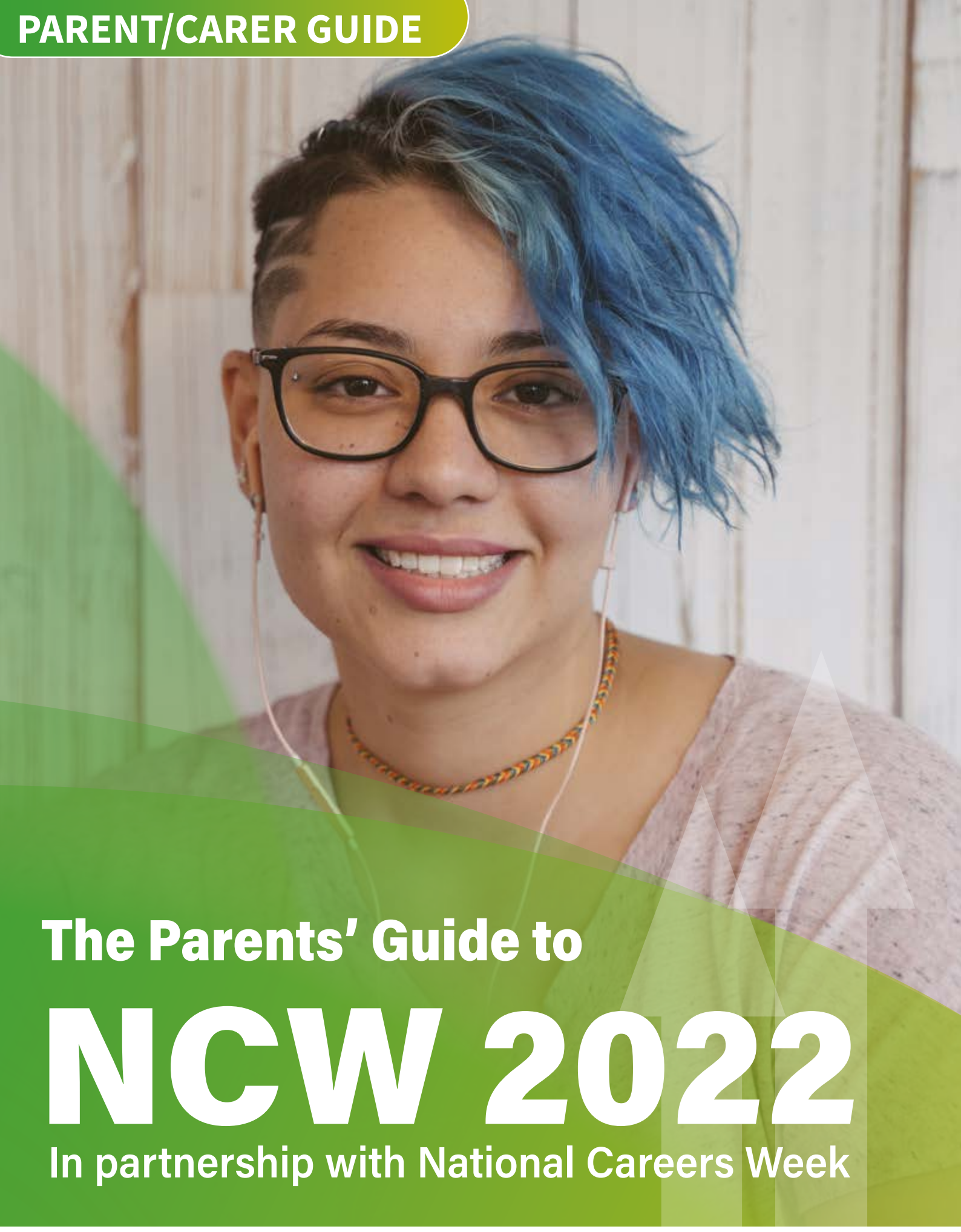
PARENT/CARER GUIDE



The Parents' Guide to

NCW 2022

In partnership with National Careers Week

THE PARENTS' GUIDE TO

National Careers Week

NCW

Headline Partner:

NatWest Group

The Parents' Guide to provides parents with the information they need to help their teenage children make the right choices to create successful futures after GCSE and sixth form.

Our online guides are designed to inform, involve and guide parental support. They include the most up to date information on topics such as apprenticeships, universities and revision techniques.

Wherever we refer to 'parents' we mean 'parents and carers.' This includes grandparents, older siblings or any other person with significant caring responsibilities for children.

This guide has been produced with NCW for National Careers Week 2022. We make recommendations of what we believe to be reliable sources to help you find further information but these organisations have not endorsed this guide. We're happy for you to use or share extracts of the guide, but don't forget to credit The Parents' Guide to

www.nationalcareersweek.com
www.NCW2022.co.uk
wwww.theparentsguideto.co.uk

Find out what's new

If you're interested in regular updates about how you can help your teenage children: ***www.theparentsguideto.co.uk/join-us***

Contents

I'm interactive! Click me if you want to go to the chapter

05 - Introduction and diary of events

30 - A spotlight on T Levels

14 - Talking about careers

36 - Apprenticeships

24 - Vocational routes after GCSE and sixth form

46 - Other options

Welcome from NCW

National Careers Week is a celebration of careers guidance and free resources in education across the UK. The aim is to provide a focus for careers guidance activity at an important stage in the academic calendar to help support young people leaving education.

