

INTRODUCTION TO CAREERS



E-ACT



Who are the Careers Team? What do they do?

The Careers Team are committed to giving quality impartial information, advice and guidance to all students from years 7-13 by educating them on future opportunities and potential career paths based on their individual needs. Encouraging students to recognise and embrace their own distinct set of characteristics, skills and knowledge. Allowing students to make informed career choices based on Labour Market Information, including the different study options available and necessary qualifications required.

Ousedale undertake a varied programme of careers education and incorporate this into the curriculum. All activities are designed to develop student's self-awareness and develop employability skills whilst enhancing their knowledge of different career sectors and roles. We hold a variety of career events which include employer engagement, National event visits, one to one career sessions, group work and assemblies. These are outlined in our Careers Plan annually.

All students will have the opportunity for one to one meeting where they can discuss GCSE subject choices, post-16 options, work experience and career paths. We openly encourage students to engage with us on a regular basis to obtain the information and support they need.

An appointment can be requested by a student at any time, or by staff members or parents.

The Careers education, information, advice and guidance (CEIAG) team are as follows:

- Nicola Austen - Careers Manager
- Kim Stevens - Careers Adviser

If you feel a careers guidance meeting would be beneficial and would like to book an appointment, please e-mail careers@ous.e-act.org.uk

Career Planning - How to get started?

Think about the subjects you enjoy - what are you good at?

What do you like doing outside of school?

Talk to your family/carers - what do they do for work?

Sign up to Unifrog

Take the personality and skills quiz on Unifrog

Make a shortlist of jobs you are interested in

Search careers and research what's out there using Unifrog's Careers Library

Find out about the qualifications you will need

How can you gain the skills needed? Look for work experience?

Start putting together a CV

Record all your activities outside of school via Unifrog

If you need any help, come and see the Careers Team

What is Unifrog?

Unifrog is a one-stop-shop where students can easily explore their interests, then find and successfully apply for their next step after school. Unifrog will help you to explore your key interests and what career paths you can take to reach your goals.

Unifrog is a unique platform that is designed to grow with you throughout your academic journey, no matter which path you take. With access to different career profiles, live apprenticeship vacancies, online training courses, space to log your skills and experience, university information and much, much more.

Quizzes	Recording	Searching
Personality profile ✕ Quiz not taken	Activities ✕ Recorded at least 10	UK universities 0 shortlists
Quiz profile ✕ 0 of 4 quizzes complete	Skills ✕ Completed all 12	European universities 0 shortlists
Exploring	Interactions ✕ Missing 5 Interaction types	Oxbridge 0 shortlists
Careers library ✕ Careers favourited	Academics ✕ No Classes selected	Apprenticeships 0 shortlists
Subjects library ✕ Subjects favourited	Materials	College / Sixth Form 0 shortlists

Want expert insight, for free?

We've got webinars, in-person events, and sector leading reports, visit:

<https://www.unifrog.org/events>

Sign in!

<https://www.unifrog.org/sign-in>



Qualification Levels Guide - GCSE to Degree Level

GCSE exams might seem a long way in the future but it's better to have a good understanding of the grading system now. The recent changes to the GCSE grading system have confused some people, so take a look at the information below to make sure you know what grades you might need to get at GCSE in order to move on to your chosen destination after Year 11:

Key Points:

- A Grade 4 is a Standard Pass, while a Grade 5 is a Strong Pass
- Only around 2-3% of students will achieve a Grade 9, making it a little higher than the old A*
- Although the new grades don't exactly match the old grades, colleges will mostly view them as follows;

9-7 = A* - A 6 = B 4-5 = C 3-1 = D and below

- Vocational qualifications like BTEC and VCERT match up with GCSEs as follows;

L1 = GCSE grades 1-3 (Pass-Distinction)

L2 = GCSE grades 4-9 (Pass-Distinction)

- Most colleges, sixth forms and apprenticeships accept BTEC-type qualifications, as do 95% of universities, including the Russel Group and Oxford!

Do your research!

No matter what you read online, it is important to check all information carefully. Although the Department for Education have stated that a Grade 4 will be considered the official 'Pass Mark' for students, not all colleges or universities may agree with this. For example, Kings College London and UCL both now ask for a Grade 5 at GCSE in English and Maths as part of their entry requirements, but Manchester, Leeds and Liverpool (all Russell Group universities) still consider Grade 4 the equivalent to a C.

