

## Careers Programme 2022-23

Year	Careers Key Theme	Personal Development Curriculum	Additional Key Events and Opportunities	Gatsby Benchmarks	CDI Framework
7	<b>Careers Action plan and skills development</b>	<ul style="list-style-type: none"> <li>• Key skills, interests and qualifications</li> <li>• Goal and target setting</li> <li>• Seizing opportunities</li> <li>• Problem solving, active listening and teamworking skills</li> <li>• Future aspirations and careers routes</li> </ul>	Careers assemblies and workshops External speakers Careers Library Parents' Evening	1, 3, 4, 5	<ul style="list-style-type: none"> <li>• Grow throughout life</li> <li>• Explore possibilities</li> <li>• See the big picture</li> </ul>
8	<b>The world of work: Ambitions</b>	<ul style="list-style-type: none"> <li>• Progress towards careers action plan</li> <li>• Personality traits and how these translate to the world of work</li> <li>• Job roles and qualifications needed</li> <li>• Law and legislation of employment for young people</li> <li>• Careers research and job categories</li> </ul>	Careers assemblies and workshops External speakers Careers Library Parents' Evening	1, 3, 4, 5	<ul style="list-style-type: none"> <li>• Grow throughout life</li> <li>• Explore possibilities</li> <li>• Manage career</li> <li>• Balance life and work</li> <li>• See the big picture</li> </ul>
9	<b>Employability skills and qualities: decision making and work related finance</b>	<ul style="list-style-type: none"> <li>• Progress towards careers action plan</li> <li>• Employability skills and qualities</li> <li>• Academic and vocational careers routes</li> <li>• Career planning: making the right decisions</li> <li>• Career focus: NHS</li> <li>• Finance: salaries and understanding payslips</li> </ul>	Careers assemblies and workshops External speakers Step into NHS competition Careers Library Parents' Evening Options Evening	1, 3, 4, 5	<ul style="list-style-type: none"> <li>• Grow throughout life</li> <li>• Explore possibilities</li> <li>• Manage career</li> <li>• Create opportunities</li> <li>• Balance life and work</li> <li>• See the big picture</li> <li>•</li> </ul>
10	<b>Work experience, interview skills and 21<sup>st</sup> century jobs</b>	<ul style="list-style-type: none"> <li>• Progress towards careers action plan</li> <li>• Interview skills and techniques</li> <li>• Mock interviews</li> <li>• 21<sup>st</sup> century careers</li> <li>• Labour market information</li> <li>• Health and safety in the workplace</li> <li>• Work experience preparation</li> </ul>	Careers assemblies and workshops External speakers Careers Library Parents' Evening Work Experience assembly Work Experience (1 week) Careers Fair	1, 2, 3, 4, 5, 6	<ul style="list-style-type: none"> <li>• Grow throughout life</li> <li>• Explore possibilities</li> <li>• Manage career</li> <li>• Create opportunities</li> <li>• Balance life and work</li> <li>• See the big picture</li> </ul>
11	<b>Post 16 options: CVs, further education, apprenticeships</b>	<ul style="list-style-type: none"> <li>• Progress towards careers action plan</li> <li>• Reflection on work experience placement</li> <li>• Transferrable skills</li> <li>• Writing and structuring a CV</li> <li>• Options after GCSEs – sixth form, college, apprenticeships or employment</li> </ul>	Careers assemblies and workshops External speakers Careers Library Parents' Evening 1:1 Guidance appointment Careers Fair Aspirations Day	1, 2, 3, 4, 5, 7, 8	<ul style="list-style-type: none"> <li>• Grow throughout life</li> <li>• Explore possibilities</li> <li>• Manage career</li> <li>• Create opportunities</li> <li>• Balance life and work</li> <li>• See the big picture</li> </ul>
12	<b>Developing Careers Action plans and profiles: improving your employability</b>	<ul style="list-style-type: none"> <li>• Progress towards careers action plan</li> <li>• Learning styles and growth mindsets</li> <li>• Organisation for further education</li> <li>• Study skills and time management</li> <li>• Degrees and university subject choices</li> <li>• Using Unifrog to research degrees and apprenticeships</li> <li>• Competencies and management of career development</li> <li>• Work Experience preparation</li> <li>• Completing a MOOC and EPQ</li> </ul>	Careers assemblies and workshops External speakers Careers Library Parents' Evening Unifrog MOOCs EPQ Work Experience (1 week) Careers Fair (internal & external) GSK Early careers open day ASK Apprenticeships	1, 3, 4, 5, 6, 7	<ul style="list-style-type: none"> <li>• Grow throughout life</li> <li>• Explore possibilities</li> <li>• Manage career</li> <li>• Create opportunities</li> <li>• Balance life and work</li> <li>• See the big picture</li> </ul>

