

## Careers Information for Students

### How can the Careers Team support me?

The careers team are always available to help you explore your ambitions and next steps. You'll hear from us in:

- Careers STEP sessions delivered fortnightly by your tutor.
- Group Guidance meetings in year 8.
- Individual guidance meetings in years 10-13.
- Special events and assemblies.

But most importantly, you can drop in to see us any time you need something. You'll find Mrs Moss and Mrs Spoor in the Careers Centre (opposite A2) and Mrs Hammond in the Sixth Form hub.

### Unifrog



Unifrog is our online careers platform and is a one-stop-shop for everything careers and progression related. It's packed full of useful tools from career profiles to CV building and personality quizzes to university course information. All students have access to Unifrog right through school and then for four years after leaving. If you haven't used Unifrog yet, don't worry it will be coming soon!

You will have opportunities to use Unifrog in school through the careers STEP programme, but you can also log in at any time from home or a mobile device. If you have any difficulties with your account please speak to Mrs Moss y7-11 or Mrs Hammond (y12-13). If you've never logged in, or have forgotten your password, click [here](#) and enter your school email address to send a new welcome email.

## Essential Skills

Throughout our careers programme we focus on 8 essential skills which employees look for. You develop these skills all through school in your lessons and extra-curricular activities, but also in your personal life. It's really important to be able to talk about examples of times when you have shown these skills. We'll help you to think about this throughout the careers programme. But you can also record an example any time through the "Competencies" tool in Unifrog.



## Personal Guidance

All our students are entitled to a 1-to-1 personal guidance appointment with one of our qualified careers advisors in year 10-11 and another in year 12. Some students might have an appointment earlier than that, or more than one appointment depending on individual needs. Guidance interviews are an opportunity to explore your career ideas and aspirations, discuss progression routes, as well as address any barriers you might be facing and receive information and advice that is tailored to your interests.

Your guidance interview will usually last between 40 minutes and an hour and is a confidential meeting. During the meeting your careers advisor will help you to develop an action plan of things you can do to help you progress in your career and next steps. To help you prepare for your guidance interview you could:

- Think about any career ideas you already have, or any that you have ruled out.
- Research careers, courses or apprenticeships which you already know interest you.
- Take or re-take the personality or interest quiz on Unifrog, or remind yourself of your results.
- Be prepared to talk about your skills, interests and hobbies

## Useful links

[www.unifrog.org.uk](http://www.unifrog.org.uk) – Unifrog Careers Platform

<https://nationalcareers.service.gov.uk/> Careers information and advice

<https://www.bbc.co.uk/bitesize/careers> Careers information, top tips and information about the world of work

<https://amazingapprenticeships.com/> Information about Apprenticeships, Traineeships and T-Levels

<https://www.findapprenticeship.service.gov.uk/apprenticeshipsearch> Current apprenticeship vacancies

<https://icould.com/> Careers videos, job information and personality quiz

<https://www.prospects.ac.uk/> Careers information and advice, specifically graduate jobs

<https://www.ucas.com/> Information about university courses and other post-18 routes

## Labour Market Information – The Careerometer

To make informed decisions about your career, it's important to understand the labour market information (LMI) related to the careers you are exploring. For example, how much could you earn? What hours would you work? Are there likely to be lots of job opportunities in the future? You can use the Careerometer found by clicking the link below to search and compare key LMI information for the careers you are interested in.

<https://www.careerwave.co.uk/lmi-for-all/>