

Senior House
Careers
Programme
2021-2022



Year 7

Timing: October-November

Careers (PSHCCE) Lessons	Form Period and Homework
<p>Unifrog launch and registration – complete Profile and Interest Quizzes and Explore Job Roles and LMI</p> <p>What are Skills?</p> <p>Skills, Qualities and Dream Job</p> <p>Job Sector Explosion – Business Ambassadors</p> <p>LMI, Motivators, Role Models</p> <p>Unifrog – log activities and competencies</p>	<p>STEPS Level 1 Booklet:</p> <p>Changes</p> <p>What have you achieved?</p> <p>Stepping up from Primary School</p> <p>What Influences Me?</p> <p>Roles that I think are successful</p> <p>What are you like?</p> <p>Skills for Life</p> <p>This is Me</p> <p>What is Work?</p> <p>Using the Careers Library</p> <p>Introducing LMI and STEM</p> <p>Changes in the World of Work</p> <p>How Creative are You?</p> <p>Setting Targets</p> <p>Reviewing my learning</p> <p>Looking Ahead</p>

Year 8

Timing: Dec-Jan

Careers (PSHCCE) lessons	Form Period and Homework
<p>Unifrog launch and registration – complete Profile and Interest Quizzes and Explore Job Roles and LMI</p> <p>Unifrog – Career Library Treasure Hunts</p> <p>Unifrog – Exploring Volunteering</p> <p>Unifrog – Professional Networking</p> <p>Employment and Employability</p> <p>Online Profiles and Digital Footprints</p> <p>Employability and Volunteering</p> <p>Volunteer Ambassadors</p> <p>Unifrog – log activities and competencies</p>	<p>STEPS Level 2 Booklet:</p> <p>Your Beliefs and Values</p> <p>Are School and Work so Different?</p> <p>What do you want from Work?</p> <p>Job Families</p> <p>Can anyone predict the future?</p> <p>Become a job search expert</p> <p>Who does the job?</p> <p>Are you sure that's true?</p> <p>Budgeting</p> <p>How do you make decisions?</p> <p>The qualification landscape</p> <p>Writing an Action Plan</p> <p>Reviewing my Learning</p> <p>Looking Ahead</p>

Year 9

Timing: Feb-Mar

Careers (PSHCCE) lessons	Form Period and Homework
<p>Unifrog launch and registration – complete Profile and Interest Quizzes and Explore Job Roles and LMI Destinations, Job Sectors and Job Opportunities Apprenticeships Being an Entrepreneur, Business Planning Going to University Be inspired Decision Making Options Evening – GCSE Choices 1:1 Careers Interview Unifrog – log activities and competencies</p>	<p>STEPS Level 3 Booklet: Plan your decision year Personal Qualities Personal Qualities and Jobs Skills Skills and Jobs Tell us why it should be You Being Enterprising Working Today Using reliable information Qualifications Choosing Options Fake News? Reviewing my Learning Looking Ahead</p>

Year 10

Timing: Mar-May

Careers (PSHCCE) lessons	Form Period and Homework
<p>Unifrog launch and registration – complete Profile and Interest Quizzes and Explore Job Roles and LMI</p> <p>CVs</p> <p>Digital CVs</p> <p>Covering letters</p> <p>Recruitment</p> <p>Mock Interviews</p> <p>LinkedIn</p> <p>Unifrog – log activities and competencies</p>	<p>STEPS Level 4 Booklet:</p> <p>Exploring possibilities</p> <p>World of work – What employers want</p> <p>World of work – Work and lifestyle</p> <p>World of work – rights and responsibilities</p> <p>World of work – responsible employers</p> <p>Application skills</p> <p>Work experience</p> <p>Moving on from work experience</p> <p>Developing your personal sales pitch</p> <p>Managing your money</p> <p>Thinking ahead after your are 16 - Options</p> <p>Different qualifications and their equivalentents</p> <p>Reviewing my Learning</p> <p>Looking Ahead</p>

