

Careers Education @ Eckington School.

My Next Steps

Careers learning, called **Careers Education, Information, Advice and Guidance (CEIAG)** is taught to all years within the school. In **Key Stage 4** all students are entitled to:

- **Develop Self Awareness:** Recognise how you are changing, what you have to offer and what is important to you.
- **Develop Self-Determination:** Explain how you manage your wellbeing, progress and achievements
- **Focus on self-improvement:** Reflect on how you benefit from careers, employability and enterprise activities and experiences.
- **Explore careers and career development:** Discuss the skills involved in managing your own career
- **Investigate work and working life:** Explain how working life is changing and how this will impact you.
- **Investigate jobs and the labour market:** Be able to find Labour Market Information and know how to use it to support your future plans.
- **Value equality, diversity and inclusion:** Recognise and challenge stereotypes, discrimination and other barriers to equality and inclusion. Know your rights.
- **Learn about safe working practices:** Learn about the laws to protect you and how to minimise risks.
- **Develop your career management skills:** Build your network of support, and know how to access impartial face to face and digital careers information and guidance.
- **Prepare for employability:** Develop your qualities and skills that employers are looking for which will help you to improve your employability.
- **Develop personal financial capability:** Be able to manage financial issues related to your education, training and employment.
- **Identify choices and make decisions:** Be able to research and evaluate all types of progression pathways
- **Planning and Deciding:** Be able to make plans and understand what qualifications, skills and experience you need and deal with influences on you.
- **Handle applications:** Know your rights and responsibilities in the recruitment process and how to improve your chances of success.
- **Manage change and transition:** Prepare for future moves in education, training and employment.

Key places to get advice and guidance

The Careers Office, at the front of 6th Form is available during break and lunch times, to help you find the right online support.

Attend a drop-in session with a Careers Advisor in the Careers Office every lunch time.

Ask your form tutor to make you an appointment with the Careers Advisor.

See Ms Lazenby in the 6th form centre who can help you arrange a work shadow placement or mentoring opportunity.

My Careers Platform Login Details

UNIFROG www.unifrog.org

Sign in: Your school email address

Password: _____

(if you forget or don't know your password select password reset option, then check your email address for a link to get logged in)



Recognising Excellence
in Careers, Employability
and Enterprise

GOLD AWARD



See the big picture

Balance life and work

Create opportunities

Manage career

Explore possibilities

Grow throughout life