		<ul style="list-style-type: none"> <li>Labour market information; starting salaries and course employability</li> <li>Enhancing life skills and CVs</li> </ul>	Newcastle University Partners Programme Social Mobility Foundation UCAS Convention University visits		
13	<b>Post 18 options: UCAS, personal statements, higher education, apprenticeships</b>	<ul style="list-style-type: none"> <li>Progress towards careers action plan</li> <li>Reflection on work experience placement</li> <li>Study skills and time management</li> <li>Degrees and university subject choices</li> <li>Using Unifrog to research degrees and apprenticeships</li> <li>Personal Statement preparation and workshops</li> <li>Apprenticeship providers and guidance</li> <li>Completing a MOOC and EPQ</li> <li>Labour market information; starting salaries and course employability</li> <li>Enhancing life skills and CVs</li> </ul>	Careers assemblies and workshops External speakers Careers Library Parents' Evening Unifrog MOOCs EPQ 1:1 Guidance appointment Careers Fair (internal & external) BMAT Preparation ASK Apprenticeships University visits	1, 2, 3, 4, 5, 7, 8	<ul style="list-style-type: none"> <li>Grow throughout life</li> <li>Explore possibilities</li> <li>Manage career</li> <li>Create opportunities</li> <li>Balance life and work</li> <li>See the big picture</li> </ul>

National Apprenticeship week w/c 6<sup>th</sup> Feb 2023

National Careers week w/c 6<sup>th</sup> March 2023

**Assemblies throughout the year include:**

Employability Skills

Barclays Life skills Workshops

External Speaker: RAF

External Speaker: MOD

Sir Robert McAlpine

Northumbria, Durham, Sunderland and Leeds University Workshops

Why go to University?

Alumni Network employability sessions

Newcastle University Partners Programme

EY Bright sparks

Social Mobility Foundation

A wide range of meet the Alumni careers assemblies including women in Stem careers

**Careers Fair annual Event in March Regular attendees include:**

Leeds University

Northumbria University

Newcastle University

Sunderland University  
Teesside University  
Cumbria University  
Liverpool Hope University  
Leeds Beckett University  
Bristol University  
Durham University  
Hull University  
Northern School of Art  
Hays Travel  
Seta  
Accenture  
Rolls Royce  
Cummins Engines  
Springboard  
Milltech  
Northern Skills Group  
Connexions  
RAF  
Army  
Royal Navy

**Events and Programmes which the students attend or are able to use:**

Future First Alumni led mock interviews  
Newcastle University Workshops  
Personal Statement writing  
A Level Mindset Programme  
Barclays Life skills Lessons  
Meet the Alumni Assemblies and workshops  
UCAS Fair Metro Radio Arena/Teesside University  
Oxbridge Event St. James's Park  
Cambridge Residential  
St. Anne's College Oxford and Jesus College Cambridge workshops  
Kooth  
Mock interview for Oxbridge students with partner school  
Mock interview and Personal Statement help from Alumni who are now in the medical professions  
EY Events at their Newcastle Offices including Women into Business, EY apprenticeships and work experiences talks, a business scenarios team game

City of Sunderland Council at every Election for the last 10 years students work for the Council carrying ballot boxes

University open days

All students will have a university/apprenticeship advice and guidance interview when preparing their application and personal statement.

**Experiences of the workplace offered:**

Sunderland Royal Hospital

James Cook Hospital

QE Hospital Gateshead

Local Dentists

Eversheds

Ernst and Young (EY) including a wide variety of Workshops at their offices

KPMG

Local Pharmacies

Local Primary Schools

Accenture

Sir Robert McAlpine