

My Journey, My Future



My Journey, My Future

Careers Leader Guide

Supporting young people to successfully transition to the next step of their career.

My Journey, My Future is a collaborative project focused on delivering two areas of learning for the different stages of transition experienced by young people on the journey from education to the world of work. The materials provided by our partners consist of lesson materials, pathways information and engagement videos which can support progress in many of the Gatsby Benchmarks and form part of an effective careers programme.

The two key outcomes for My Journey, My Future are;

- **My Journey** – identify, recognise and develop a self-awareness of current employability skill level.
- **My Future** – apply understanding to developing an action plan for transition to a possible career pathway.

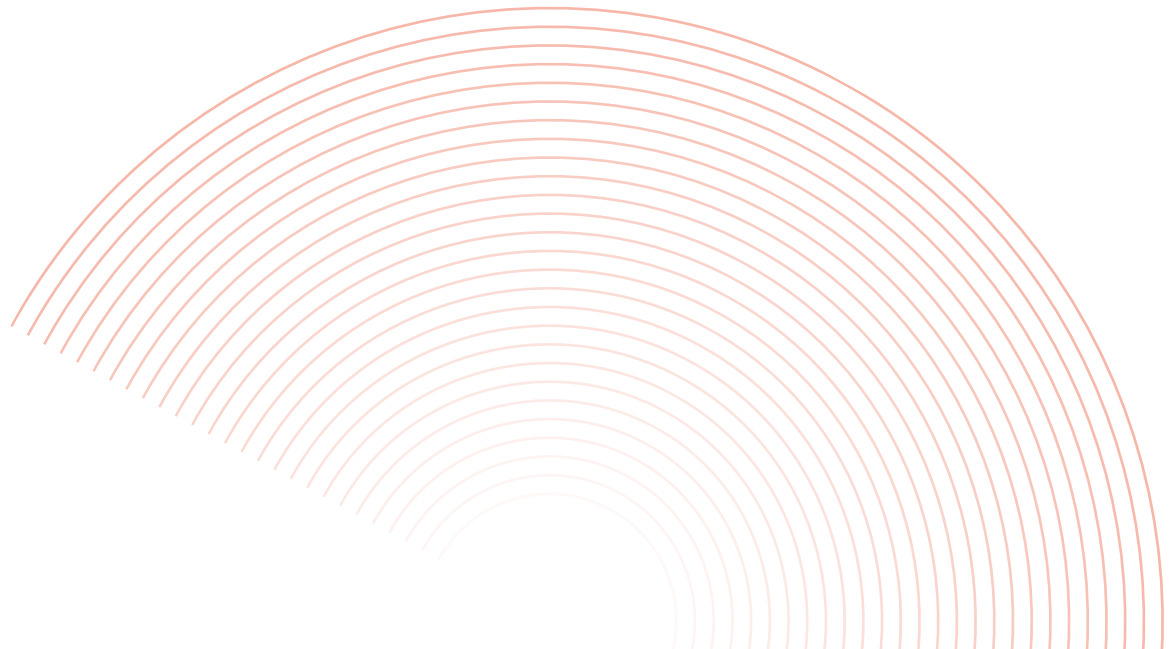
Within these two outcomes some essential components are;

- **Giving young people ownership**
- **Engaging parents and carers**
- **Reflection time and follow up**
- **Celebrating success**

The programme of resources provided has been developed with input from key partners and the wider network. The aim is to continue to add to the programme as more resources are developed and shared.

The resources include:

- **Lesson Materials:** to increase knowledge and understanding of key topics in 3 specific sections – all about me, next steps and transitions.
- **Pathways:** to provide information of possible career pathways and opportunity for development of employability skills.
- **Workplace Engagement Videos:** to offer stimuli for engagement and interest in a range of careers and career types.



Who is it for?

My Journey, My Future has been designed to support the following key transition stages of a young person's journey through education and into the world of work;

- Age 11+
- Age 13+
- Options
- Special School
- Transition to Alternative Provision (vice versa)
- Post-16
- Post-18

We recognise that for some young people, particular styles and formats of resources will suit them better than others. Therefore, the programme has been designed to offer a selection of resources to support each element and transitional stage. Resources can be selected, adapted and modified to suit learners and their individual needs. The checklist clearly indicates which resources would be suitable for each transition stage. Those resources that are suitable and/or could be adapted for learners identified as SEND are highlighted by the following icons:



Group 1 (not typically likely to complete GCSEs/Level 2 qualifications)



Group 2 (likely to complete GCSEs/Level 2 qualifications)

How to use the programme

My Journey, My Future has been organised in a way that enables you to use it flexibly and responsively and further material will be added over time. The programme should be used as part of your effective progressive careers programme.

Possible delivery methods:

- You could use the materials and have a whole week's worth of career pathway learning experiences, engaging your learners in employment. If this was the model, we'd recommend delivering the lesson materials sequentially.
- Alternatively, you could decide on a set number of days to deliver the material that's right for your young people. If this was your preference, we recommend doing the same as above: select the lesson material first, as a development of the skills base. Then you can practice and apply those skills in the activities you choose.
- You can always use any individual resource to complement your sustained existing progressive careers programme.

Careers Leader Guidance

The following guidance provides recommendations for Careers Leaders on how to get the best out of the materials that our partners have provided. We work through each module across all three resource types and explain how the material relates to an aspect of transition, employability and pathways to employment for your young people.

We have provided guidance for each of the resources on their potential suitability for each transition stage, however all resources can be differentiated to suit the needs of your learners where you feel appropriate. We recognise that you know your young people best, so for the most part, the information is for context rather than specific outcomes - we want to contribute to excellent progressive careers education and for that it needs to be personalised to each young person.

The programme is in three sections
(click the module below to view content):



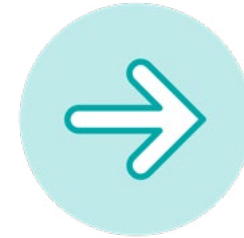
All About Me!

To present opportunity for self-reflection and evaluation of personal likes, interests, strengths and hobbies followed by developing a focused action plan.



What Next?

To offer stimuli for engagement and interest in a range of careers and career types, information of possible pathways and opportunity for development of employability skills.



Transition

To provide support and guidance through the transition process from preparation to supporting change.

Employability Skills

To enable a clear framework for the My Journey, My Future programme, the eight skills identified in the Skills Builder Universal Framework are used to support the delivery of the programme. These are highlighted on each of the resource pages. More detail about the framework, in particular the Expanded Universal framework designed for learners with additional needs can be found [here](#). This can also be used to support delivery and assessment throughout the programme.

The eight skills are shown, together with a skill summary video of each skill - these videos show why the skills are important:



Click the icons on the below to view the video



All About Me!



Lesson Material

All About Me!

'All About Me!' is a collection of lesson resources on developing a young person's understanding of personal strengths, interests, and skill level. Materials have been broken down into two sections: My Profile and My Skill Development. For each section there are a range of resources to cover all transition stages, giving you options and opportunity for a personalised programme and effective differentiation.

My Profile is a selection of resources that focus on young people exploring their likes, interests, and hobbies to begin to look at possible sectors or industries they may be suited to.

My Skills Development provides resources which help young people to look at their employability skills, including their current level of skill, ways to improve and develop and create a personal action plan.












All About Me!















