

## Saint Martin's Catholic Academy 'Bright Futures' Careers Programme

| <b>Year Group</b>          | <b>Michaelmas Term</b>   | <b>Lenten Term</b>  | <b>Trinity Term</b>  |
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| Year 7<br><br>PSHE Content | My Future File introduction<br>The Best of Me (Exploring personal strengths)<br>Exploring teamwork skills<br>A broad range of careers and the abilities and qualities required for different careers<br>How to be enterprising   | Guess My Job<br>Linking Careers to Curriculum<br><br>Identity, rights & responsibilities  | KS4 Role Models  |
| Year 8<br><br>PSHE Content | Beginning my career journey<br>Being a Researcher – Exploring LMI<br>Enterprise Challenge<br>Identity, rights & responsibilities<br>How to challenge stereotypes, broaden horizons & identify future career aspirations<br>Establishing & Managing Friendships<br>Equality of opportunity in life & work<br>Linking values & career choice | Positive me/Growth Mindset<br>Futures Event<br>Group Careers Guidance<br>Internal Work Experience – A Day In The Life Of...<br><br>Making safe financial choices  | Talk Smart – Communication Skills<br>Options Evening<br>KS4 Role Models<br>Vocations Day<br>Setting aspirational goals for future careers<br>Employment, self employment and voluntary work                                    |
| Year 9<br><br>PSHE Content | Study Smart – Effective Independent study<br><br>Transferable skills, abilities and interests<br>How to demonstrate strengths<br>Different types of employment & Pathways<br>Managing feelings relating to future employment<br>Working towards aspirations and goal setting<br>Skills for decision making                                 | Further Education speakers – Inc apprenticeships and T-Levels<br>Balancing work, leisure, exercise and sleep.<br>Relationship between physical and mental health. | Careers Speed Dating<br><br>How to give and act upon constructive feedback.<br>Habits and strategies to support progress.<br>Young people's employment rights and responsibilities.<br>Skills for enterprise and employability |

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| <p>Year 10</p> <p>PSHE Content</p> | <p>Study Smarter – Effective independent study<br/>ASK Apprenticeship Workshop<br/>How to effectively budget and evaluate saving option<br/>How to prevent and manage debt<br/>Challenging stigma, stereotypes and misinformation.</p>   | <p>Futures Exploring post 16 opportunities – Further education and higher education speakers – Inc apprenticeships and T-Levels<br/>Equality act, diversity and values<br/>Communities, inclusion, respect &amp; belonging</p> | <p>Marketing me on paper &amp; introduction to Interviews<br/>Work Experience<br/>Group Career Guidance<br/>Evaluate &amp; build on the learning from work experience<br/>How to evaluate strengths &amp; interests on relation to career development.<br/>Opportunities in learning and work<br/>Strategies for overcoming challenges and adversity<br/>About responsibilities in the workplace</p> |
| <p>Year 11</p> <p>PSHE Content</p> | <p>Are you interview ready?<br/>- Mock Interviews – Face to face and online<br/>Choosing post 16 options, where to start?<br/>Preparing you applications<br/>How to use feedback constructively when planning for the future<br/>How to develop self-efficiency, motivation, perseverance and resilience<br/>Post 16 options and career pathways<br/>Application processes, CV writing, personal statements and interview techniques<br/>How to maximise employability, online presence and taking opportunities<br/>How to manage the judgement of others and challenge stereotypes</p> | <p>Further education and higher education speakers<br/><br/>How to manage work/life balance<br/>About rights, responsibilities and challenges in relation to working part time whilst studying.</p>                            |  |

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/6<sup>th</sup> Form visits
- ECO Club
- National Careers Week activities
- RAF Bootcamp

**Next Review: SEPT 2024**