



Harlington School Careers Information for Students

How can the Careers Team support me?

The careers team are always available to help you explore your ambitions and next steps. You'll hear from us in:

- PSHE lessons
- Group Guidance meetings in year 9.
- Individual guidance meetings in years 10-13.
- Special events and assemblies.

But most importantly, you can drop in to see us any time you need something. You'll find Ms Ogun and Ms Celebanska in the Careers room (opposite A4) and Mrs Stephens near A1.

Essential Skills

Throughout our careers programme we focus on 8 essential skills which employees look for. You develop these skills all through school in your lessons and extra-curricular activities, but also in your personal life. It's really important to be able to talk about examples of times when you have shown these skills. We'll help you to think about this throughout the careers programme.

Personal Guidance

All our students are entitled to a 1-to-1 personal guidance appointment with one of our qualified careers advisors in year 10-11 and another in year 12. Some students might have an appointment earlier than that, or more than one appointment depending on individual needs. Guidance interviews are an opportunity to explore your career ideas and aspirations, discuss progression routes, as well as address any barriers you might be facing and receive information and advice that is tailored to your interests.

Your guidance interview will usually last about 30 minutes and is a confidential meeting. During the meeting, your careers advisor will help you to develop an action plan of things you can do to help you progress in your career and next steps. To help you prepare for your guidance interview you could:

- Think about any career ideas you already have, or any that you have ruled out.
- Research careers, courses or apprenticeships which you already know interest you.
- Take or re-take the personality or interest quiz, or remind yourself of your results.
- Be prepared to talk about your skills, interests and hobbies

Useful links

www.unifrog.org.uk – Unifrog Careers Platform

<https://nationalcareers.service.gov.uk/> Careers information and advice

<https://www.bbc.co.uk/bitesize/careers> Careers information, top tips and information about the world of work

<https://amazingapprenticeships.com/> Information about Apprenticeships, Traineeships and T-Levels

<https://www.findapprenticeship.service.gov.uk/apprenticeshipsearch> Current apprenticeship vacancies

<https://icould.com/> Careers videos, job information and personality quiz

<https://www.prospects.ac.uk/> Careers information and advice, specifically graduate jobs

<https://www.ucas.com/> Information about university courses and other post-18 routes

<https://london-lmi.startprofile.com/page/home-page> Click on Explore to see local Post-16 and Post-18 training and education providers

Labour Market Information – The Careerometer

To make informed decisions about your career, it's important to understand the labour market information (LMI) related to the careers you are exploring. For example, how much could you earn? What hours would you work? Are there likely to be lots of job opportunities in the future? You can use the Careerometer found by clicking the link below to search and compare key LMI information for the careers you are interested in.

<https://london-lmi.startprofile.com/page/regional-industries>