With youth unemployment remaining high and employers citing that young people are ill prepared with the basic skills needed for employment, there has never been a bigger need for careers guidance to be promoted and celebrated in education.

National Careers Week is the perfect platform to advise and inspire the next generation as they enter the world of work. National Careers Week, which takes place this year between the 7th - 12th of March 2022, encourages education providers to bring together students, local employers and advisers through careers events and activities.

During National Careers Week it is up to every school, academy and college to offer careers advice and guidance to their students with support from NCW in providing free resources, information on current career opportunities and advice on activities and exercises to run.

Access to NCW resources doesn't stop at the end of #NCW2022, the dedicated websites are available with resources, video content - NCWTV.co.uk - and other tools throughout the year!

Useful links

I'm interactive! Click me and I'll take you there!

- National Careers Week Resources
- National Careers Week Virtual Fair
- National Careers Week TV

Welcome from The Parents' Guide to

National Careers week (NCW) is a great opportunity for parents to get familiar with career routes that don't necessarily follow the more traditional A Level/university path. There are lots of different ways your teen can get on track for great work pathways that help them play to their strengths depending on how they learn best, whether they're 16 or 18 years' old or beyond.

NCW encourages education providers to bring together students, local employers and advisers through careers events and activities – which also gives you chance, as a parent, to find out more.

The Parents' Guide to is dedicated to supporting parents of teens. We provide a variety of resources for parents about choices teens face after GCSE and sixth form, as well as advice on health and wellbeing.

We specialize on parent needs through Years 10-13 as it's a time when teens face many important decisions and look to their parents for support. We provide all the information in one place, written in a style that's easy to understand and include links to reliable sources for further information. We update our resources each academic year so you can be confident the conversations you have with your teen are relevant.

Support for parents/carers

The Parents' Guide to supports parents in a variety of ways:

1 | **Parent newsletter:**
A fortnightly newsletter dovetailed with the academic year and packed with useful advice and resources
Sign me up

2 | **Parent guides:**
Specialist online interactive guides about post school options and what parents can do at home to support their teens with their studies
Browse collection

3 | **Support articles:**
Short articles for parents about teenage wellbeing, how to help them develop healthy habits and lifestyle choices, and unbiased advice about their choices at 16 and 18 years' old
Learn more

4 | **Social media inspiration:**
Bite size information each day through Instagram, Facebook and Twitter.

Timetable for the week -

Follow @CareersWeek for regular updates

Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th
NatWest Early Careers, our headline sponsor, showcase their access points and apprenticeships via #NCW2022. Check their page at NCWTV.co.uk and see @CareersWeek for the daily content. **@NWG_EarlyCareer**	**Careers at Sea** – it's #TidalTuesday at @CareersWeek Make sure you check out their room at the VCF for career ideas and opportunities in the **Merchant Navy** and beyond! **@CareersAtSea**	**NHS Careers** showcase over 350 different roles and distinct career pathways in the NHS. Visit their room at the VCF and the video links in the NCWTV.co.uk video channel. **@HealthCareersUK**	**BBC Bitesize Careers** is the BBC's page dedicated to brilliant, informative and diverse careers in all sectors. Young people discuss their career pathways, in this goldmine of inspiration. NCWTV.co.uk **@BBCBitesize**	There are a huge range of exciting roles in the heart of policy in the UK Government. Working alongside the Government, **The Civil Service** help to deliver policy for the people of the UK.

Virtual Careers Fair

Available all week at: **WWW.NCW2022.CO.UK**

No sign-ups, no registration, just five floors of rooms to explore with vibrant informative content for your students to explore!

Social media

The official hashtag for National Careers Week 2022 is #NCW2022.

Please use this in your Social Media activity and tag the relevant Social Media platforms. This helps build momentum and we often trend throughout the week. We will endeavour to RT, share your posts and include a selection of your tweets in our Report. There is a lot of great content being shared on the various Social Media platforms, any sharing would also be greatly appreciated. Other hashtags you may also want to include in your tweets to reach a wider audience are as following:

#SLTchat	Senior Leaders
#UKedchat	Teachers and Leaders
#Careers	Various organisations and individuals involved with careers
#Employability	All things employability
#Ented	Enterprise Educators
#Enterprise	Enterprise Education
#CEIAG	Careers Education Information Advice and Guidance
#PSHE	Personal, Social and Health Education
#SENDED	Special Education Needs
#PrimaryRocks	Primary Educators
#theparentsguideto	Parents/carers

National Careers Week:

The Parents' Guide to:

Resources

Parent newsletter

Are you a parent of a teenager aged 14-19 years' old? Do you live in England, Wales or Northern Ireland? Subscribe to our fortnightly parent newsletter and receive up-to-date and reliable advice, resources and the latest news and information about your child's education straight to your inbox.