My Profile

















| Lesson Material (Provider) | Make it meaningful | Age 11+ | Age 13+ | Options | Special School | Transition to Alternative Provision (Vice Versa) | Post-16 | Post-18 | Links |
|--|---|---|---|---|---|---|---|---|---|
| <p>East Sussex SEND Community of Practice</p> <p> </p> | <p>Vocational Profile and induction lesson plan</p> <p>The East Sussex SEND Community of Practice has designed two Vocational Profiles unique to East Sussex. Vocational Profiles can be used in both Secondary and Post-16 settings to enable students to identify and develop their skills and capabilities, and to communicate them to others. An introductory lesson plan about Vocational Profiles to be delivered to young people alongside teaching resources is also included.</p> |  |  |  |  |  |  |  | <p>Vocational Profile</p> |















| Lesson Material (Provider) | Make it meaningful | Age 11+ | Age 13+ | Options | Special School | Transition to Alternative Provision (Vice Versa) | Post-16 | Post-18 | Links |
|--|---|---|---|---|---|---|---|---|---|
| <p>NDTi</p> <p> </p> | <p>Vocational Profile and video guidance</p> <p>This resource was created by the National Development Team for Inclusion as part of their delivery of the Preparing for Adulthood programme, which was funded by the Department for Education to support the SEND reforms. This PfA vocational profile can, of course, be used as a basis for you to develop a bespoke version for your local area. As well as the vocational profile, there is also a summary sheet that could be attached to the Educational, Health and Care or other plan.</p> |  |  |  |  |  |  |  | <p>Vocational Profile</p> |
| <p>Naturally Talented Me.com</p> | <p>See Me, talent profiling, lifelong digital visual portfolio</p> <p>Be discovered for the natural talents you can offer. Be matched to new careers never considered before. How to build out the best version of you and showcase your true ability and skills. This resource uses sophisticated, but simple-to-use associations with hobbies and interests, the NTM platform brings together a powerful combination of text, video and imagery all in one rich, 3 dimensional See Me profile. Watch the intro video here, take a look at a SeeMe profile case study or check out the website.</p> | | |  |  |  |  |  | <p>See Me, Talent Profiling</p> |



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|--|---|---|---|---|---|---|---------|---------|---|
| <p>NDTi</p> <p> </p> | <p>Planning My Future Life</p> <p>A person-centred planning booklet, specifically designed to find out what is important to a young person and the support they need. The tools in this booklet are listed below;</p> <ul style="list-style-type: none"> • Like & Admire • Relationship Map • Important to / Important for • Working / Not Working • My Outcomes |  |  | |  |  | | | <p><u>Planning My Future Life</u></p> |
| <p>NDTi</p> <p></p> | <p>What Matters Island</p> <p>This template is designed to help young people talk with their family, carers and any paid supporters to co-produce a summary Preparing for Adulthood plan. What Matters Island is all about the young person. It's really important they are at the centre of planning their own future. The template can be used at home with family or carers, in schools, colleges and other settings.</p> |  |  |  |  |  | | | <p><u>What Matters Island</u></p> |

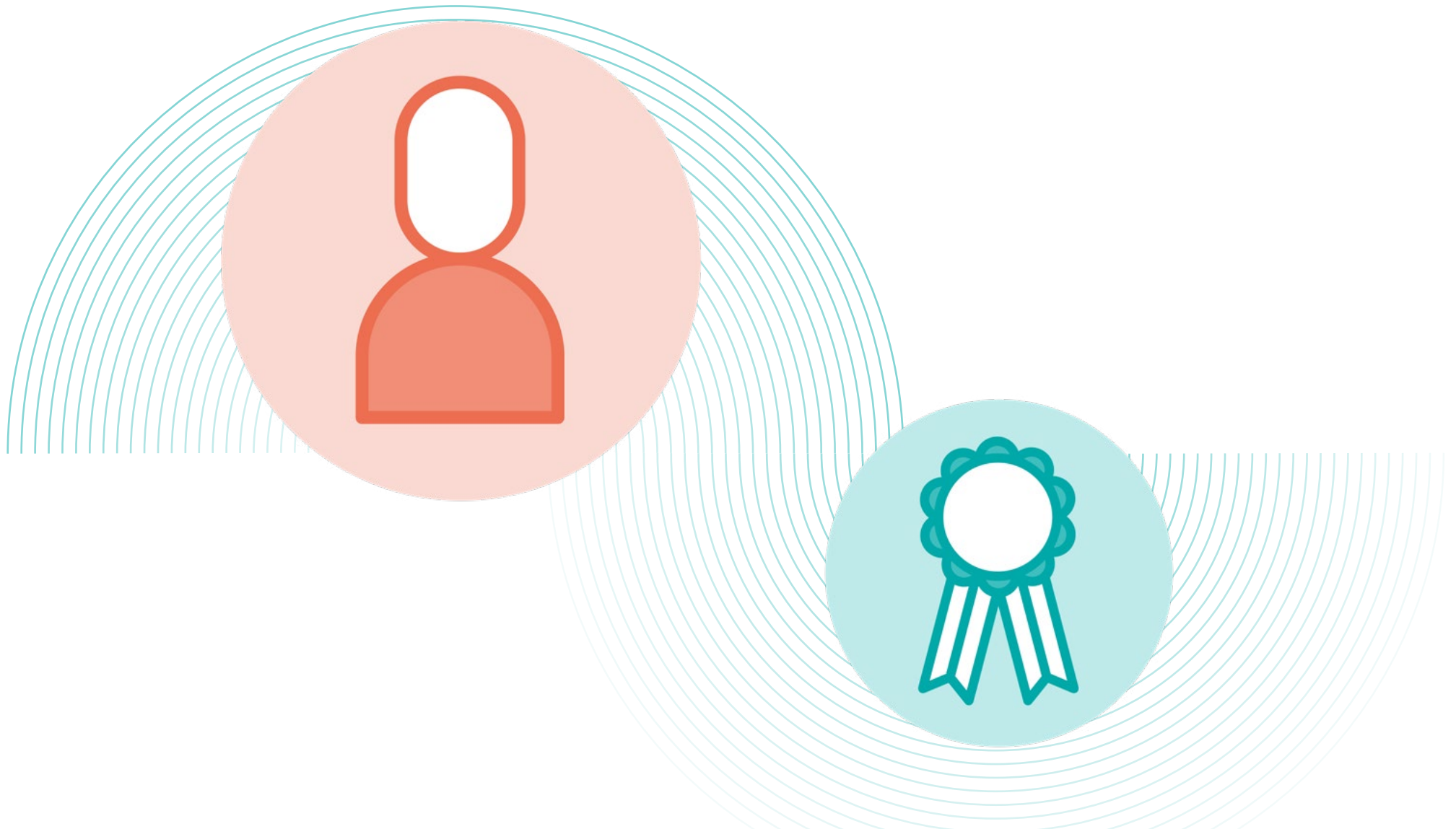


| Lesson Material (Provider) | Make it meaningful | Age 11+ | Age 13+ | Options | Special School | Transition to Alternative Provision (Vice Versa) | Post-16 | Post-18 | Links |
|---|--|---|---|---|---|---|---|---|--|
| <p>AET</p> | <p>Let's Talk Futures</p> <p>This resource was created to equip parents to have informed career conversations with their child by providing ongoing access to resources, guidance and key sources of information that will support them.</p> |  |  |  |  |  |  |  | <p><u>Let's Talk Futures</u></p> |
| <p>Causeway and STAR Academies:</p>   | <p>'Let's talk about careers'</p> <p>These resources have been developed to engage new parents at the key transition point before the start of Year 7 to explore potential careers routes and hold effective careers discussions with their child. Included is an interactive guide to start the careers conversation long before important decisions are required. Contains interactive games to explore interests, skills and aspirations including personality tests, conversation starters, fun quizzes, and much more.</p> |  | | |  |  | | | <p><u>Let's talk about careers</u></p> |









All About Me!


















