



Current research shows that **parents/carers are the greatest influence on a child's career decision**, but with an ever-changing labour market, changes to the education and examination system, the effects of Covid, along with the introduction of various new pathways into the world of work, it can be difficult to know how best to support your child.

From Year 7 – Year 13 your child will be supported along every step of their careers journey. See below for details of the ***Keswick School Careers Programme by Year Group***.

Year 11 students (from October) and 6th Form students are signed in to **Unifrog**, an online careers guidance platform, with all the information, advice and guidance they will need to start making their final choices and applications before they leave.

Sophie Mills regularly sends out a **careers bulletin via Parentmail**. Be sure to read these for up-to-date careers news, information and opportunities, local, national and international.

All students in Years 10 - 13 are constantly sent **careers emails** to their school Gmail accounts, which give news and information about college courses, including T Levels, apprenticeships, university and employment, as well as local, national and international opportunities for residentials, courses and taster days. Encourage your children to read and, where relevant, to act upon these.

As part of the Year 11 Information Evening for parents in the autumn term, information about **post-16 options** will be delivered. For those parents wanting to find out more about **post-18 options**, you are invited to the Year 13 Student Finance Information evening in November/December and the Year 12 UCAS and Apprenticeship Application evening in June. Come along to find out about the different choices available, the current labour market, and how you can best support your child.

If you feel that your son/daughter would benefit from a 1:1 careers interview from our dedicated Level 6 Careers Advisors, Val Cumberbatch and Andrew Wallam from Inspira, please contact Sophie Mills, Careers Leader, to arrange.

Top Tips:

- Encourage your child to gain as much education, training and work experience as possible
- Help them discover their special talents and skills
- Develop their knowledge of the world of work
- Teach them decision-making skills

- Value and promote gender equity and cultural diversity
- Research careers resources/education and training opportunities
- Encourage your child to participate in extra-curricular activities, career development opportunities and enrichment experiences, like the Duke of Edinburgh award, the Inspiring Digital Enterprise award, and NCS
- Be open-minded: the world of work has changed considerably since we were at school.

Useful Careers Video Links Giving Advice to Parents

This is a list of videos showing a variety of different opinions and advice. They are listed as a taste of what you might encounter, and are useful to promote thought and discussion:

<https://www.youtube.com/watch?v=FPDh8vYjAEc> (*How Parents Influence Career Aspirations*)

<https://www.youtube.com/watch?v=pZRq5i350ts> (*Top tips for parents and carers to talk to teens about careers*)

<https://www.youtube.com/watch?v=ckF0n1d0rCA> (*Best Careers Advice You've Never Heard*)

<https://www.youtube.com/watch?v=82aa881dpr0> (*How Parents Get In The Way of Career Plans*)

<https://www.youtube.com/watch?v=Mfiuup5Dncs&list=PL4JSMaUVcSC3U15b7zOTKOyhb-WaEeOC3> (*EY Parents Giving Advice: What the Nation Thinks*)

<https://www.youtube.com/watch?v=pH7a8TO7ExM&list=PL4JSMaUVcSC3U15b7zOTKOyhb-WaEeOC3&index=7> (*EY Panel Discussion Highlights*)

<https://www.youtube.com/watch?v=zpEflpocLc4&list=PL4JSMaUVcSC3U15b7zOTKOyhb-WaEeOC3&index=20> (*EY One Piece of Advice for Parents*)

<https://www.youtube.com/watch?v=YzSgcbuPGrA> (*Episode 1 of the Clueless Mum Lucy Dunn videos, released as part of the EY Parentaship*)

<https://www.youtube.com/watch?v=0-g3OJHzo5o&list=PL4JSMaUVcSC3U15b7zOTKOyhb-WaEeOC3&index=29> (*Expert Advice from Dr Linda Papadopoulos*)

Useful Links

General

- <https://www.inspira.org.uk/>
- <https://nationalcareers.service.gov.uk/explore-careers>
- <https://icould.com>
- <https://successatschool.org>

These are websites that have specific careers advice/sections for parents:

- <https://www.startprofile.com>
- www.parentalguidance.org.uk
- <https://careemap.co.uk/career-advice/careermag/for-parents-guardians>

Local Further Education Colleges and Training Providers

- Carlisle College, Kendal College, Lakes College and Myerscough College
- Energy Coast UTC
- Gen2, James Core Ltd., Energus and System People
- Carlisle United Community Sports Trust, Cumbria Institute of Sport

Apprenticeships

- <https://www.apprenticeships.gov.uk>
- <https://www.indeed.co.uk>
- <https://www.notgoingtouni.co.uk>
- <https://careemap.co.uk>