Sign up here:
theparentsguideto.co.uk/join-us

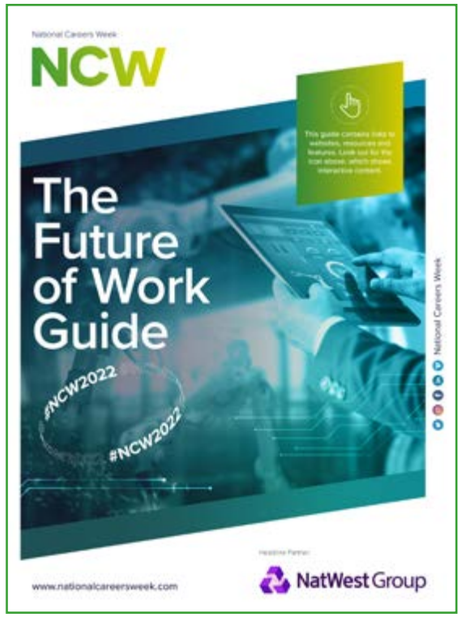
Parent homepage:
theparentsguideto.co.uk/parents

Future of work guide

Navigating the future of work can be daunting and overwhelming, especially when there is so much uncertainty about it. This guide has mainly been created to help careers advisers and teachers to better navigate and understand the future of work, so in turn they can help students to better prepare for it, but parents/carers may also be interested.

The Future of Work Guide focuses on the changes to the world of work which are expected to happen due to the Fourth Industrial Revolution and resulting automation.

Download it here:
nationalcareersweek.com/2022fow/



The Parents' Guide to National Careers Week 2022 PARENT/CARER GUIDE

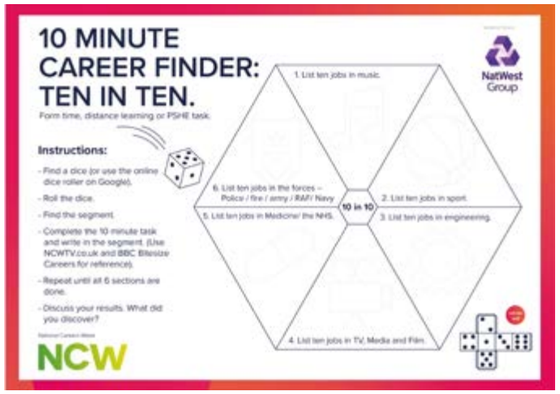
"Let's get talking" board game

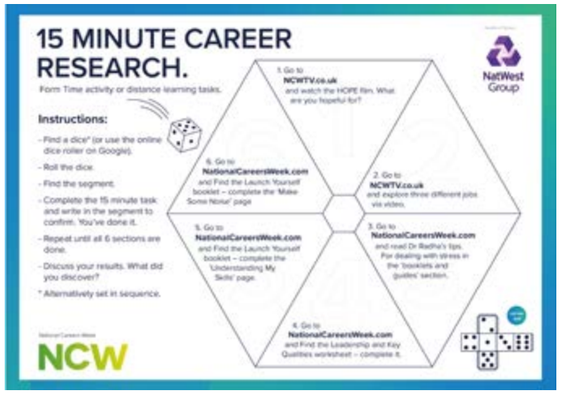
To help you talk to your teen about their future, we've created a board game that saves you worrying about which questions to ask. You can play too!

By playing the game together you create a two-way conversation, with them finding out more about you, as well as you finding out more about them:
www.theparentsguideto.co.uk/post/talking-to-your-teen

5, 10, 15 minute careers games

We designed these three dice-inspired games to task young people to find out about themselves, their skills, their career options and their futures. Ideal to play at home - you just need a dice or online number generator.
nationalcareersweek.com/download/25381/





Talking to your teen about their future

It can be tricky to get teens to talk about anything, especially what they might want to do next. However, it is important they think about their future, what they might like to achieve and what they need to do now so they can get themselves on the right track.

To help you, here are eight useful tips on how to talk to your teen about their future.

EMPOWER THEM: THEY HAVE CONTROL OVER THEIR FUTURES

1. **Accept their idea of success may be different to yours**

   Their dreams and ambitions might not align with your dreams and ambitions for them. This can be disappointing but let them walk their own path.

2. **It's OK if they're not sure on a career route yet**

   They don't need to make that decision right now. They do need to develop skills that will help them progress, and that should be their focus.

3. **Encourage them to turn passions into money-makers**

   They're more likely to be successful (and happier) pursuing a career in something they enjoy.

4. **Help them navigate their limitations**

   Not being academic should not be a barrier to success and there is usually more than one way to reach a destination.

5. **It's OK if they change their mind!**

   Reassure them that if they tell you they have their heart set on one direction, then later change their minds, you won't berate them for it.

6. **Encourage them to explore all their options**

   Help them plan out a route that focuses on their strengths. Different educational routes can often provide entry points into the same industry.

7. **Help them if they are struggling to look far ahead**

   Setting short-term, achievable goals will help them strive towards a long-term ambition.

8. **Empower them: they have control over their future**

   The decisions they take and what they do matters.

Work Experience

Work experience is important for getting into any career. It provides your teen with first-hand experience of what it's like to work; dealing with colleagues and the public; working to deadlines and how it feels to do things "for real".

If they're lucky, they might find work experience within an industry that is related to their course or ultimate job goal. If this is the case, it can help your child discover more about the industry and may help them realise whether it is or isn't for them. A lesson much better learned sooner than later!

