**Saint Martin’s Catholic Academy ‘Bright Futures’ Careers Programme**

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| **Year Group** | **Michaelmas Term** | **Lenten Term** | **Trinity Term** |
| Year 7PSHE Content | My Future File introductionThe Best of Me (Exploring personal strengths)Exploring teamwork skillsA broad range of careers and the abilities and qualities required for different careersHow to be enterprising | Guess My JobLinking Careers to CurriculumIdentity, rights & responsibilities | KS4 Role Models |
| Year 8PSHE Content | Beginning my career journeyBeing a Researcher – Exploring LMIEnterprise ChallengeIdentity, rights & responsibilitiesHow to challenge stereotypes, broaden horizons & identify future career aspirationsEstablishing & Managing FriendshipsEquality of opportunity in life & workLinking values & career choice | Positive me/Growth MindsetFutures EventGroup Careers GuidanceInternal Work Experience – A Day In The Life Of….Making safe financial choices | Talk Smart – Communication SkillsOptions EveningKS4 Role ModelsVocations DaySetting aspirational goals for future careersEmployment, self employment and voluntary work |
| Year 9PSHE Content | Study Smart – Effective Independent studyTransferable skills, abilities and interestsHow to demonstrate strengthsDifferent types of employment & PathwaysManaging feelings relating to future employmentWorking towards aspirations and goal settingSkills for decision making | Further Education speakers – Inc apprenticeships and T-LevelsBalancing work, leisure, exercise and sleep. Relationship between physical and mental health. | Careers Speed DatingHow to give and act upon constructive feedback.Habits and strategies to support progress.Young people’s employment rights and responsibilities. Skills for enterprise and employability |
| Year 10PSHE Content | Study Smarter – Effective independent studyASK Apprenticeship WorkshopHow to effectively budget and evaluate saving optionHow to prevent and manage debtChallenging stigma, stereotypes and misinformation.  | FuturesExploring post 16 opportunities – Further education and higher education speakers – Inc apprenticeships and T-LevelsEquality act, diversity and valuesCommunities, inclusion, respect & belonging | Marketing me on paper & introduction to InterviewsWork ExperienceGroup Career GuidanceEvaluate & build on the learning from work experienceHow to evaluate strengths & interests on relation to career development.Opportunities in learning and workStrategies for overcoming challenges and adversityAbout responsibilities in the workplace |
| Year 11PSHE Content | Are you interview ready? - Mock Interviews – Face to face and onlineChoosing post 16 options, where to start?Preparing you applicationsHow to use feedback constructively when planning for the futureHow to develop self-efficiency, motivation, perseverance and resiliencePost 16 options and career pathwaysApplication processes, CV writing, personal statements and interview techniquesHow to maximise employability, online presence and taking opportunitiesHow to manage the judgement of others and challenge stereotypes | Further education and higher education speakersHow to manage work/life balanceAbout rights, responsibilities and challenges in relation to working part time whilst studying. |  |

In addition to the above Careers Information and Guidance programme for all students, there will be continued use of ‘XELLO’, the online careers platform that we have access to at Saint Martin’s. There will also be a range of targeted and optional opportunities and events in all year groups; Previous examples have included:

* Various visiting guest speakers from a range of sectors
* STEM Experience days
* University Visits
* College/6th Form visits
* ECO Club
* National Careers Week activities
* RAF Bootcamp