

# Millthorpe School Careers News

## Welcome to the Year 9 spring term newsletter

### Talking about careers

As a parent or carer, you will naturally be interested in your child's future.

To effectively plan a career, a person will need to:

- recognise their skills, personal qualities, values, motivations and preferred learning style;
- have an insight into working life, an understanding of what jobs are available, what day to day life in these jobs is like and which skills are used;
- know about the labour market – which jobs are most available, which are hard to get into and what is available locally;
- be able to make decisions
- have the ability to present themselves well in applications;
- be flexible to respond to the demands of a changing world.

In the early stages of career planning, it can be helpful to focus on self-awareness (skills, values, motivations...) because this provides some reference points to measure possible jobs against. Pupils will have explored some of these ideas in PHSE lessons in Year Eight, and I think it is always worth revisiting these ideas because teenagers develop and mature very quickly.

Here are some ideas for supporting your Year Nine child with career planning:

Recognise their skills and name them

eg. 'You demonstrated excellent teamwork when you did that'

'I think that you're really good at fixing things.'

Use open questions,

Eg. 'What do you enjoy doing in your free time?'

'What do like most about school?'

'When does time seem to go quickest for you?'

Think about how they would like to develop through their career,

Eg. 'What skills would you like to develop?'

One of my favourite questions to ask is,

'What would make a job rewarding for you?'

Remember that there are no right or wrong answers. This is about helping your child to understand themselves better.



## Careers in the curriculum

Students study careers in two separate blocks this year as part of the school's PSHE programme. In the first block, which has just happened, we have done some work around choosing GCSE options. This will include what GCSE's are, how they are assessed and introducing students to some new subjects. We have also looked at factors to consider (and factors to ignore!) when it comes to choosing subjects.

In the second block which will take place in the summer term we look at the sorts of skills that employers are now looking for in an ever changing workplace. This includes skills of enterprise, goal setting and problem solving.

## Careers planning

All students at Millthorpe have access to two online resources that can help with careers planning.

### eCLIPS

For detailed careers information, eCLIPS is a super resource!

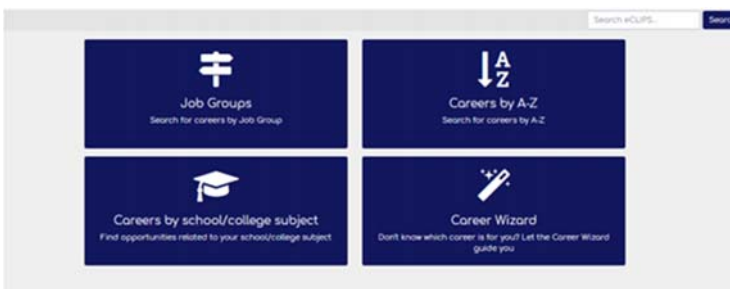
You can search by job title, job groups and careers by school subject.

Go to [www.eclips-online.co.uk](http://www.eclips-online.co.uk). At the top right corner, click on 'Login to eCLIPS'. You will then be asked for a password. This is **YO231WF**



Choose your own starting point:

Spend some time exploring areas of interest, and make notes of anything that you will need to remember, like entry requirements, work experience etc.



- Browse careers by Job Group
- Search by A-Z
- Find careers related to your favourite school subjects
- Use the Career Wizard to match you to careers that will suit you

# KUDOS

For people who are struggling to see which careers might suit them, KUDOS is a great starting point. There is a quiz to generate career ideas based around interests, skills and school subjects.

You may like to sit with your child while they answer the questions and look at the results. This can be a great opportunity to affirm your child’s skills and encourage them to think positively. Allow about 20 – 30 mins initially.

When looking at the results, be guided by your child’s interests, encourage them to research the careers that they have not heard of, and challenge any wrong or stereotypical ideas that they might have.

Go to <https://kudos.cascaid.co.uk>. Register with the code **quizbest37**

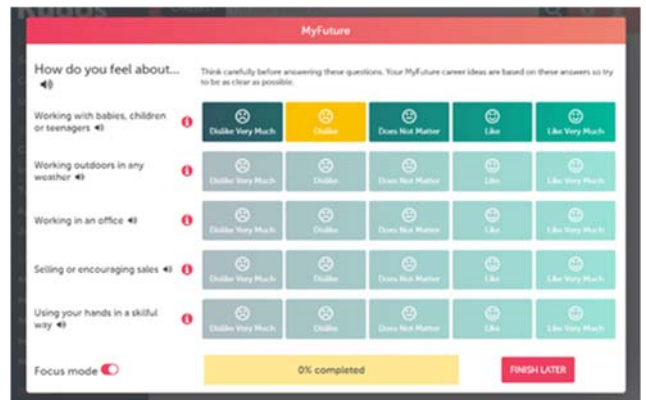
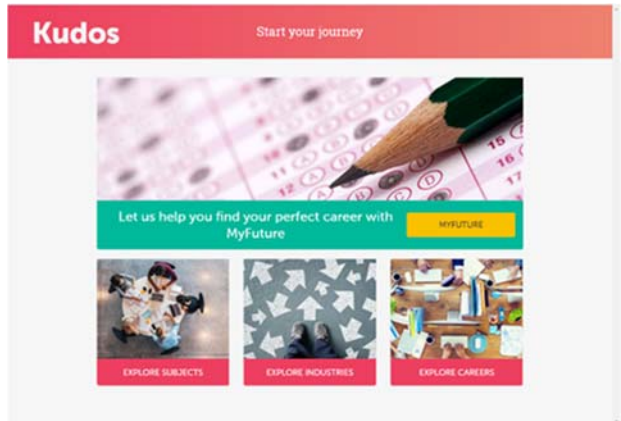
Ask your child to use their school email address as their user name and password.

Click on MY FUTURE.

You can now work through the questionnaire. There are 3 sections:

My Future, My Personality and My Skills

You can choose whether to complete them all in one go, or to spread them out over several sessions.



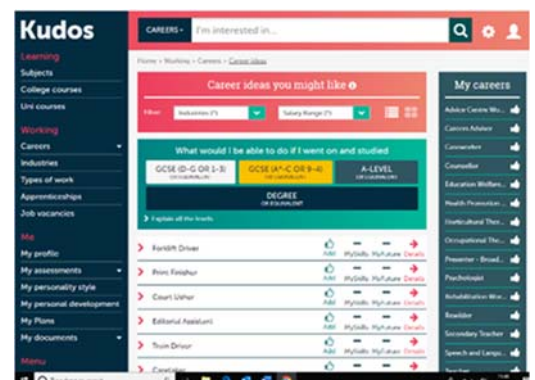
If you **have used** KUDOS before, you will be taken to your home screen, which may show some recent updates from KUDOS. Click on My profile to see what you have already done.

By clicking on My assessments, and then My future, you will be able to review and change the answers to your questionnaire.

Click on Careers and then Career ideas to see which careers match your responses.

From this screen, you can read more about each career, click on the ‘thumbs up’ to add it to your list, and click on the red ‘Details’ to see how well it matches your responses.

If the careers seem completely wrong, or there are not enough good ideas, then go back and review how you have answered the questionnaire.



As always, feel free to email Rachel Howlett, the Shine Careers Adviser at [r.howlett@millthorpe.southbank.academy](mailto:r.howlett@millthorpe.southbank.academy) with any queries, or contact her via the school. The Careers Lead at Millthorpe is Ivan Noble and he can be contacted at [i.noble@millthorpe.southbank.academy](mailto:i.noble@millthorpe.southbank.academy)

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