How to find work experience

1. Your child can speak to the careers team at school. They have excellent connections with local and national employers
2. Do you have any contacts, through your own work, friends or family that could help and take on your child?
3. They can contact employers directly and ask
4. Get them to apply for a job (Saturdays, evenings, holidays) – it may not be their aspirational job, but it's work experience and they'll learn a lot from it (as well as earning some money)

WORK EXPERIENCES GIVES YOUNG PEOPLE THE OPPORTUNITY TO APPLY THEIR SKILLS

The Parents' Guide to National Careers Week 2022 PARENT/CARER GUIDE

Try to match role to goal

Whilst any work experience is great, if your teen has ambitions to do a particular job, it's worth trying to get the experience within that sector. If they feel destined to go into leisure, two weeks on the front-desk of a hotel dealing with the public could either confirm that's the role for them, or give them an incentive to rethink their ambitions! This is especially true when they have been inspired by TV or films, which quite often give a false impression of what's involved in a job.

Be realistic

A week or two isn't long to learn a huge amount about any job nor is it long to train someone. Your teen may not be assigned the most interesting tasks, but overall they should get a good feel for the atmosphere of the environment and how people work together.

Some work experience is better than no work experience

If your child is struggling to find a suitable one or two week work placement, try taking a different approach. Perhaps asking employers if they could visit for a day, shadow a member of staff, volunteer, support on a particular project or assist with a particular thing might help the employer say yes.

Virtual Work Experience

What is virtual work experience?

Virtual work experience, also referred to as online, remote or digital, provides young people with the opportunity to gain experience in the workplace, develop their skills, boost their employability and explore new industries and job roles.

It's a broad term and can include any opportunity which provides young people with an insight into what it's like to work in an industry or job role while at home. Most virtual work experiences range from half a day to one week, but some may last longer depending on the nature of the work experience and the age of your child.

Not all virtual work experience is the same. Some are open to everyone and provide a platform for students to discover more about the job, view pre-recorded videos on what it's like to work with the organisation, go on virtual tours and possibly take part in some live Q&A sessions. Others may require your child to go through an application process and offer regular online meetings with a supervisor, individual project work, networking sessions, training opportunities and video tutorials.

What are the benefits?

Think global - Virtual work placements are open to everyone and location does not need to be a limiting factor. This opens many possibilities for your child to explore new jobs and industries in areas that may not be possible face to face.

It's free - The majority of virtual work experience placements are free and working from home will also mean your child will not incur any travel related costs.

Future proof - Remote working is likely to be important to many businesses in the future and learning how to conduct business and work online will develop extremely valuable skills for the modern workplace.

Transferable skills - It's not always easy working from home and taking part in virtual work experience placements will help your child develop those soft skills that all employers are seeking, such as organisation, time-management and self-motivation.

Knowing what's right (or what isn't) Understanding what a job or a career entails might help your child make decisions about whether or not that role is right for them in the future.

Virtual Work Experience

Which organisations offer virtual work experience?

More and more firms are providing virtual work opportunities to students and young people. Placements are available across several sectors including accountancy, law, marketing and the veterinary sciences. While this is by no means an exhaustive list, here are some companies and businesses currently offering virtual work experience.

Allied Healthcare Mentor (paid)

A live Virtual Work Experience Programme created and delivered by healthcare professionals for those interested in a career in healthcare. Prices start from £10 a day.

Barclays LifeSkills

An excellent website to help young people develop the skills they need for a better future.

Brighton and Sussex Medical School

Suitable for those looking to apply to medical school, this virtual work placement introduces students to the NHS before exploring the roles and skill sets of six different medical specialists.

Exploring the Veterinary profession

A two week, six hour, course that enables students to learn more about what it takes to become a vet and whether it's the right career choice for them.

InsideSherpa

An excellent website which offers virtual work experience placements from a range of companies, from banking to careers in tech. Most options last up to six hours and involve tutorials, videos and activities.

InvestIn (paid)

Aimed at students between 14 and 18 years' old, InvestIn offers an impressive array of virtual work placements involving real life work and contact with professionals. This is a paid service, and placements range from one day to one week. Prices start from £90.

National Cyber Security Centre

A website dedicated to helping the UK's next generation of cyber professionals through a variety of free courses for 11-17 year olds and exciting competitions.

Speakers4Schools

Recently launched, Speakers4schools aims to provide a level playing field by connecting young people to high quality virtual work placements. Register to stay up to date with their latest developments.

The Careers and Enterprise Company

A regularly updated and comprehensive list of virtual opportunities containing links to virtual work placements and training opportunities for students in year 9-13.

The Parents' Guide to National Careers Week 2022 PARENT/CARER GUIDE

Things to consider

Online placements are not for everyone

Not everyone is suited to working behind a screen or remotely; some may have their heart set on a more creative or hands on career option. If virtual work experience is not right for your child, there's lots of other things they can do while at home

Opportunities are limited

Virtual work placements and internships are a new offering and places are likely to be limited and only available in certain industries, however, the list of companies offering them is growing.

