

Parental Guidance to Careers Education at Framwellgate School Durham

Careers Education - what does the school do?

The school presently will provide the following to students and parents:

- Curriculum advice - how subjects link to particular careers
- Meetings with students and parents to discuss future choices at GCSE, post 16 and post 18 options
- Assemblies and talks from employers and alumni students
- Trips and visits to various workplaces and colleges
- Facilitate opportunities for students to research personal interest
- Advice and support on the local and national job market
- Facilitate work experience

Careers Education - what should your child do?

The best advice in exploring careers opportunities is for students to do the following:

Reflect

- On their qualities, skills and interests—what does this show about them as individuals?

Research

- The types of jobs they may be interested in
- The local job market to understand trends in employment
- Work experience opportunities that can give them an insight into the world of work

Take risks

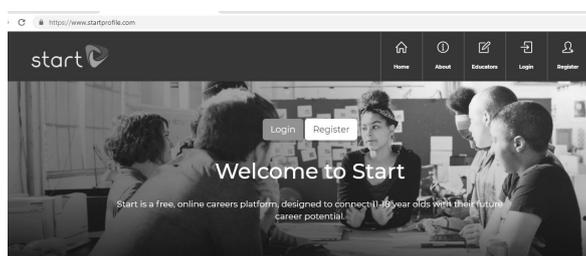
- Try out activities that are different and challenge their skills
- Volunteer to work in places where they may have an interest

Careers Education - what should you do?

The real key to successful careers education is the support of the parent

- Be aware of how the local labour market has changed—it may surprise you
- Have conversations about now and the future—picking the right moment to ask the right questions
- Encourage extra-curricular involvement and encourage your child to reflect on why they enjoy it
- Consider the experience of family and friends—could they offer advice and opportunities?
- Use Twitter to be aware of opportunities and events that are happening
- Incentivise and reward investigation into careers—make your child understand that you value this

As a school we encourage our students to use **start**—an online careers programme that helps to create a personal profile of careers interests



Learning Journal

Follow Framwellgate School Careers Education
@AmbitionFram on Twitter for advice and support
on all aspects of careers.