Skill Development!














| Lesson Material (Provider) | Make it meaningful | Age 11+ | Age 13+ | Options | Special School | Transition to Alternative Provision (Vice Versa) | Post-16 | Post-18 | Links |
|--|---|---|---|---|----------------|---|---|---------|---|
| <p>Futuregoals</p>  | <p>Take the buzz quiz</p> <p>This resource is a fun quiz so that young people can better understand their personality and what makes them tick. There are 16 possible results and each links to an animal. From the result they will discover their strengths and can then explore local jobs and careers that may suit them. They can learn how to adapt to change and even find interview tips and hints to help gain that job or promotion.</p> |  |  |  | |  |  | | <p>Take the Buzz Quiz</p> |



| Lesson Material (Provider) | Make it meaningful | Age 11+ | Age 13+ | Options | Special School | Transition to Alternative Provision (Vice Versa) | Post-16 | Post-18 | Links |
|--|---|---|---|---|---|---|---|---|---|
| <p>Skills Builder Partnership</p> <p> </p> | <p>Skills Builder – Benchmark</p> <p>Discover the essential skills. Each essential skill is broken down into themes, and then smaller steps, so you can make quick and easy reflections and benchmark against the Skills Builder Universal Framework. There are simple questions to answer, drawn from a single consistent language for building skills across contexts. Young people see their top essential skills, strengths and areas for improvement, so they know what to focus on. They can also download their personalised Skills Report to share with their tutor, manager, etc.</p> |  |  |  |  |  |  |  | <p><u>Skills Builder Benchmark</u></p> |
| <p>Barclays</p> <p></p> | <p>Barclays LifeSkills – Spin the Wheel of Strengths</p> <p>It's important to keep planning for your future. This tool is designed to help young people find out what their current skills, interests and personality traits are, then find help to develop them further to support their future.</p> |  |  |  |  |  |  |  | <p><u>Spin the wheel of strengths</u></p> |



| Lesson Material (Provider) | Make it meaningful | Age 11+ | Age 13+ | Options | Special School | Transition to Alternative Provision (Vice Versa) | Post-16 | Post-18 | Links |
|--|--|---------|---------|---|----------------|---|---|---|---|
| Youth Employment UK  | Young Professional Training This resource includes free help guides and information to help young people grow their skills. The online courses help young people build skills and plan for their future. The Careers Hub has a step-by-step guide to careers that young people will love. The Choices Zone helps young people make life's big decisions, from choosing options to figuring out next steps. There are also tips for young people to care of themselves including money and mental health. | | |  | |  |  |  | Young Professional Training |
| Your Game Plan | YourGamePlan This is a free online learning platform designed to help young people transition from school to the workplace and widen their understanding of the career opportunities available to them. | | |  | |  |  |  | Your Game Plan |

What Next?



Lesson Materials

What next?

What next? is a collection of resources to support young people in making decisions about their future career path and an opportunity to develop a personal action plan linked to the necessary skills required for possible career pathways. Materials have been broken down into three sections: Workplace Videos, Pathways and My Next Steps. For each section there are a range of resources to cover all transition stages, giving you options and opportunity for a personalised programme and effective differentiation.

Workplace Videos – a range of videos to support awareness of key sectors and raise aspirations around potential career pathways for your young people.

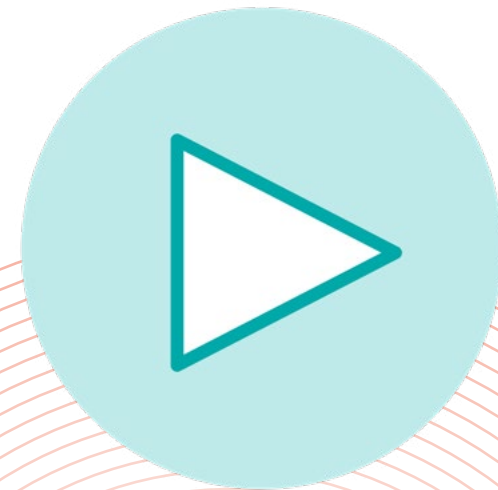
Pathways – a selection of resources which shine a light on the possible pathways to employment.

My Next Steps – resources to support young people to develop a personal action plan.



Whats Next?

Workplace Engagement Videos



What Next?

Workplace Engagement Videos

These videos have been created by a range of employers to support awareness of key sectors and raise aspirations around potential career pathways for your young people. The videos can be accessed through the links provided. It is important that they are used in a meaningful way not just as a stand-alone video. For example, to further support some of the lesson materials and add context by raising awareness of roles, responsibilities, key sectors, etc. or as discrete activity based on the content of the specific video with tasks relating to the video given to meet the needs of the individual.





| Key Sectors | Lesson Material Provider | Links |
|---|------------------------------|---|
| <ul style="list-style-type: none"> • Catering & Hospitality • Engineering & Manufacturing • Construction and the Built Environment • Digital | World Skills | <u>Spotlight on Careers</u> |
| <ul style="list-style-type: none"> • Utilities & Logistics | Cadent Gas | <u>What is your SEN superpower?</u> |
| <ul style="list-style-type: none"> • Digital • Manufacturing • Construction • Creative • Health & Social Care • Financial & professional Services | Futuregoals | <u>People like you videos</u> |
| This resource contains 10 videos to support understanding of the link between the world of work and employability skills. | East Sussex Careers Hub team | <u>Employability Skills Videos</u> |



| Key Sectors | Lesson Material Provider | Links |
|---|---------------------------------------|--|
| <p>Careers talks with young people, for young people focusing on the different routes available after leaving education from a range of inspiring youth voices. These also raise awareness of roles of the young people and the businesses they work for.</p> | <p>Careers and Enterprise Company</p> | <p><u>Work It Series</u></p> |
| <ul style="list-style-type: none"> • Retail & Supply Chain • Health Careers • Construction Careers • Digital Careers | <p>Careers and Enterprise Company</p> | <p><u>Jobs Live</u></p> |
| <p>People on Work showcases people talking about their relationship with their work. Our YouTube channel already features over 150 interviews with people from all walks of life answering our “3 Golden Questions”:</p> <ul style="list-style-type: none"> • What do you like about your work? • How did you start out? • What would you say to someone starting out today? <p>A range of careers and sectors included.</p> | <p>People on Work</p> | <p><u>People on Work</u></p> |



| Key Sectors | Lesson Material Provider | Links |
|--|--------------------------|--|
| <p>Watch the selection of videos to take inspiration from people living and working in a range of sectors and hear about their personal journey.</p> | <p>Futuregoals</p> | <p>Get Inspired</p> |
| <p>A range of sector-specific videos offering an insight into the different job roles and opportunities available to young people. Industries including:</p> <ul style="list-style-type: none"> • Charity • Consultancy • Design • Engineering • Government and the Public Sector • Investments • Marketing, Advertising & PR • Media, Journalism & Publishing • Medicine, Science & Research | <p>Aspire</p> | <p>Aspire Career Video Library</p> |

Whats Next?

Pathways










What Next?