Qualification Levels Guide - GCSE to Degree Level

L6	University Degree (BA/BSc/BEng)	University Degree (BA/BSc/BEng)	Degree Apprenticeship (NVQ L5 + L6)
	Grades Needed: Usually GCSE Maths/English at grade 4/5 and 2-3 A-Levels/BTEC L3 Extended Diploma (check first!)	Usually GCSE Maths/English at grade 4/5 and 2-3 A-Levels/BTEC L3 Extended Diploma (check first!)	Usually GCSE Maths/English at grade 4/5 and 2-3 A-Levels/BTEC L3 Extended Diploma (check first!)
L5	Foundation Degree (FdA, FSc)	HND (Higher National Diploma – L5)	Higher/Degree Apprenticeship (NVQ L4 + L5)
L4		HNC (Higher National Certificate – L4)	
Grades Needed:	Usually GCSE Maths/English at grade 4 and 1-2 A-Levels/ L3 Diploma/Extended Diploma	Usually GCSE Maths/English at grade 4 and 1-2 A-Levels/ L3 Diploma/Extended Diploma	Usually GCSE Maths/English at grade 4 and 1-2 A-Levels/ L3 Diploma/Extended Diploma
L3	A-Levels	L3 Diploma / Extended Diploma (BTEC or other) / Access to HE courses	Advanced Apprenticeship (NVQ L3)
	Entry Grades Needed: Usually 5 GCSEs at grade 5 or higher, including Maths and English	5 GCSEs at grade 4 or higher (usually including Maths and English)	Usually at least 3-5 GCSEs (but sometimes no formal qualifications)
L2	GCSEs (grades 9-4)	L2 National / BTEC Diploma / Functional Skills	Intermediate Apprenticeship (NVQ L2)
	Entry Grades Needed: None	3-4 GCSEs at grade 3 or higher (usually including Maths and English)	Usually none, although sometimes GCSE Maths and English and a skills test
L1	GCSEs (grades 3-1)	L1 Diploma / Functional Skills	Traineeship (preparation for apprenticeship)
	Entry Grades Needed: None	None (sometimes basic Maths and English)	None
Entry Level 3	Key Stage 3	E3 Diploma (Foundation)	-
	Entry Grades Needed: None	None	-
	School / 6th Form	College / Further Education	Apprenticeships

Labour Market Information (LMI)

At Ousedale School the Careers Department uses Labour Market Information to help students plan their career path.

What is Labour Market information (LMI)?

Labour market information is information relating to the world of work, employment trends, job roles and job availability. It includes a wide variety of data and analysis related to employment and the workforce.

How can Labour Market Information (LMI) be used?

You can use this information to find out about different job roles and the sectors that these roles are in. It will allow you to identify the skills and qualifications that are required for particular job roles, so you can plan your career path.

Why is it important?

Looking at LMI is an important way for you to develop your knowledge of different job roles that are available and the career paths that can be taken. From this information you will develop an awareness of the local and national job growth sectors, allowing you to make informed decisions about your future aspirations. By using LMI you will be able to plan realistic goals relating to your choice of career and aspirations.

WHAT TYPE OF BUSINESSES NEED PEOPLE IN OUR AREA?



HEALTH & SOCIAL CARE

- Nursing
- Care & home care
- Nursery care



CONSTRUCTION

- Trade professions
- Civil engineering
- Architects



BUSINESS & FINANCIAL

- Sales & marketing
- Accountancy
- Human resources



EDUCATION

- Teaching
- Education support
- Early years support



RETAIL/WHOLESALE

- Vehicle maintenance & repair
- Pharmacy



ACCOMMODATION & FOOD

- Restaurants
- Hotels
- Entertaining

Labour Market Information (LMI) (continued)

Where you can find Labour Market Information

There is a wide variety of resources where you can find Labour Market Information, such as:-

- Websites such as LMI for All, National Careers Service, Careers Pilot and ICould.com
- South East Midlands Local Enterprise Partnership (SEMLEP) provide a detailed report on the local area and also have Careers Explorer embedded into their website to allow you to search for local opportunities.
<https://www.semlep.com/school-labour-market-information/>
- Unifrog - OusedaleSchool Student Career Portal that all students are registered on.
- Ousedale School website Careers page and Facebook page.
- Ousenews
- Local and National news shows and newspapers highlight developments and job opportunities.

Joining Clubs

Some students worry that participating in clubs or extracurricular activities may take away too much time from their schoolwork be a detriment to their grades; however, extracurricular activities can actually improve your grades, boost your self-esteems, increases your brain function and helps you concentrate and manage your time better. High endurance sports, for example, will train you to focus and build stamina in the face of intense difficulty. This gives you an advantage when it comes to studying and taking exams.

Explore interests

When you participate in multiple different activities, you'll get the opportunity to explore a range of interests and unlock passions you never knew you had.

Think about it this way: if you join a philosophy club you'll begin to look at the world through the eyes of a budding philosopher. On top of all of the other benefits of extracurricular activities we, one of the greatest advantages are "real world" skills you will develop.

Joining Clubs (continued)

The more you push yourself in your extracurricular endeavours, the more you'll develop these skills. If you're passionate about coding, you might join the school coding club, where you'll develop teamwork, problem solving and analytical thinking skills.