Higher Education

University

- <https://www.ucas.com>
- <https://www.whatuni.com>
- <https://www.theuniguide.co.uk/>
- <https://discoveruni.gov.uk/parents-and-carers/>

Student Finance

- <https://www.gov.uk/student-finance>
- <https://www.moneysavingexpert.com/students/student-loans-tuition-fees-changes/>
<https://www.moneysavingexpert.com/students/student-loans-england-plan-5/>
<https://www.ucas.com › Finance › Student finance in England>
- <https://www.gov.uk/support-child-or-partners-student-finance-application>
<https://www.theuniguide.co.uk/advice/advice-for-parents/parents-what-you-need-to-know-about-student-finance>
- <https://www.ucas.com › Finance › Student finance in England>

Keswick School Careers Programme by Year Group

Year 7	3 week careers slot during Personal Development lessons, to include Jobs and Me, Employability Skills and a personal careers project (exploring a career in detail); assembly careers talks by outside speakers; <i>Staff Treasure Hunt</i> in National Careers Week in March and <i>Futures Fridays</i> during form times. 1:1 careers interviews with Inspira careers advisors by request.
Year 8	3 week careers slot during Personal Development lessons, to include NHS careers and a personal careers project (interviewing a person about their career). Assembly careers talks by outside speakers; <i>Staff Treasure Hunt</i> in National Careers Week in March, and <i>Futures Fridays</i> during form times. 1:1 careers interviews with Inspira careers advisors by request.
Year 9	3 week careers slot during Personal Development lessons to include labour market information and a personal careers project; careers event prior to GCSE option choices in February. <i>Futures Fridays</i> during form times. 1:1 careers interviews with Inspira careers advisors by request.
Year 10	3 week slot during Personal Development lessons, to include CV writing, local labour market information and gender stereotyping; a week's work experience in June. 1:1 careers interviews with Inspira careers advisor by request.
Year 11	Careers Day in October, to include post-16 options, Meet the Employer, 1:1 mock interviews, careers research, going to university and introduction to <i>Unifrog</i> , an online careers platform; 2 week slot in Personal Development, to include preparing for interviews; a catch-up post-16 careers morning for those students still unsure about their next steps; an apprenticeship morning in January to include meeting apprenticeship providers, the apprenticeship application process, and interview preparation; 1:1 careers interviews with Inspira careers advisor for all students; mock interviews by request.
Year 12	(In conjunction with the 6th Form team) a week's work experience in May; higher education and post-18 options days, to include personal statement writing, apprenticeships, introduction to UCAS and meeting universities; Dream Placement; visit to Edge Hill/Lancaster University; visit to Newcastle/Northumbria University; student finance talks; outside careers

	events; university, apprenticeship and employer talks and workshops in PD; mock interviews by request; Oxbridge activities and visit; 1:1 careers interviews with Inspira careers advisor by request.
Year 13	(In conjunction with the 6th Form team) personal statement writing; opt-in careers talks with local apprenticeship providers; mock interviews by request, including Oxbridge; outside careers events; further university talks in PD; work experience where relevant. 1:1 careers interviews with Inspira careers advisor by request; Inspira Apprenticeship Skills Booster day, including meeting with local employers; ASK Apprenticeship sessions.

Qualification Routes Explained

Qualification Level	Example Qualification Type	Apprenticeship Type
8	Doctorate NVQ Level 5 Vocational Qualifications Level B	
7	Postgraduate Certificate or Diploma Master's Degree NVQ Level 5 BTEC Advanced Professional Award, Certificate and Diploma Level 7	Higher or Degree
6	Degree (with or without Honours) Graduate Certificate or Diploma BTEC Advanced Professional Award, Certificate and Diploma Level 6	Higher or Degree
5	Foundation Degree Diploma of Higher Education (DipHE) BTEC Advanced Professional Award, Certificate and Diploma Level 5 NVQ Level 4	Higher
4	Certificate of Higher Education (CertHE) BTEC Advanced Professional Award, Certificate and Diploma Level 4 NVQ Level 4 Key Skills Level 4	Higher
3	A Levels (A-E grade) AS Levels T Levels NVQ Level 3 Key Skills Level 3 City & Guilds/BTEC	Advanced
2	GCSEs (9-4 or A*-C grade)	Intermediate

	NVQ Level 2 Key Skills Level 2 City & Guilds/BTEC Functional Skills/Skills for Life Level 2	
1	GCSEs (3-1 or D-G grade) NVQ Level 1 Key Skills Level 1 City & Guilds/BTEC Functional Skills/Skills for Life Level 1	Traineeship
Entry Levels 1-3	Functional Skills/Skills for Life Entry Level	Traineeship