Pathways






This section includes a variety of resources which shine a light on the possible pathways to employment for young people. Resources include visual aids, display materials, videos, tasks and activities. Most resources are appropriate to use across each of the transition stages and can easily be adapted to the individual needs of the young person.










| Resource Material (Provider) | Resource Type | Area of Focus | UCAS Virtual Tours | Link |
|---|-------------------|--------------------------|--|---------------------------------------|
| LLEP   | Poster | All routes to employment | Unbox Your Future This resource is designed to help a young person create some personal thinking space and explore potential careers. The language and tone are designed to be supportive and help young people to not feel overwhelmed about careers. | Unbox Your Future |
| Birmingham SEND Careers Hub   | Poster | All routes to employment | Pathways Posters - My Skills My Future These posters show potential pathways for young people at the age of 16, for those typically not likely to take GCSE (Career Group 1) and those typically likely (Career Group 2). | Pathways Posters |
| National Careers Service   | Campaign/ website | All routes to employment | Get the Jump Campaign This campaign is an opportunity to view all the different work and study choices available to young people. They can also explore careers to get ideas about the type of job they might like or see the many ways to get their dream job. This resource includes information and videos to support understanding of subjects, pay, possible careers and much more. | Get the Jump Campaign |
| Careerpilot  | Website | A Levels | Where do I start? Follow the three steps to find all the information and tools you need to explore your future career. Resources include quizzes to find out what suits you, search for courses and jobs, your report and action plan. Alternatively look in detail at A Levels . | Careerpilot |





| Resource Material (Provider) | Resource Type | Area of Focus | UCAS Virtual Tours | Link |
|---|------------------|---|---|--|
| Apprenticeships.gov.uk  | Video case study | Apprenticeships | Real Stories Find out how becoming an apprentice changes lives. This resource includes a range of videos from people who have employed apprentices and/or completed an apprenticeship themselves. | Real Stories |
| Amazing Apprenticeships  | Film (11mins) | Green Apprenticeships | Full-length Green Apprenticeships Film This is an inspiring full-length film featuring a wide range of apprentices in green roles, from organisations including Amazon, GEA and Leonardo. The film aims to inform and inspire future generations about the incredible opportunities that apprenticeships offer in the green space. | Green Apprenticeships Film |
| NDTi   | Video case study | Supported internship and Inclusive Apprenticeship | Robert's Journey at GSK This case study was created by the National Development Team for Inclusion as part of the delivery of the Preparing for Adulthood programme, which was funded by the Department for Education to support the SEND reforms. This is Robert's Journey at GSK, a video case study of a supported internship and inclusive apprenticeship at GSK. | Case Study |
| Apprenticeships.gov.uk  | Activity pack | T Levels | T Levels Activity Pack This activity pack will help young people understand more about T Levels and to consider T Levels as one of their options after GCSEs. Sections to explore include: <ul style="list-style-type: none"> • What T Levels are • The different T Levels available • Where to look for a T Level • How T Levels might support you to move into an apprenticeship or further training. | T Levels Activity Pack |



| Resource Material (Provider) | Resource Type | Area of Focus | UCAS Virtual Tours | Link |
|---|----------------|---------------------|--|--|
| North Tyneside Learning Trust  | Vocational box | Vocational Pathways | NTLT - Vocational Pathways These resources have been developed by North Tyneside Learning Trust as part of a transition project. Based on four growth areas a vocational box has been created for download. The 'vocational box' contains resources for four growth sectors: Digital; Energy; Health & Life Sciences; and Manufacturing. Materials are ideal for SEND, those attending alternative provision or with low prior attainment and include information leaflets, display materials, parental activities and suggested follow up sessions. | Vocational Pathways |
| Apprenticeships.gov.uk   | Activity pack | Traineeships | Traineeships activity pack This resource has been designed as a learning aid for younger people to inform them about traineeships and encourage them to consider their career options. | Traineeships activity pack |
| UCAS  | Virtual Tour | University | UCAS Virtual Tours This resource gives students a clear insight into what university life might look like before they narrow down their choices at Post-16, with these immersive virtual tours. | UCAS Virtual Tours |
| The Uni Guide  | Website | University | The Uni Guide What to study, where to go and how to get there? Search, shortlist and compare thousands of courses to find that perfect one. Young people can personalise their search by expected grades, match their A Levels to degree possibilities and get advice on clearing. | The UniGuide |



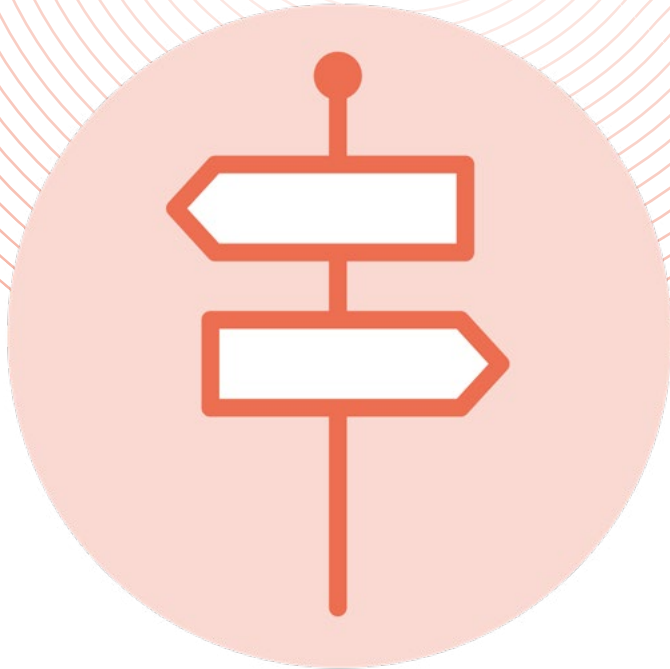
| Resource Material (Provider) | Resource Type | Area of Focus | UCAS Virtual Tours | Link |
|---|---------------|---------------------------|--|--|
| Youth Employment UK  | Career Guides | Range of careers | Career Guides This resource helps young people understand the following: <ul style="list-style-type: none"> • What skills and qualifications will help you? • How to build skills & experience from school onwards? • How can you impress employers when applying? • How can you get into the job via traineeships, apprenticeships, early careers, college or uni? • How can you find out more with UK job trends? | Career Guides |
| Inspiring Worcestershire Careers Hub  | Guide | Entrepreneurship | Choices - Entrepreneurship Edition This resource has been designed to guide you through what you need to know to start your own business including: <ul style="list-style-type: none"> • How to avoid some of the pitfalls • Hints and tips from some successful Entrepreneurs • Advice from the experts. | Choices - Entrepreneurship Edition |
| Careerpilot | Parent Zone | GCSE Options - University | What do you want to know? This resource includes information to help parents and carers support young people in making the right decision about study and work. | Parent Zone |

My Journey, My Future

THE CAREERS &
ENTERPRISE
COMPANY

Whats Next?