C.V's

Without much previous work experience, one of the only ways hiring managers can assess your ability and work ethic is through your extracurricular activities.

For example, if you were on a debating team, the manager would know that you work well with others, can argue a point professionally and have public speaking experience - all useful skills to have in the workplace.

University Applications

Many universities will want to see that you've gone above and beyond in your intended area of study.

If you want to become a doctor, a university is more likely to accept you if you've volunteered for St John's Ambulance or a hospice.

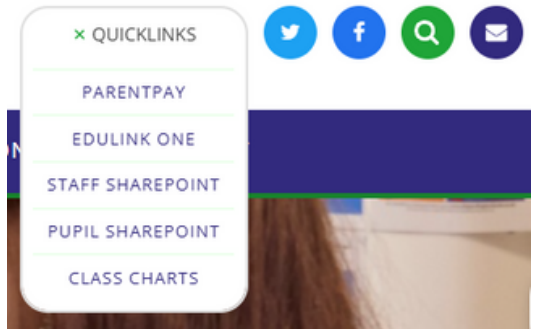
The lessons you'll learn from participating in meaningful extracurricular activities will help you with everything from getting a job, to applying to universities overseas, to just living your life.



Sharepoint Careers Page

We have a dedicated Careers area on our SharePoint (pupils can access this from the homepage of our website by clicking on the 'pupil sharepoint' quick link and selecting the 'careers' quick link tab).

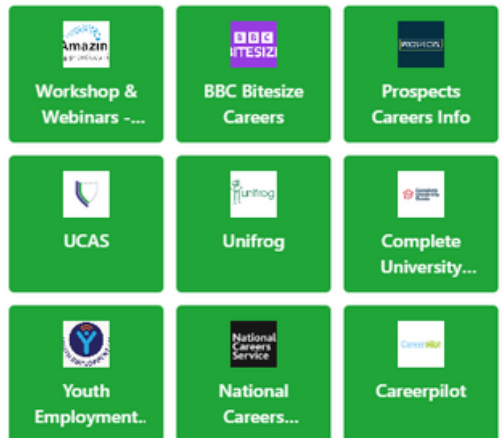
Please spend some time looking through this to explore careers linked to your favourite subject, post 16 or post 18 options, researching Labour Market Information, or grow your apprenticeships. There is also a section on how to write your first CV, practice your interview skills, view upcoming events and much, much more.



Check out our quick links section and visit useful websites:



Quick Links



Careers, Information Advice and Guidance

The Careers Team are available Monday to Friday. If you have any questions about your future aspirations whether that be attending sixth form, college, apprenticeships or university, we are here to provide you with impartial information, advice and guidance.

[Find out more](#)

Do you need
careers
advice?

How can the Careers Team help?

You can email the school Careers Advisers with any questions at careers@ousedale.org.uk or pop in during breaktimes and lunchtimes.

It is not easy for young people to decide what career they want, especially when they haven't had any experience of the working world or do not understand what that might involve. Each student has different requirements and criteria which are important to them in making a career decision.

The Careers team will help you to plan your journey as early as possible. This will provide time for you to carefully consider and investigate all your thoughts and ideas, possibly undertake some work experience and start gaining the skills needed for your desired role.

Things to think about...

- What am I good at and what do I enjoy?
- What are my career aspirations?
- Do I have to go to university to study that?
- Would an apprenticeship scheme be suitable?
- Are there jobs available in my local area?
- How much will I earn?
- How can parents help?

Parents/carers have a key role to play in your decision-making and the general career you choose to pursue. It is important to talk about your aspirations and goals to ensure you have the support you need. You can start by visiting the list of websites on the following page to research what next steps are right for you.

Top Tip!

We recommend using the quizzes on the Career Pilot website and Unifrog to start the journey of exploring your career aspirations. We regularly put information about careers, local and national opportunities, Apprenticeships and Open days for Colleges and University on the schools facebook page and our Careers Sharepoint page.

Some Useful Websites



Search and apply for apprenticeships online –
<https://amazingapprenticeships.com/>



Explore information, advice and guidance to help you make decisions on learning, training and work -
<https://nationalcareers.service.gov.uk/>



Learn more about the options available after finishing school, including sixth form, college, apprenticeships and university –
<https://careerpilot.org.uk>



Improve your employability skills and start recording your experiences in a CV –
www.barclayslifeskills.com



Use Informed Choices digital tool to help you understand which A Level and BTEC subjects open up different degrees, particularly at Russell Group universities - www.informedchoices.ac.uk/
or
www.ucas.com/



www.do-it.org

Start volunteering to gain valuable work-related skills and experience –

<https://www.doit.life/>



Start volunteering to gain valuable work-related skills and experience –

<https://communityactionmk.org/>