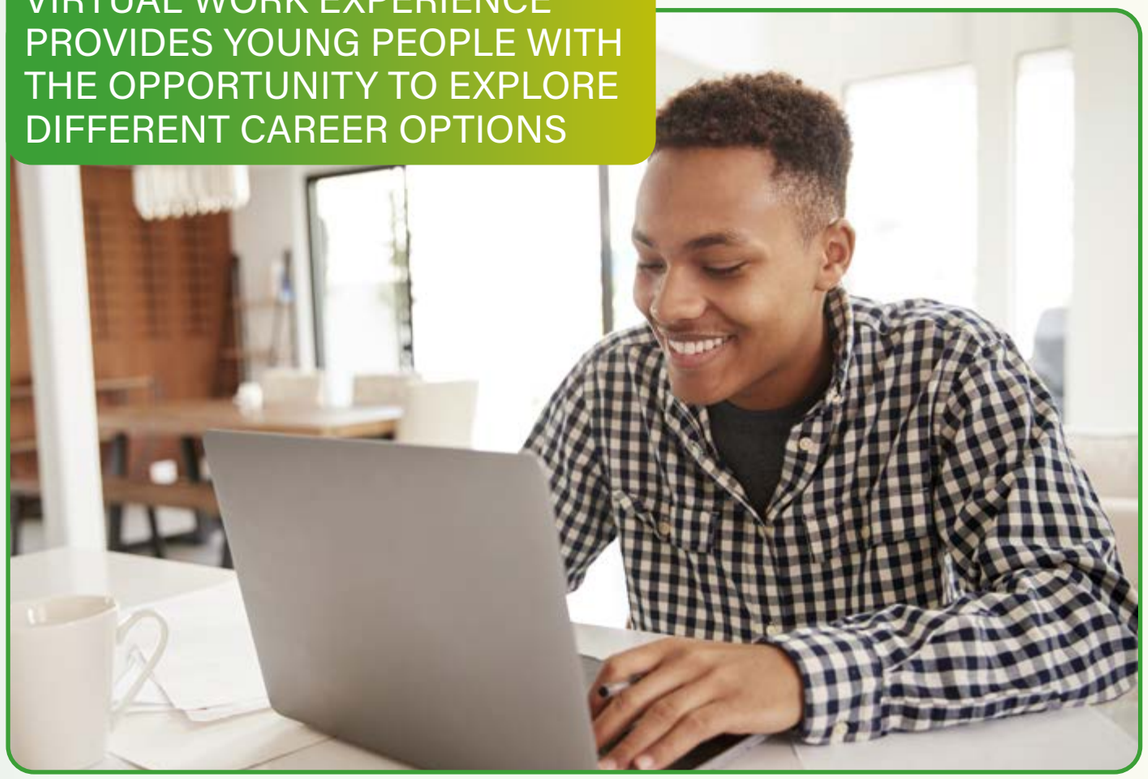
May not give a full reflection of the job

There are limitations to what can be experienced through virtual placements, so make sure your child is aware that this may only provide a partial glimpse of what's involved in the job.

Safeguarding

Be sure to check the company's credentials and what information your child is giving to them. Most companies will have age guidelines for suitability, but if not, do make sure it's age appropriate.

VIRTUAL WORK EXPERIENCE PROVIDES YOUNG PEOPLE WITH THE OPPORTUNITY TO EXPLORE DIFFERENT CAREER OPTIONS



Virtual Careers Fair

The tenth anniversary year #NCW2021 allowed us to celebrate a decade of development, a decade of trailblazing, a decade of support for young people and our first ever Virtual Careers Fair. We cannot thank you enough for getting involved in the VCF and the we think statistics speak for themselves. We will, of course be repeating the Virtual Careers Fair again this year and a new collection of supporters and sponsors will help to bring careers and pathways to life for your students through virtual work experience, videos, digital content and podcasts.

The VCF will be available from the 7th March and preparation tools such as exploration sheets and sponsor profiles will be available from the middle of February 2022.

For more information, including how to access the VCF, visit:
www.NCW2022.co.uk

Vocational routes after GCSE

What your child chooses to do after Year 11 can have a big impact on their future. The choices they make now will influence how easily they will be able to get a job or enter further education when they are older. The main options at this stage are for them to go on to full time education or take an apprenticeship/ training. Things they need to consider are the type of qualification they are going to study; what type of learning suits them best (classroom or practical); and what they enjoy. Options can include:

BTEC National

Study takes place over a two year period and is a combination of both practical and theory. Knowledge is tested through course work and a final examination (comprising 40% of the total grade).

T Level

T Levels are a vocational alternative to A levels and involve a mix of classroom learning (about 80%) and practical experience (about 20%) including a 45 day on-the-job placement in a genuine business.

Useful links

I'm interactive! Click me and I'll take you to their website

The Parents' Guide to Post 16 options

Other technical qualifications

Other qualifications available include Cambridge Technicals, City and Guilds, National Vocational Qualifications and Tech Bac (similar to the International Baccalaureate). They are vocational driven courses – i.e. centred around jobs and are well suited to students who know what type of job they want to do when they leave education or who prefer a more practical working style but still want to include classroom learning in their education.

Apprenticeship

Apprenticeships are real jobs which include learning elements which might take place at university, college or an education provider. Apprenticeships were developed to help address the skills shortage in UK businesses. Sixteen year olds can start an apprenticeship at Level 2.

Find out more

If you're interested in understanding more about your teens Post 16 options, which qualifications might suit them better and why choosing where to study could make a big difference, it's all in ***The Parents' Guide to Post 16 options.***

Vocational routes after sixth form

What your child chooses to do after sixthform (or college) is exciting but can be nerve-racking. There are lots of options available and understanding the pros and cons between different choices can be confusing. If they're not academic and want to get straight to work, there are lots of options available.