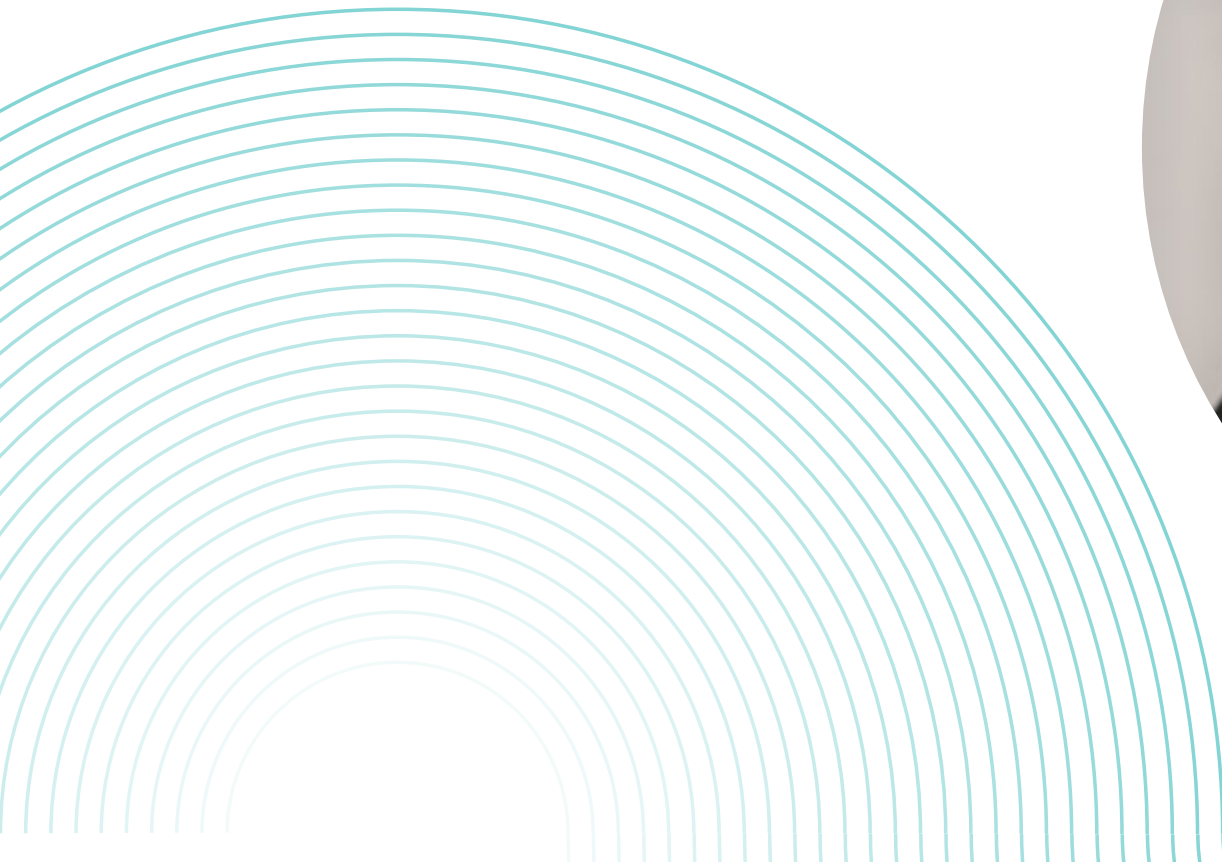
My Next Steps















What Next?

My next Step

This section includes a variety of resources that provide opportunity for young people to explore career areas and sectors, make comparisons, identifying similarities and ultimately explore possible options. There is a focus on young people equipping themselves with relevant skills and experience in order to make informed choices regarding their future career path.






























| Lesson Material (Provider) | Make it meaningful | Age 11+ | Age 13+ | Options | Special School | Transition to Alternative Provision (Vice Versa) | Post-16 | Post-18 | Links |
|---|---|---|---|---|--|--|--|--|--|
| Black Country Skills Factory  | Challenging stereotypes lesson Use this resource to support the challenging of stereotypes at KS3 level. All supporting lesson resources are included. |  |  |  |  |  |  |  | Challenging Stereotypes Lesson |
| Youth Employment UK | Free Online Skills And Careers Courses Aged 14-24? Boost Your Skills And Careers Confidence With Online Training. These free online skills and careers courses help young people build careers confidence. Explore virtual work experience too! | | | |  |  |  |  | Youth Employment UK |





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|--|---|---|---|---|---|---|---|---|---|
| <p>Inspiring Worcestershire</p> <p></p> | <p>Challenging Stereotypes Activity SEND</p> <p>This resource aims to support the element of challenging stereotypes within a SEND setting. The resource includes a student activity and teacher guide. This activity will enable SEND schools the opportunity to engage with and encourage students to understand the need to challenge gender stereotypes in relation to careers and a variety of job roles. These activities should enable students with SEND to understand that there should be no barriers standing in their way should they wish to undertake a specific career pathway.</p> |  |  |  |  |  |  |  | <p><u>Challenging Stereotypes Activity SEND</u></p> |
| <p>The Careers & Enterprise Company</p> | <p>Involving young people in volunteering. What works?</p> <p>This paper provides evidence on the benefits of involving young people in volunteering. Schools, colleges and providers of careers and enterprise programmes can use this evidence when considering how to support young people in this area.</p> |  |  |  |  |  |  |  | <p><u>Volunteering, what works?</u></p> |















| Lesson Material (Provider) | Make it meaningful | Age 11+ | Age 13+ | Options | Special School | Transition to Alternative Provision (Vice Versa) | Post-16 | Post-18 | Links |
|--|---|---------|---------|---|---|---|---|---|---------------------------|
| Vinspired  | Vinspired Volunteering is a fantastic way to make your mark on a cause that you care about and learn new things along the way. There really is a volunteering opportunity for everyone; whether sport or music is your thing, if you want to travel far and wide or help out closer to home, there will be an opportunity that's just right for you. Volunteering teaches you useful new skills such as communication skills, teamwork and decisions making which will help make you stand out from the crowd when it comes to getting a job. Vinspired Awards recognise the hours you put into volunteering - get your v10, v30, v50 and v100 awards, and add some extra wow to your CV. | | |  |  |  |  |  | Vinspired |
| Youth Employment UK | Volunteer As A Youth Ambassador Aged 16-24? Volunteer with Youth Employment UK and you'll gain so much more than something great to put on your CV. (You'll get that too.) | | | |  |  |  |  | Volunteer |








| Lesson Material (Provider) | Make it meaningful | Age 11+ | Age 13+ | Options | Special School | Transition to Alternative Provision (Vice Versa) | Post-16 | Post-18 | Links |
|-------------------------------|---|---------|---------|---------|-------------------|---|---------|---------|--|
| British Youth Council | Volunteering The British Youth Council has a fantastic network of volunteers who help with their work, including research, communications, fundraising, data inputting and much more. If you're able to offer time to help with this sort of thing they would love to hear from you. They also welcome young people on work experience and summer placements. | | | | | | | | <u>British Youth Council</u> |
| Accenture | Accenture's Skills to Succeed Academy This is a free, highly interactive online training program. It helps learners build the skills and confidence they need to make smart career choices and find and succeed in employment. | | | | | | | | <u>Skills to Succeed Academy</u> |












