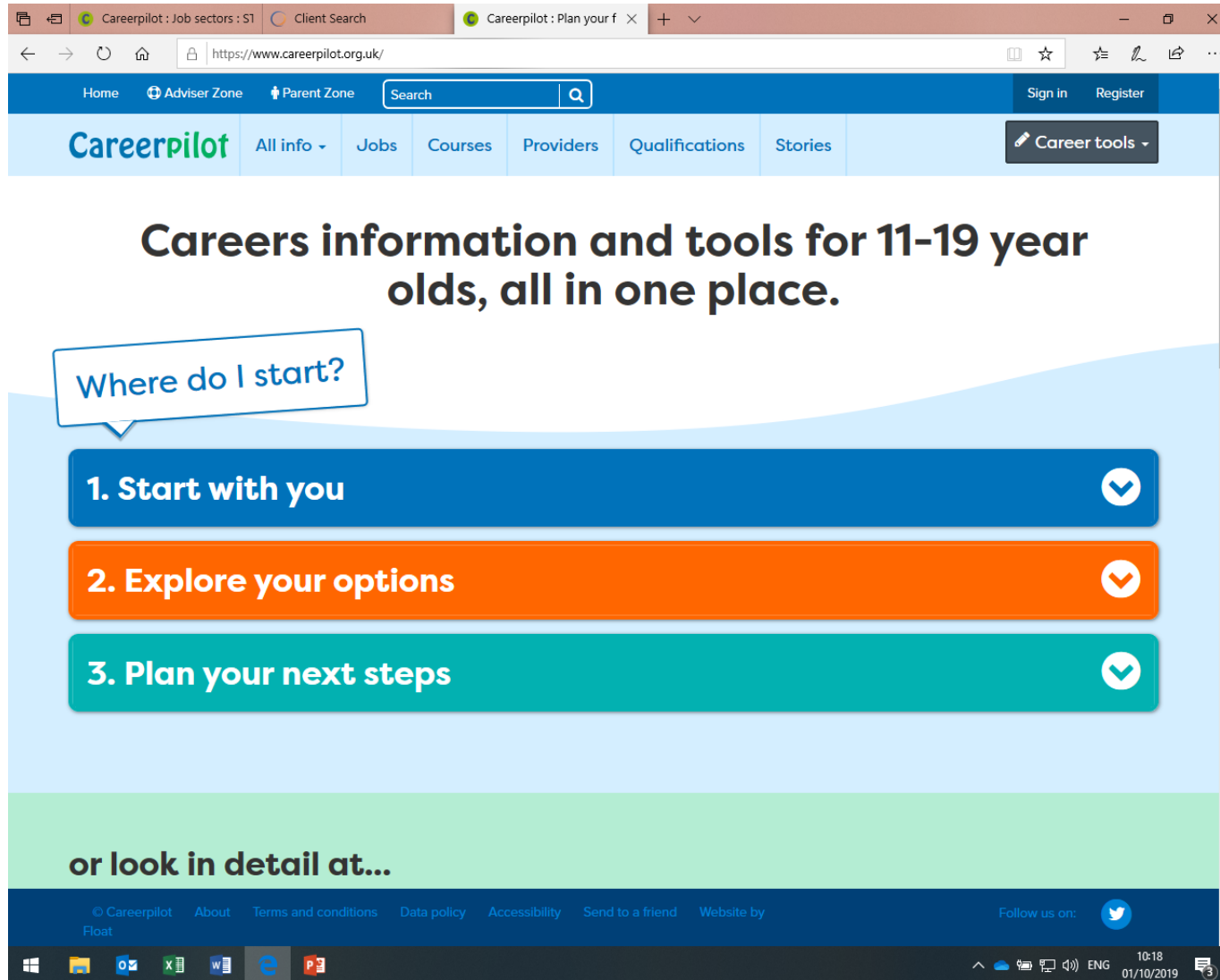
# Flying Start (SUN Outreach)

[www.sunoutreach.org/flying-start](http://www.sunoutreach.org/flying-start)



# Researching Careers

**Careers Pilot** - <https://careerpilot.org.uk/>



The screenshot shows the Career Pilot website in a web browser. The browser's address bar displays 'https://www.careerpilot.org.uk/'. The website's header is blue and contains navigation links: Home, Adviser Zone, Parent Zone, a search bar, Sign in, and Register. Below the header is a light blue navigation bar with links for All info, Jobs, Courses, Providers, Qualifications, and Stories, along with a Career tools button. The main content area features the text 'Careers information and tools for 11-19 year olds, all in one place.' followed by a speech bubble asking 'Where do I start?'. Below this are three large, colored buttons: '1. Start with you' (blue), '2. Explore your options' (orange), and '3. Plan your next steps' (teal), each with a downward arrow icon. At the bottom, there is a green section titled 'or look in detail at...' and a dark blue footer with links for Copyright, About, Terms and conditions, Data policy, Accessibility, Send to a friend, Website by, and Follow us on (Twitter). The Windows taskbar is visible at the very bottom, showing the date and time as 10:18 on 01/10/2019.