Important considerations include whether they want to include some form of studying, how they will finance living expenses and course fees (and whether you can afford to help them) and whether they're happy to move away from home or stay close by. Options can include:

Apprenticeship

Apprenticeships are real jobs which include learning elements which might take place at university, college or an education provider. Apprenticeships were developed to help address the skills shortage in UK businesses. Apprenticeships can range from level 2 to level 6/7 (degree apprenticeship).

Internship

Internships are usually short term informal arrangements with an employer and do not result in a formal qualification. They do offer an insight into business, networking opportunities, the possibility of job offers afterwards and the ability to learn practical, transferable skills.

Traineeship

Traineeships are short-term work placings lasting up to a maximum of six months to help young people become "job ready". The work experience element includes at least 100 hours on the job training to help provide the necessary experience to undertake apprenticeships or other employment.

Employment

Going straight into a job offers work experience but not a qualification. However, it is possible to create a personal training plan if desired.

Gap Year

Traditionally, this is a year spent travelling overseas, but it needn't focus exclusively on that. Volunteering and work experience can also be incorporated.

The Parents' Guide to National Careers Week 2022 PARENT/CARER GUIDE

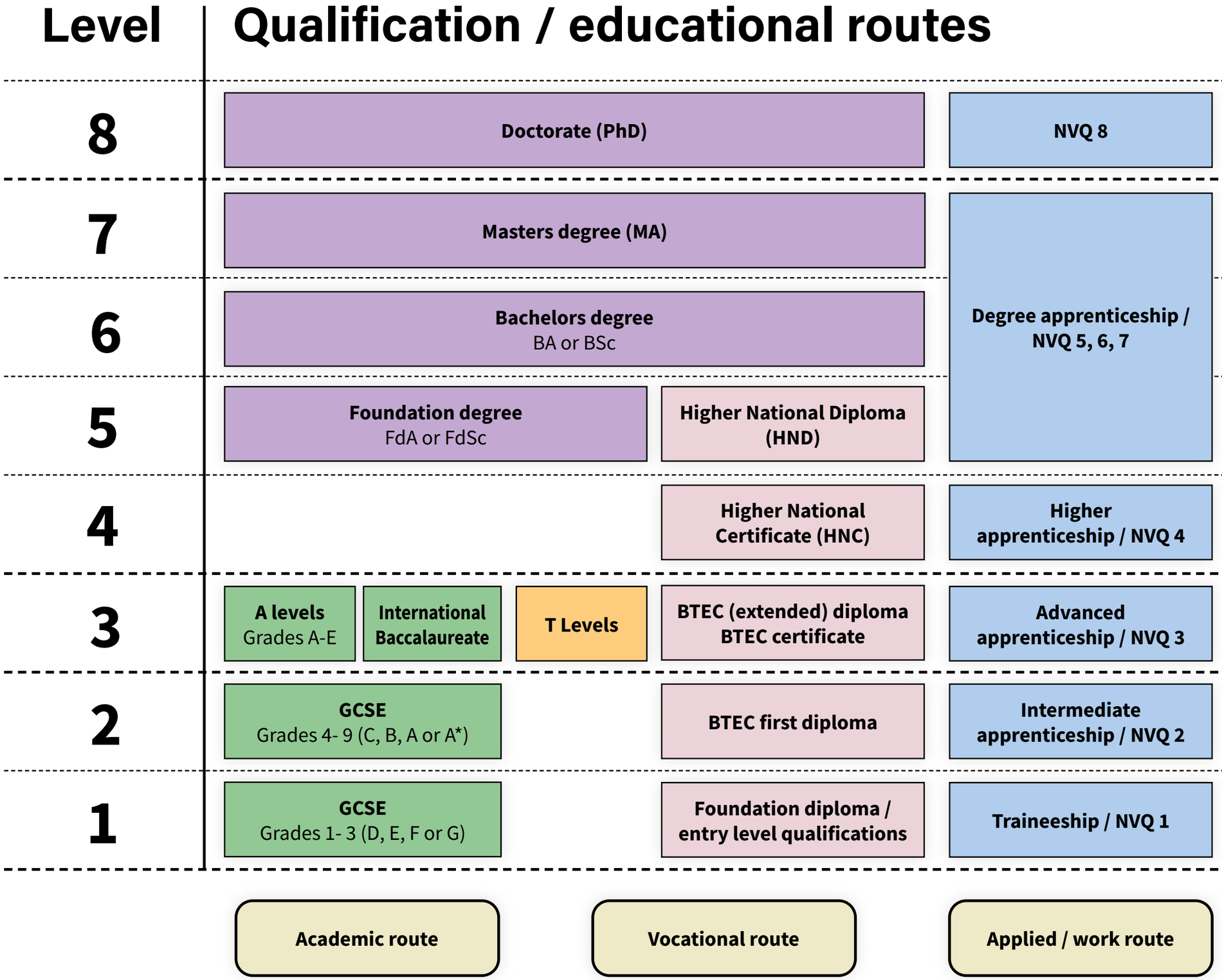
Starting a business

If your teen has the enthusiasm and ability, starting a small business needn't be costly and could give them an edge over others when it comes to interviews. This doesn't mean full-time commitment – it's something they could fit around studies or part-time work.