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|--|--------------------|--|--|--|--|--|--|--|---|
| <p>Careermap</p> <p>Careerometer (LMI for All) Careerometer can be used to explore and compare key information about occupations, help young people learn about different jobs and industries and identify potential careers. The tool uses national average data, to look at comparisons and help young people get a bigger picture of the potential opportunities on offer.</p> | | | |  |  |  |  |  | <p>LMI for all-Careerometer</p> |
| <p>Careermap</p> <p>Skillsometer (LMI for All) Skillsometer has been designed for those who are not sure what jobs they may be interested in. Thinking about skills, interests and the ways these can link to jobs can be a helpful first step in identifying possible future jobs. This Skills-o-meter can help young people discover what jobs they might like to do in the future.</p> | |  |  |  |  |  |  |  | <p>Skills-o-meter</p> |



| Lesson Material (Provider) | Make it meaningful | Age 11+ | Age 13+ | Options | Special School | Transition to Alternative Provision (Vice Versa) | Post-16 | Post-18 | Links |
|--|--|---|---------|---------|---|---|---------|---------|---|
| <p>The Careers & Enterprise Company</p> <p> </p> | <p>Linking career related learning to PSHE</p> <p>This resource includes two comprehensive PSHE lesson plans for Year 5 and 6 pupils with supporting classroom materials;</p> <ul style="list-style-type: none"> • Zoriyah meets Olympian medallist Antony Agogo • Dempsey meets Head Chef Jamie Parks. |  | | |  |  | | | <p><u>Linking career-related learning to PSHE</u></p> |



| Lesson Material (Provider) | Make it meaningful | Age 11+ | Age 13+ | Options | Special School | Transition to Alternative Provision (Vice Versa) | Post-16 | Post-18 | Links |
|---|---|--|--|--|--|--|--|--|--|
| <p>The Careers & Enterprise Company</p>   | <p>Talking Futures: Inspiration and Upskilling - Action planning</p> <p>A low-pressure session where families complete the Family action plan or Pathway planner with support from school or college staff.</p> <p>This activity supports the following recommendations for good parental engagement:</p> <ul style="list-style-type: none"> • Build trust with socially-disadvantaged families • Stimulate family conversations • Draw on parents as a resource. <p>This activity has been designed to ensure families are able to make the most of the independent tools available to them as part of Talking Futures. Some parents will require more guidance than others in supporting their children’s decision-making and this session provides an opportunity to work with them to set actions they can achieve together. Flexible in its delivery, it can be used in a small group or one to one setting, and can be used to complement other parental engagement activities such as Parents evening appointments or pastoral meetings.</p> |  |  |  |  |  |  |  | <p><u>Inspiration and Upskilling</u></p> |



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|---|--|---------|---------|---------|----------------|--|---------|---------|-------------------------------------|
| <p>Prospects</p> | <p>Career Planner This resource matches young people's skills, motivations and desires to a career that's perfect for them. To get even more from the results, they can take them to their University or College career adviser.</p> | | | | | | | | Career Planner Quiz |
| <p>Skills Builder Partnership</p> <p> </p> | <p>Skills Builder Launch Pad Interactive modules that build every step of the Universal Framework. Short and engaging modules that support you to build every step of the Universal Framework, with real life applications for education, employment or wider life. For young people it is a place to reflect and record how they have applied essential skills. They can articulate their skills to others through independent reflection, discussion with a mentor or by recording examples of when they have applied the skill step.</p> | | | | | | | | Launchpad |

Transition



Transition

This section of My Journey, My Future is a collection of lesson materials based on supporting young people to work their way through the difficult times during transition and effectively manage those all-important changes. Resources focus on preparation, making it happen and supporting the change.

Preparation – resources including help and support for choosing options, applications, writing CVs, preparing for interviews and many more.

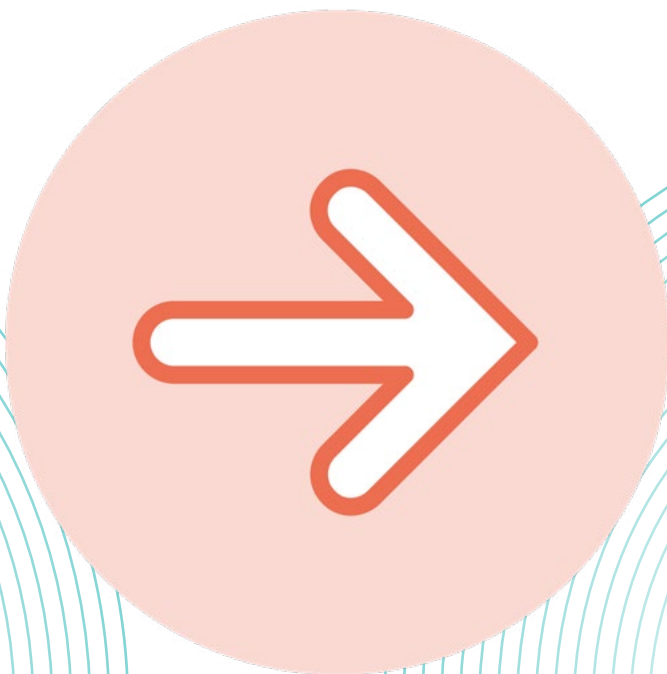
Making it happen – a selection of resources to help young people to take that step.

Supporting the change – these resources are to support well-being and coping with change.











Transition










Preparation



















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|---|--|---------|---|---|---|---|---|---|------------------------------|
| BBC Bitesize  | GCSE options: Everything you need to know about choosing your GCSE subjects This resource includes what, when and how you choose your GCSE options. There are also top tips and videos to support young people's understanding and support them to make decisions. | |  |  |  |  | | | GCSE Options |
| upReach | Aspire - Information and advice to help sixth formers Aspire Webinar Series. Featured webinars focus on: 'How to Write a Great Personal Statement', 'Alternatives to University', as well as dedicated 'Career Exploration' panels. | | | | |  |  |  | Aspire |














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| <p>PwC</p> <p></p> | <p>Employability Hub</p> <p>PwC have created the Employability Hub - a place where you'll find useful virtual tools to support you to develop key employability skills. Resources include online applications and assessments, video interviews, assessment days, the A-Z of tech, be a team player and many more.</p> <p>The Recruitment E-Learns may be particularly useful as they cover three core aspects of their recruitment process, developing young people's understanding and skills needed for applications and online testing, video interviews, and assessment centres.</p> <p>Although developed by PwC, many employers will be using similar tools, so the e-learns should support students in understanding recruitment tools for many application processes.</p> | | | |  |  |  |  | <u>Employability Hub</u> |
| <p>NHS Employers</p> | <p>Recruit and retain young people toolkit</p> <p>This resource is designed to help young people prepare and explore the different stages of the recruitment journey. The programme includes virtual or face-to-face pre-employment sessions which are tailored to give young people a real understanding of the sector.</p> | | | |  |  |  |  | <u>NHS Employers</u> |









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| Futuregoals  | Get Empowered These resources will help you prepare for the world of work by looking at your skills, help you prepare for interviews, understand how to research employers as well as creating a personalised cover letter and more. | | | | |  |  |  | Next Steps Toolkit |
| Princes' Trust | CV Top Tips This resource gives young people top tips on how to make sure their CV is working hard for them. Major Players, a creative, digital and technology recruitment agency, have shared their top tips for writing a killer CV. Watch, learn and succeed. Included is a video to help you prepare a CV that stands out. | | | |  |  |  |  | CV Top Tips |
| The Careers & Enterprise Company | Transition skills (mock interviews and CV workshops). What works? This paper reviews the effectiveness of these employer-led transition skills events. Its findings will provide schools and colleges with evidence to support the delivery of these events and activities. | |  |  |  |  |  |  | What works? |



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| Futuregoals  | Get Informed Top tips on taking those next steps, helping you understand the digital workplace. Tips include CV writing, first impressions and interviews. Watch the animations to discover useful information about how to impress at a virtual interview. | | | | |  |  |  | <u>Get Informed</u> |
| PSHE Association and the Environment Agency   | Careers for Change This lesson pack has been developed for KS3 exploring employability, enterprise and managing the transition to the workplace. The packs helps young people to: reflect on the value of diversity in the workplace and develop skills and attributes for employment and enterprise. Young people examine professional relationships and the benefits of diversity in the workplace – considering how to effectively present and communicate ideas as part of a team. Resources include; <ul style="list-style-type: none"> • 3 x lesson plans – available as both PDFs and PowerPoints • Pupil resources • Accompanying teacher guidance. |  |  |  |  |  | | | <u>Careers for Change</u> |