Year 11

Timing: Sept- Oct

Careers (PSHCCE) lessons	Form Period and Homework
<p>Careers Assembly Unifrog launch and registration – complete Profile and Interest Quizzes and Explore Job Roles and LMI Work Experience Launch Work Experience Prep 1:1 Career Guidance Interviews A Level Choices ASK Apprenticeship Assembly Options Evening Sixth Form Taster Day Sixth Form Options Interviews Unifrog – Post 16 Choices, Choices Unifrog – log activities and competencies WEX Placement – Summer holiday Volunteering/National Citizenship Service</p>	<p>STEPS Level 5 Booklet: Year Planner How are you doing? Your skills and interests Which way do you go? The changing job market Green jobs Money Matters Exercise your Network Making Applications Writing your CV Writing a covering letter Preparing for interviews Where have you got so far? Reviewing my Learning Looking Ahead</p>

Sixth Form: Year 12

Careers Programme

Reacquaint with Unifrog, WEX Reflections,
 Careers Programme for Sixth Form, Action Plan
 Personality Profile Quiz, Interests Quiz, discover related
 careers (Sept) start STEPS Level 6 Booklet (Sep)
 On-going: STEPS Level 6 Booklets – Form Periods &
 Enrichment
 Post 18 – Choices, Choices (Oct)
 Business Breakfast (Oct)
 Apprenticeship Assembly and Workshops with ASK

 Launch Work Experience (Oct)
 Social Media, Social Networking, Personal Brand (Nov)
 Discovering MOOCS (Dec)

 1:1 Careers Guidance Interviews (Jan/Feb)
 World of Work – Professional networking (Jan)
 Degree Apprenticeships, CV updating (Feb)
 Oxbridge Exhibition – Newcastle– (Mar)
 National Apprenticeship Week Awareness –
 booklets/guides

National Careers Week (NCW) Activities (Mar)
 Young Money – booklets or Money Sense (Natwest)
 (Mar)

 Post 18 Planning (Apr)
 Diamond Nine – UK Univeristies
 UCAS H/E Exhibition – Newcastle (Apr)
 Gap Year Talks (Apr)
 UCAS Application Process launch, parents and pupils
 (May)
 Personal Statements (Jun)
 MOOCS Summer Challenge (Jul)
 Business Breakfast (Jun)

 Work Experience Placements – Summer Holidays
 Volunteering
 Access to all school Careers Talks by visiting speakers –
 lunchtimes

Sixth Form: Year 13

Careers Programme

Reacquaint with Unifrog, Reflections on Year 12, Careers Programme for Sixth Form

Extensive individual support with Personal Statements and Applications (Autumn term)

Applications List, University Applications (Sep-Jan)

Apprenticeship Assembly: ASK and Workshops – Strengths, Applications, Interviews (Nov)

Business Breakfast

Interview Masterclass, Interview Preparation Evening (Jan)

Assessment Centres (Jan)

National Apprenticeship Week Activities

National Careers Week (NCW) Activities (Mar)

On-going: Complete Action plans and STEPS Booklets (Mar)

Applications List – confirming/declining (Mar)

Managing Stress and Anxiety (Apr)

Recording Destinations (May)

Catchup – Work Experience Placements

Volunteering

Access to all school Careers Talks by visiting speakers – lunchtimes

▶ The range of university courses Year 13 students progressed to in 2021...

Medicine

Law

Pharmacy

Psychology

Business

Architecture

Music

Geography

Classics

History

Economics

Veterinary Science

Natural Sciences

Sociology

Physiotherapy

Politics

Sport and Exercise

Science

Biomedical Science

Marine Biology



All students have a Unifrog account

What is Unifrog?

Unifrog is a one-stop-shop where students can easily explore their interests, then find and successfully apply for their next best step after school.

Unifrog will help you to explore your key interests and what career paths you can take to reach your goals!

Available resources on Unifrog

Exploring pathways

Careers library

Subjects library

Know-how library

MOOC

Searching for opportunities

UK universities

US universities

Canadian universities

Asia

European universities

Oxbridge

Apprenticeships

College/ Sixth Form

Recording what you've done

Activities

Competencies

Interactions

Drafting application materials

Personal Statement

CV / Resumé

Teacher References

Common App Essay

Making applications

Post 16 Intentions

Locker

Applications list

Quality in Careers Standard

- The Careers Department at Durham High School is working towards the Quality in Careers Standard with the EDT

