FUTURE CHOICES NEWSLETTER



CAREERS ADVICE & INTERVIEWS

Year 9

Part of the careers education that is on offer to all students at St Edward's is expert careers advice. This is an important part of careers education as it allows students to reflect upon their futures and make informed decisions about what their next steps will be.

Aaron Rigby is our independent careers advisor. Aaron is going to be working with the school for two days a week, and will be based in the Eden Centre. Aaron has worked with us for a number of years and offers valuable guidance and advice to many of our students.

Aaron is a qualified Level 6 Careers Advisor who works on behalf of Dorset Youth for Christ, a Christian organisation who offer guidance, advice and mentoring to young people in order for them to make the right choices to secure a successful future.





Explaining the options process

In Year 9, the students will begin to make some future choices by selecting the subjects that they want to study at GCSE. This is clearly an important time and an important set of decisions for all of our students and their families. As a school we are here to support and guide our students through this options process in which we equip students and their parents/carers with information about programmes of study, and where they can take you. This will be delivered in a variety of different ways including assemblies, tutor times and PSHE lessons.

Later in the year there will also be an Options Evening where we explain the process in detail to all of the students and their parents and carers. In addition to this, Year 9 students will be given an options interview which will help them to think through the choices that they have. Further in this newsletter, there is some advice about how parents/carers can support and prepare their children for these careers interviews.

Helping your child to think about what their next steps could be is important. There are several questions which can help to focus young people on what they want to do and reflect upon what they need to do reach their goals. Below is a guide to some of the questions you can be asking your child about their next steps:

What future career plans or aspirations do they have? Do they know what qualifications they will need to achieve this? How do they like to learn? What are their interests? What do they enjoy doing at school or in their spare time? What are their skills? What kind of things are they good at, in school or their free time? What are their personal qualities? What are they like as a person?

Careers Breakfasts

During the academic year, we invite various employers or further education providers in to talk to students about their industry or what they can offer. We are looking to run these sessions 15 times a year during registration time.

Students are encouraged to attend as many of these as possible as it enables them to discover more about an industry whether this then makes them realise.



Careers in the Curriculum

We will be sharing information regarding Careers within the Curriculum, with a different subject being featured in each edition of our *Future Choices* newsletter. In this edition, the chosen subject is Sport. Here are a few examples of where studying Sport or PE could take you but there are many more from paramedics to event managers!

Physical Education Teacher

Job Description:- A Physical Education teacher develops students' competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school. A high-quality PE curriculum enables all students to enjoy and succeed in many kinds of physical activity.

A PÉ teacher is responsible to provide young people with an opportunity to develop and improve their health and well-being.

Recommend Courses:

- Physical Education Secondary with QTS
- Any Sport Science course followed by a year of PGCE
- Any Physical Education course followed by a year of PGCE





Physiotherapist

Job Description:- Physiotherapists help people recover with injuries sustained from surgery, illness, ageing or disability. They guide patients to improve their strength and movement and prevent further problems in future.

Physiotherapists work to diagnose the causes of injury and put together a treatment plan, sometimes including exercises, manual therapy and electrotherapy (using electrical energy as a medical treatment). They also advise on managing long-term conditions.

Recommend Courses:

- Physiotherapy
- Any Sport Science course followed by a masters in physiotherapy
- Sports Therapy and Rehabilitation with a apprenticeship.

Sports Journalist

Job Description:- Sports journalists cover sports events and produce written or broadcast reports on those events.

A sports writer creates articles or copy content about sports events for digital and print media publications. As a Sports Writer, your main responsibility is researching athletes, teams, and their stories. You may also attend press conferences, games, or other events held by sports organisations.

Recommend Courses:

- Sports Journalism
- Any Communications degree with a placement in sport journalism





Personal Trainer

Job Description:– A personal trainer or fitness trainer, works with a variety of clients to improve their fitness, physicality and overall health. Their duties include evaluating a client's needs and goals, modelling workouts and making a workout schedule for clients. They should also be attracting new clients through their reputation and results.

Recommend Courses:

- Sport and Exercise Science
- Strength and Conditioning
- Applied Personal Training