Find out more

If you're interested in finding out more information about your teens Post 18 options, which routes might suit them better and why choosing where to study could make a big difference, it's all in ***The Parents' Guide to Post 18 options.***

THE MOST IMPORTANT THING IS THAT YOUNG PEOPLE EXPLORE ALL OF THEIR OPTIONS AND DECIDE ON THE MOST APPROPRIATE PATHWAY



Levels of Education

In England, Wales and Northern Ireland there are 8 qualification levels (1 - 8) plus an entry level qualification for those just starting. Generally, the higher the level, the more difficult the qualification is. Levels 1-3 are typically taught in schools and colleges.

With so many different qualifications, it can be hard to know what they mean and where they might lead to next. To help you understand, we've created a summary of what the levels mean highlighting academic, vocational and work-based routes to higher education.

A spotlight on T Levels

T Levels are an exciting new option in sixth form education that provide a recognized qualification tailored to industry needs and skills. It's a great choice for students that want to learn practical skills relevant to certain jobs, regardless of whether they want to go on to study for a degree, take alternative further education or go straight into the workplace.

One T Level is equivalent to three A levels and the course lasts for two years. T Levels involve a mix of classroom learning (about 80% of the course time) and practical experience (about 20% of the course time) including a 45 day on-the-job placement in a genuine business. Afterwards, students may go on to university, alternative higher education, another job, an apprenticeship or they may be offered an opportunity with the company where they were placed.

T Levels are a vocational alternative to A levels (because they focus on industry) and include practical study as well as classroom learning. They differ from apprenticeships because the study and working time is reversed. Unlike BTECs, T Level courses were developed with businesses and offer an industry placement.

Vocational (technical) qualifications at level three such as BTECs are currently subject to a review which aims to streamline the number of qualifications available. Many of these existing qualifications will be phased out.

Useful links

T Level official website

The Parents' Guide to T Levels

What subject choices are there?

As of September 2021, there are ten T Level subjects available all relating directly to workplace careers:

- Building Services Engineering for Construction
- Design, Surveying and Planning for Construction
- Digital Business Services
- Digital Production, Design and Development
- Digital Support Services
- Education and Childcare
- Health
- Healthcare Science
- Onsite Construction
- Science

Six more subjects will be added in September 2022:

- Accounting
- Design and Development for Engineering and Manufacturing
- Engineering, Manufacturing, Processing and Control
- Finance
- Maintenance, Installation and Repair for Engineering and Manufacturing
- Management and Administration

And another seven from Sep 2023 onwards

- Agriculture, Land Management and Production
- Animal Care and Management
- Catering
- Craft and Design
- Hair, Beauty and Aesthetics
- Legal Services
- Media, Broadcast and Production

Click here to find what T Levels are available near you. You'll need to enter your postcode.

