

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 3** all students are entitled to:

- **Develop Self Awareness:** being able to describe yourself, your strengths and preferences
- **Develop Self-Determination:** Being able to focus on positive aspects of your wellbeing, progress and achievements
- **Focus on self-improvement:** Being able to explain how you benefit from careers and enterprise activities and experiences
- **Explore careers and career development:** Being able to describe what a career is and how it can be developed.
- **Investigate work and working life:** explore examples of work and why satisfaction with our work may change over time.
- **Investigate jobs and the labour market:** Be aware of what Labour Market Information is and how it can be useful (LMI)
- **Value equality, diversity and inclusion:** Understand how stereotyping and discrimination can damage you and those around you.
- **Learn about safe working practices:** Learn about the laws to protect you and how to minimise risks.
- **Develop your career management skills:** Be able to identify your network of support, and how to access impartial face to face and digital careers information and guidance.
- **Prepare for employability:** recognise your own qualities and skills that employers are looking for, including initiative.
- **Develop personal financial capability:** Be able to manage your own budget.
- **Identify choices and make decisions:** Know how to explore options open to you at key decision points
- **Planning and Deciding:** Be able to make plans and understand what qualifications, skills and experience you need.
- **Handle applications:** Know how to make a good impression.
- **Manage change and transition:** Be prepared at key transition points in your life.

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)

