



Kirsten Witchalls is our ELAT Careers Advisor. Kirsten meets with students weekly offering support and advice for their future plans.

**Kirsten has some advice below:**

What new experiences could your child have over the holidays? Experiencing new challenges or taking on new experiences can be a very good way to build both career resilience and develop the confidence to try new ideas. For instance, volunteering, paid work and holiday camp activities can be an effective way to develop confidence in working with others who are not in their friendship group.

Looking ahead, here are some other ideas for the term ahead that could help improve career prospects.

**Hobbies and Interests:** Think through how hobbies/interests can develop the skills an employer would want, or could help with self-employment. For instance, playing chess would develop problem solving. Being involved in guides/scouts helps build teamwork and can show initiative if doing badges or expeditions.

**Volunteering:** What volunteering opportunities could your son/daughter engage in? It does not have to be a long-term commitment. It could, for instance be Saturday mornings for a month! This can be a great way to 'check out' a career idea, build some employability skills and add something different to a CV. Especially if the CV has not got a lot on it.

Volunteering can be anything from the local Wildlife Trust, care homes who often want people to provide social interaction or local charities who need help to run social media campaigns or fundraising events.

Here's a challenge for students to undertake during holidays to help students develop their career ideas:

### **Year 7**

Find out how careers link to your personality type and see if you agree with the suggestions! [Buzz quiz - icould](#)

### **Year 8**

Find out 3 things about the careers that 5 friends' parents have that you did not know beforehand. Ask at least 1 teacher about their career history – they did not all go straight into teaching after university.

Find 5 careers that relate to something that you are good at and 5 that relate to careers you might be interested in as a future.

### **Year 9**

Find out what careers link to your GCSE option choices [Careerpilot : Jobs by subject](#)

### **Year 10**

GCSE exams and results seem a long way off, and what you will do after year 11 even further! But it is important to give some thought to what your good at, what skills you are developing and how these can be useful in the future.

You don't need a definite career idea yet, but having an idea of your skills is helpful. For example, being good at problem solving and working as part of team will help you reflect on what careers would be a good fit in the future.

Talk to your family and friends – see what they think your top 5 skills are and see if you agree.

Register on [Start Profile](#) to see how your skills and interest can link to potential career pathways.

If you want to chat this through or show me what you have achieved during a holiday, I'd love for you to pop in and see me at break or lunchtime.