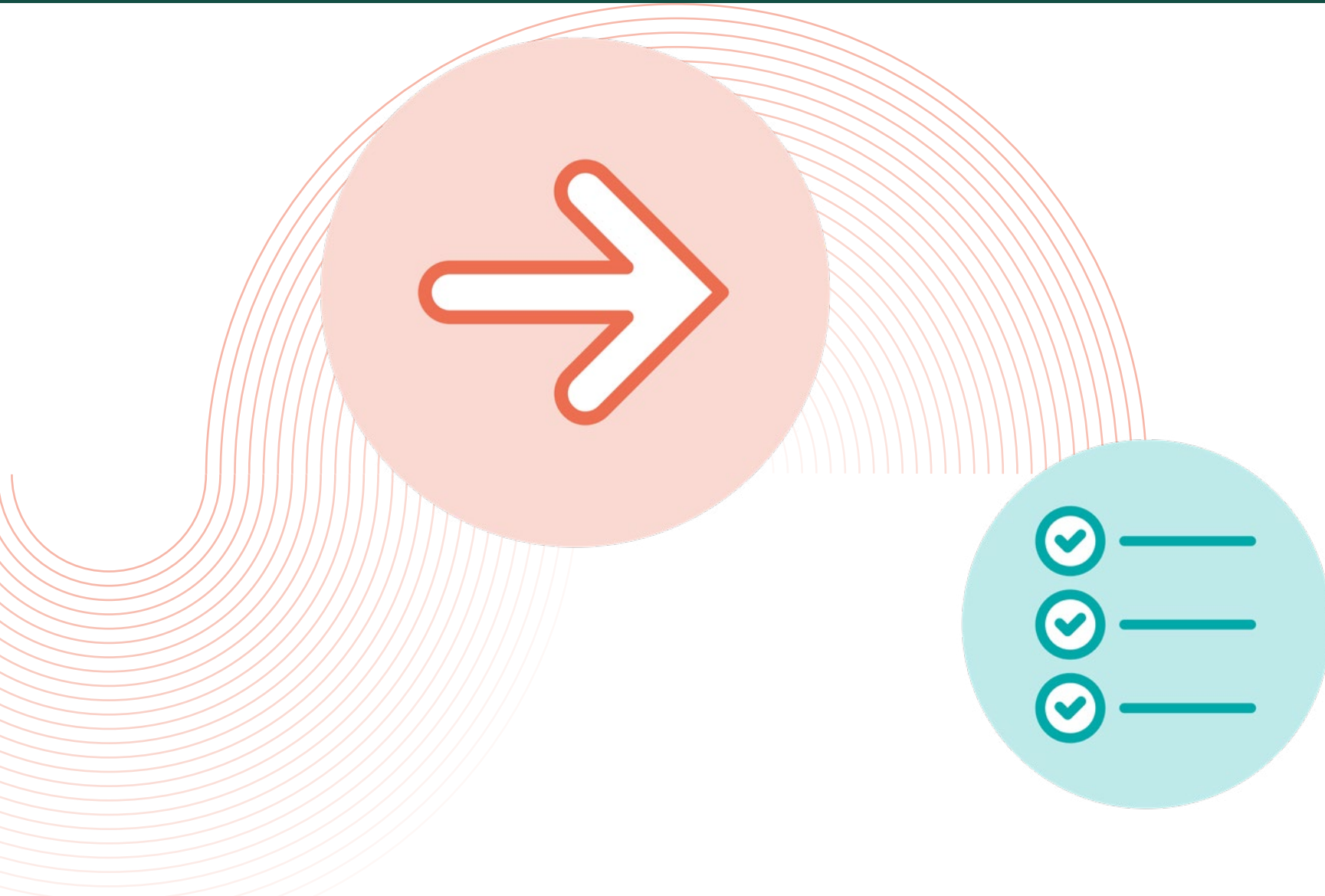
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| <p>PSHE Association and the Environment Agency</p> <p> </p> | <p>Getting started in the workplace</p> <p>This lesson pack has been developed for KS5 exploring employability, enterprise and managing the transition to the workplace. The pack helps young people build communication and presentation skills in the context of applications, transition to the workplace, and exploring routes to employment. Resources include;</p> <ul style="list-style-type: none"> • 3 x lesson plans – available as both PDFs and PowerPoints • Pupil resources • Accompanying teacher guidance. | | | |  |  |  |  | <p><u>Getting started in the workplace</u></p> |

My Journey, My Future


THE CAREERS &
ENTERPRISE
COMPANY

Transition









Making it Happen














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|---|--|---|---------|---------|----------------|--|---------|---------|--|
| The Careers & Enterprise Company | <p>Transition Guide from Primary to Secondary: enhancing careers education and supporting parental engagement</p> <p>This is a resource for Careers Leaders, and their colleagues in school, involved in supporting students through transition from KS2 into KS3, exploring opportunities to embed careers. Using existing frameworks and curriculum areas to support the delivery of careers education outcomes and raise the profile of careers with both students and their parents/carers, this guide takes a staged approach, looking at quick wins that could be implemented immediately, as well as the longer-term strategic considerations to develop transition as the foundation for a progressive careers programme and capitalise on the high levels of parental engagement at this crucial time.</p> |  | | | | | | | <p><u>Transition Guide from Primary to Secondary</u></p> |



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| <p>Phoenix Education Consultancy</p> <p>★</p> | <p>Transition Booklet</p> <p>In education or school transition can mean a few different things.</p> <p>It might mean the movement from one lesson to another, or from a lesson to break-time. It also means when you might change from one school to another (perhaps from primary to secondary, or if you move house and need to change schools). Less frequently, transition might also mean when you are educated at home and go to school, or you have treatment at hospital and then go back to school.</p> <p>This booklet is to help you think about the transitions of moving from school to school - for whatever reason that may be.</p> |  | | |  |  | | | <p><u>Transition Booklet</u></p> |
| <p>Shaftesbury High School</p> <p>★ ★</p> | <p>SEND Shaftesbury learner journey</p> <p>This a great example of a learner journey within a SEND environment. The resource has two different pathway options to match against specific learner needs. The model can also be used to represent the two types of young people with SEND, as identified in the SEND Gatsby toolkit.</p> |  |  |  | |  |  | | <p><u>Learner Journey</u></p> |











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| Lancashire Careers Hub   | Moving On: Student Transitions and Preparing for Adulthood <p>This booklet was developed by The Speech Bubble through their work with Educational Diversity and direct work with young people who struggled with different aspects of life – self-confidence, learning, interacting. The book is aimed at all young people that may struggle with moving on for whatever reason. It's a pick and mix of worksheets and support ideas that can be worked through with young people to increase their understanding, reduce anxiety and make transition work for them.</p> | | | |  |  | | | <u>Transition Booklet</u> |
| Black Country Careers Hub   | Social Story: Starting College SEND resource <p>This resource contains a short social story to support young people with SEND during transition. This resource features in the My Skills My Future programme.</p> | | | |  |  |  | <u>Starting College SEND resource</u> | |



