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

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| **Year Group** | **Michaelmas Term** | **Lenten Term** | **Trinity Term** |
| Year 7  PSHE Content | My Future File introduction  The Best of Me (Exploring personal strengths)  Exploring teamwork skills  A broad range of careers and the abilities and qualities required for different careers  How to be enterprising | Guess My Job  Linking Careers to Curriculum  Identity, rights & responsibilities | KS4 Role Models |
| Year 8  PSHE Content | Beginning my career journey  Being a Researcher – Exploring LMI  Enterprise Challenge  Identity, rights & responsibilities  How to challenge stereotypes, broaden horizons & identify future career aspirations  Establishing & Managing Friendships  Equality of opportunity in life & work  Linking values & career choice | Positive me/Growth Mindset  Futures Event  Group Careers Guidance  Internal Work Experience – A Day In The Life Of….  Making safe financial choices | Talk Smart – Communication Skills  Options Evening  KS4 Role Models  Vocations Day  Setting aspirational goals for future careers  Employment, self employment and voluntary work |
| Year 9  PSHE Content | Study Smart – Effective Independent study  Transferable skills, abilities and interests  How to demonstrate strengths  Different types of employment & Pathways  Managing feelings relating to future employment  Working towards aspirations and goal setting  Skills for decision making | Further Education speakers – Inc apprenticeships and T-Levels  Balancing work, leisure, exercise and sleep.  Relationship between physical and mental health. | Careers Speed Dating  How 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 10  PSHE Content | Study Smarter – Effective independent study  ASK Apprenticeship Workshop  How to effectively budget and evaluate saving option  How to prevent and manage debt  Challenging stigma, stereotypes and misinformation. | FuturesExploring post 16 opportunities – Further education and higher education speakers – Inc apprenticeships and T-Levels  Equality act, diversity and values  Communities, inclusion, respect & belonging | Marketing me on paper & introduction to Interviews  Work Experience  Group Career Guidance  Evaluate & build on the learning from work experience  How to evaluate strengths & interests on relation to career development.  Opportunities in learning and work  Strategies for overcoming challenges and adversity  About responsibilities in the workplace |
| Year 11  PSHE Content | Are you interview ready? - Mock Interviews – Face to face and online  Choosing post 16 options, where to start?  Preparing you applications  How to use feedback constructively when planning for the future  How to develop self-efficiency, motivation, perseverance and resilience  Post 16 options and career pathways  Application processes, CV writing, personal statements and interview techniques  How to maximise employability, online presence and taking opportunities  How to manage the judgement of others and challenge stereotypes | Further education and higher education speakers  How to manage work/life balance  About 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