

## Careers at St. Thomas More High School



### Careers Plan 2023-2024

Year	Personal Development lessons	Other Careers related activities
7	<p>Unifrog Session - Career and Aspirations - Who am I?</p> <p>Unifrog Session - Career and Aspirations - Exploring possibilities - Dream Jobs</p>	<p>Introduction to Unifrog – Welcome and launch for all year 7 forms (Autumn Term)</p> <p>Take your son to work day 25<sup>th</sup> April 2024</p> <p>Civil Aviation Authority (Careers in Aviation) invitation from Aviation club (invited pupils only) 20/11/23</p> <p>My Path – Career of the Week – delivered in form time</p> <p>Unifrog Interest profile and personality quiz</p> <p>Curriculum support in all subjects promoting related job advice.</p>
8	<p>Unifrog Session - Careers and aspirations - what are my interests</p> <p>Unifrog Session - Careers and aspirations - CV superheroes</p> <p>Responding to the school community - Careers focus - getting ready for mock interview (in NCW starting 4th March 2024)</p>	<p>Mock Interview Day for Year 8 planned 4<sup>th</sup> March 2024</p> <p>Duty Pupil Work Experience</p> <p>Year 8 Options Evening</p> <p>Take your son to work day 25<sup>th</sup> April 2024</p> <p>Civil Aviation Authority (Careers in Aviation) invitation from Aviation club (invited pupils only) 20/11/23</p> <p>Unifrog log in/options support</p> <p>My Path – Career of the Week – delivered in form time</p> <p>Unifrog Interest profile and personality quiz</p> <p>Curriculum support in all subjects promoting related job advice.</p>
9	<p>Unifrog Session - Careers and aspirations - what are my skills</p> <p>Unifrog Session - Careers and aspirations - what comes after school main learning pathways</p>	<p>National Crime Agency – Assembly talking about apprenticeships and routes in and also a workshop 8<sup>th</sup> Dec 2023</p> <p>Civil Aviation Authority (Careers in Aviation) invitation from Aviation club (invited pupils only) 20/11/23</p> <p>My Path – Career of the Week – delivered in form time</p> <p>Curriculum support in all subjects promoting related job advice</p> <p>Duke of Edinburgh lessons for all (Bronze Award)</p> <p>Review meetings/parents evening to review options</p> <p>Study Skills Evening</p>
10	<p>Unifrog Session - Careers and aspirations -</p>	<p>Work Experience Launch 3<sup>rd</sup> Nov 2023</p>

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	<p>reflecting on my career journey to date</p> <p>Unifrog Session - Careers and aspirations - exploring employer profiles</p> <p>Unifrog Session - Careers and aspirations - what type of career is best for me</p> <p>Unifrog Session - Careers and aspirations - preparing to go on work experience</p> <p>Unifrog Session - Careers and aspirations - well being in the workplace</p>	<p>Mock Interview Day for Year 10 planned 7<sup>th</sup> February 2024</p> <p>Work Experience 18<sup>th</sup> – 22<sup>nd</sup> March 2024</p> <p>STAC Harlow College (Stansted Airport College) 15/02/24</p> <p>My Path – Career of the Week – delivered in form time</p> <p>Curriculum support in all subjects promoting related job advice</p> <p>Study Skills Evening</p>
11	<p>Unifrog Session - Careers and aspirations - what are my employability skills</p> <p>Unifrog Session - Careers and aspirations - post 16 choices</p> <p>Unifrog Session - Careers and aspirations - researching volunteering and paid work</p> <p>Unifrog Session - Careers and aspirations - money talks - T Levels and Apprenticeships</p> <p>Unifrog Session - Careers and aspirations - is AI threatening our jobs</p> <p>Responding to the school community - Linked in session</p> <p>Yr11 Mental health, stress and anxiety, workplace skills – time management, CV's, interpersonal skills, conflict management, interviews – through Personal Development programme and sleep.</p>	<p>One to one careers meetings with external careers advisor (impartial advice)</p> <p>STAC Harlow College (Stansted Airport College) 15/02/24</p> <p>South Essex College (Shannon Bridgeman) T Levels 09/02/24</p> <p>My Path – Career of the Week – delivered in form time</p> <p>Curriculum support in all subjects promoting related job advice</p> <p>Yr11 Transition support – VESPA sessions, Connexions 1:1 interviews</p> <p>Study Skills Evening</p> <p>Yr11 Information on college open dates</p>
12	<p>Unifrog session – LWW</p> <p>Apprenticeships/Degree Apprenticeships – LWW</p> <p>VESPA Session – LWW</p>	<p>Work Experience 2<sup>nd</sup> – 6<sup>th</sup> July 2024</p> <p>Your game plan – online interviews on the week 26<sup>th</sup> February 2024 – 1<sup>st</sup> March 2024 (opt in)</p> <p>Standard Chartered Bank – apprenticeships and routes into banking 12<sup>th</sup> October 2023</p>

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	<p>University/apprenticeship Preparation                  Work Experience Applications                  A range of activities such as: Self-awareness (who am I?), Career Ready presentations on Advance and Higher Education and , Money skills, GOV Apprenticeships, Work skills – your route to a career                  Support with use of the following providers (Enrichment) ➤ UCAS ➤ Unifrog ➤ Student Finance</p>	<p>Investment 20:20                  Careers in Law (opt in) – 19<sup>th</sup> October 2023 – routes in, apprenticeships and how to apply                  STAC Harlow College (Stansted Airport College ) 15/02/24                  My Path – Career of the Week – delivered in form time                  Curriculum support in all subjects promoting related job advice                  Not going to university focus group (Enrichment day POST 18 workshop)                  University process (Enrichment day POST 18 workshop)                  PD/Enrichment lessons – Yr12 VESPA mind-set, mental health, understanding and respecting others, careers interview prep, employability skills, finance.                  1:1 meetings with Connexions available and offered to all                  How to be an ‘A Level’ student session                  University and apprenticeship fayres</p>
<p>13</p>	<p>University/apprenticeships                  University Finance Talk                  Apprenticeships and assessment centre</p>	<p>Your game plan – online interviews on the week 26<sup>th</sup> February 2024 – 1<sup>st</sup> March 2024 (opt in)                  Standard Chartered Bank – apprenticeships and routes into banking (opt in) 12<sup>th</sup> October 2023                  Dascher – apprenticeships in logistics 20<sup>th</sup> September 2023                  Careers in Law (opt in) – 25<sup>th</sup> September 2023 – routes in, apprenticeships and how to apply                  My Path – Career of the Week – delivered in form time                  Curriculum support in all subjects promoting related job advice                  Yr13 UCAS/apprenticeship support, resilience, decisions and finance                  University visits supported</p>