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|---|---|---------|---------|---------|----------------|--|---------|---------|--|
| NDTi | Georgie & Tiny Steps: Employment Journey & Top Tips This case study and accompanying podcasts look at how Georgie secured an apprenticeship during the COVID-19 pandemic, and how a combination of her talents, motivation and a supportive employer has seen her flourish in the role. There is a two-part podcast series that accompanies the written case study; the podcasts further explore Georgie's employment journey and what's she learnt so far. | | | | | | | | <u>Georgie & Tiny Steps</u> |
| The Careers & Enterprise Company | Case Study: Nathans Employment Journey This success story is about Nathan, who was facing the challenging transition from education into employment. Nathan was supported by the Targeted Employment Team within Essex County Council and the school's Employability and Careers Lead. | | | | | | | | <u>Nathan's Employment Journey</u> |

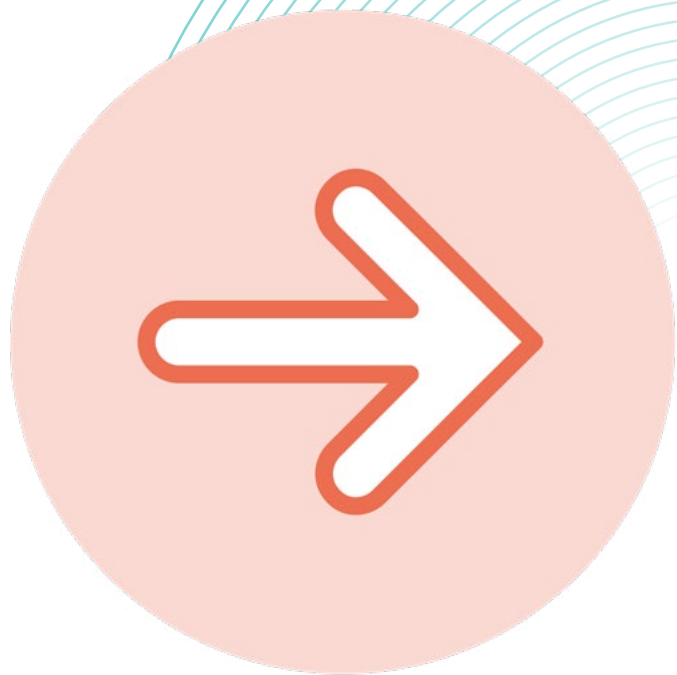


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| <p>South Somerset Partnership</p>  | <p>South Somerset 14-19 Partnership 'Imagine the Possibilities - A Family Guide'</p> <p>These resources have been developed to support families of SEND students in understanding what is effective transition and avenues of support. They aim to help families support their young person to make informed decisions about their next steps in life and reduce their risk of not progressing into education, employment or training and then becoming NEET.</p> |  |  |  |  |  |  |  | <p>A Family Guide</p> |





My Journey, My Future

Transition














Supporting the change






















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|--------------------------------|---|---|---|---|----------------|---|---------|---------|--|
| <p>PSHE Association</p> | <p>Developing learning skills: Helping students thrive in a new key stage</p> <p>This lesson pack will help students manage the transition to secondary school KS3 and KS4 respectively. And help schools meet the statutory Health Education requirement to: “promote pupils’ self-control and ability to self-regulate, and strategies for doing so – enabling them to become confident in their ability to achieve well and persevere even when they encounter setbacks or when their goals are distant, and to respond calmly and rationally to setbacks and challenges.” At KS3 students will explore the importance of identifying values and setting clear goals. At KS4 students explore evidence-based study strategies to succeed at this higher level of learning and consider how to self-evaluate and set meaningful targets.</p> |  |  |  | |  | | | <p><u>Developing learning skills: Helping students thrive in a new key stage</u></p> |





















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| South Somerset Partnership   | South Somerset 14-19 Partnership 'SEND Transitions: Imagine the Possibilities and Making a success of Further Education' These resources pull together key Preparation for Adulthood information that will enable mainstream, special school and FE Careers Leaders to understand the journey and support available for young people with SEND. | | |  | |  |  |  | <u>Imagine the possibilities</u> |
| PSHE Association  | Mental health and emotional wellbeing pack This pack includes full lesson plans and resources, with detailed teacher guidance. Everything you need to teach high-quality lessons that support students' mental health, including: <ul style="list-style-type: none"> • Dealing with change, loss and grief • Promoting emotional wellbeing • Challenging mental health stigma • How to manage online pressures • Recognising and getting help for issues such as eating disorders, self harm, depression and anxiety • How to reframe negative thinking • Statutory RSHE content. |  |  |  | |  |  |  | <u>Mental health and emotional wellbeing pack</u> |



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| <p>PSHE Association</p> <p> </p> | <p>The Sleep Factor</p> <p>This resource includes evidence-based lessons created in partnership with sleep experts from Evelina Children’s Hospital to promote healthy sleep habits. Resources include;</p> <ul style="list-style-type: none"> • Lesson plans, plus classroom-ready PowerPoint versions • Teacher guidance • Statutory RSHE content. |  |  |  |  |  |  |  | <p><u>The Sleep Factor</u></p> |
| <p>British Army</p> <p></p> | <p>Managing Change</p> <p>In this resource young people will investigate simple strategies for managing change and explore opportunities and challenges that could come with change. There is a PowerPoint, worksheets and an engaging film that gives the topic real-life context and provides excellent discussion points for young people on how to Manage Change.</p> |  |  |  |  |  |  |  | <p><u>British Army - Managing Change</u></p> |



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|--|--|--|--|--|--|--|--|--|--|
| NDTi   | Coping Strategies A person-centred planning tool to help children and young people to express their anxieties and concerns. This is a tool that has been developed to support young people to think about returning to education after the lockdown ends, but can be used for various situations. It helps to express anxieties and other concerns and to think about ways to help address these. |  |  |  |  |  |  |  | <u>Coping Strategies</u> |
| Anna Freud Centre   | Moving Up! The transition to secondary school This Teacher Toolkit for school staff should be used alongside the animation and includes: <ul style="list-style-type: none"> • Lesson Plan and various lesson activities • Assembly Plan and PowerPoint slide show • List of helpful resources • Copy of the animation script • Blank signposting poster for you to print and use in school. |  |  |  |  |  |  |  | <u>Moving Up!</u> |

Additional Materials

Other materials that you may also wish to refer to include.

- [The Careers & Enterprise Company Resource Directory](#)
- [My Skills My Future](#)
- [My Learning My Future](#)
- [Talking Futures](#)
- [Promoting all Pathways](#)



Acknowledgments

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The Careers & Enterprise Company Causeway and STAR Academies: East Sussex Careers Hub team East Sussex SEND Community of Practice
Futuregoals Inspiring Worcestershire Inspiring Worcestershire Careers Hub LLEP Millennium Volunteers National Careers Service
Naturally Talented Me.com NDTi NHS Employers North Tyneside Learning Trust People on Work
Phoenix Education Consultancy Princes' Trust Prospects PSHE Association PWC Shaftesbury High School
Skills Builder Partnership South Somerset Partnership The Uni Guide UCAS upReach
World Skills Your Game Plan Youth Employment UK

Contact Us

Tell us what you think

We would love to hear your feedback about the resource. To let us know your thoughts, please use the hashtag #MyJourneyMyFuture.

We want to continue to support educators to improve the lives of young people by supporting them to make their best next step by making informed and careful decisions.

We would therefore like to hear about specific parts of this resource which were useful and any feedback you have for further development.

Please email with your thoughts.

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