Careerpilot : Job sectors : S1 Client Search Careerpilot : Plan your f

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**Careers information and tools for 11-19 year olds, all in one place.**

Where do I start?

1. Start with you
2. Explore your options
3. Plan your next steps

or look in detail at...

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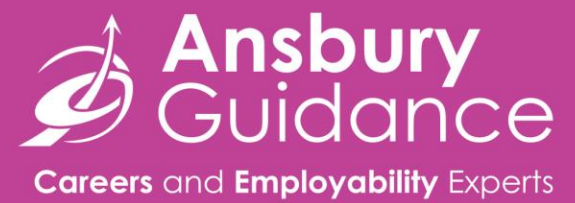
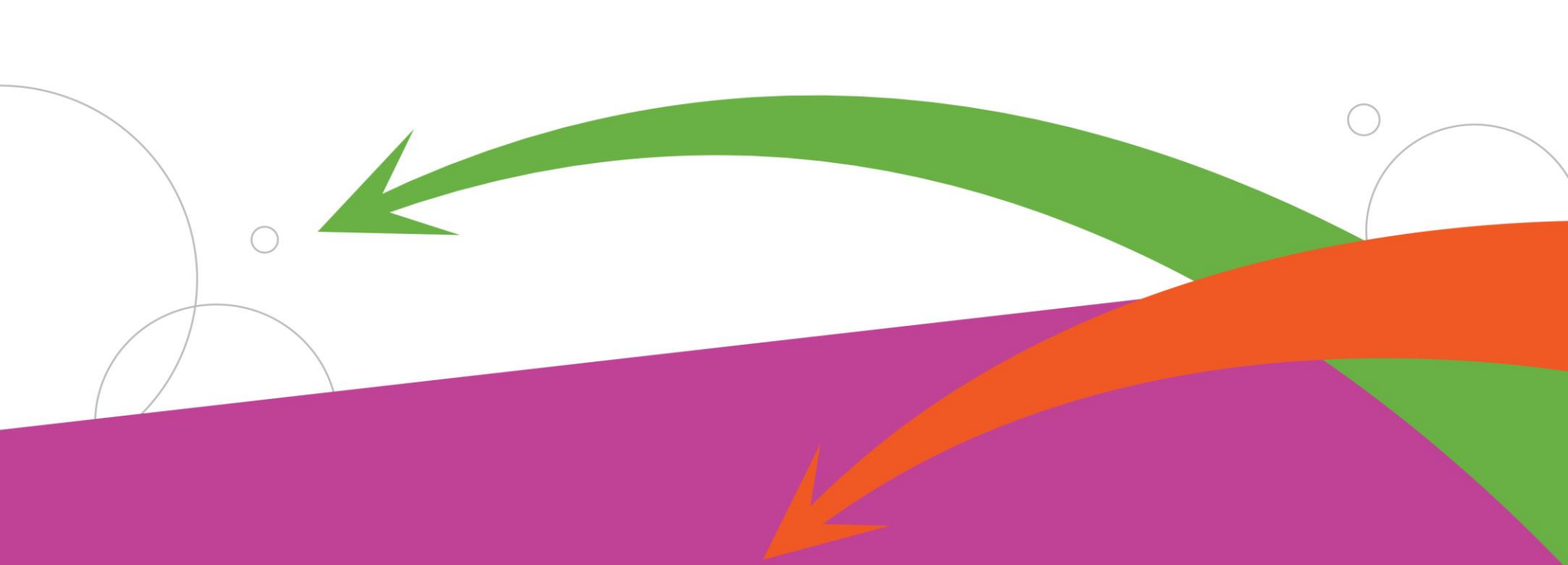
# TIMELINE

- Year 7 → Keep an open mind, be open to trying out subjects
- Year 8-9 → Choose GCSE Options to start them in year 10
- Year 10 → Start GCSEs, possibly work experience, exploring progression
- Year 11 → Applications to college/sixth form/apprenticeship (from Autumn term)
- Year 12 → Start sixth form/college/apprenticeship (gain work experience)
- Year 13 → Apply to University/Apprenticeships /Gap Year Options (from Autumn Term) UCAS deadline – 15<sup>th</sup> Jan (15<sup>th</sup> Oct for Oxbridge/Dentistry/Vet/Medicine)

# What's the result of great careers information, advice and guidance?

- Raising aspirations
- Raising attainment
- Gain confidence
- Develop self awareness
- Better behaviour
- Positive mental health





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