Useful links

Gov UK T Level subjects

Department for Education

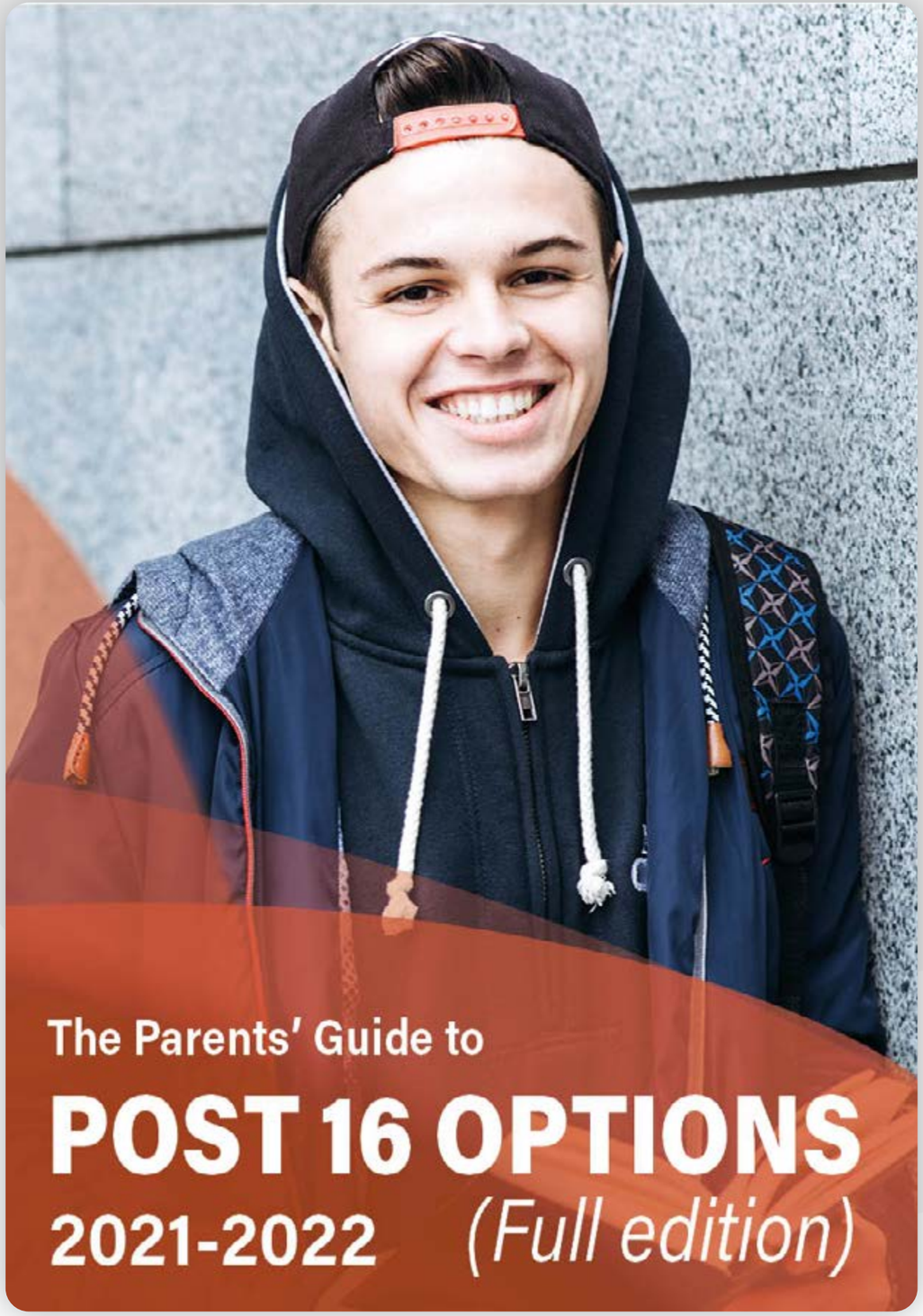
The Parents' Guide to T Levels

The Parents' Guide to Post 16 options

What your child chooses to do after Year 11 can have a big impact on their future. It's not just about what they study, it's where they study. And for those that aren't academic, there are options other than school or college.

This guide provides a detailed explanation of all their choices at 16 years old and includes:

- ✓ What qualifications are on offer;
- ✓ Which qualifications are better suited to different types of learners;
- ✓ Where they can study – the pros and cons of different learning environments depending on the type of student;
- ✓ Considerations on making the right choices
- ✓ GCSE results day – what to do if they don't get the results they need



Buy now

Apprenticeships

What your child chooses to do after GCSE or sixth form is both exciting and daunting. There are lots of options available and understanding the pros and cons between different choices can be challenging. Apprenticeships should not be over-looked; they offer the opportunity to combine study with paid employment resulting in a professional qualification. There are no tuition fees (these are covered by the employer and the government) and the salary can cover living expenses.

Apprenticeships used to be associated with trade industries (such as electricians, mechanics or plumbers). Nowadays, apprenticeships can be taken in a wide range of industry sectors and provide entry to all types of careers, including accountancy, banking, IT, law, management and television.

Relatively new to the apprenticeship suite are degree apprenticeships, offering an "earn while you learn route" to BSc or BA status. In other words, the end qualification is the same as if your child had attended university full time, the difference is that they will not have incurred any debt in tuition fees and will finish their degree with robust and transferable workplace skills.

Taking an apprenticeship is not an easy option and competition can be fierce. It takes organisation and dedication to balance work (where your child will be expected to contribute to the same standards as everyone else) and study. Holidays are far fewer than at college or university. However, if they have a more practical, work-related bias towards learning this will suit them well and they will obtain valuable experience which will strengthen opportunities in finding rewarding work when the apprenticeship is over.

Selecting the right apprenticeship will require your child to have reasonable confidence in the type of career they wish to follow although there is some flexibility.

Useful links

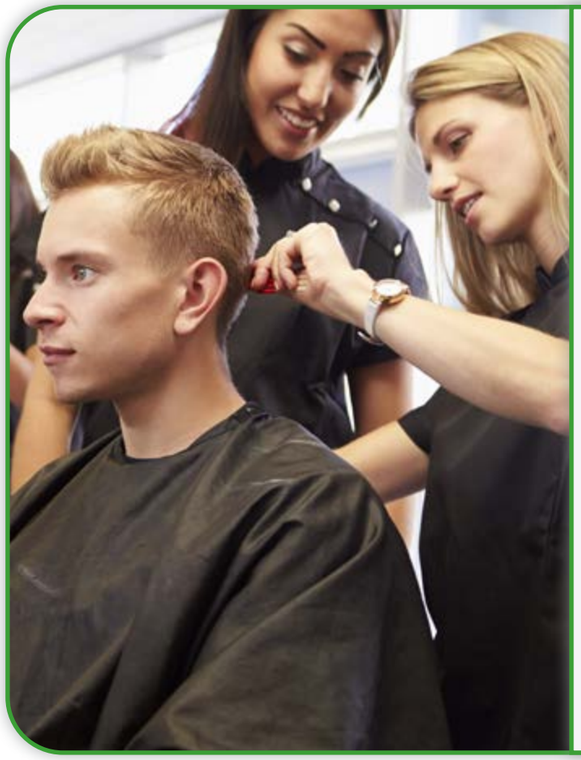
I'm interactive! Click me and I'll take you to their website

GOV. UK Overview

UCAS

The Parents' Guide to

Apprenticeship levels



LEVEL 2
Intermediate apprenticeships

Typical length
12-18 months

Entry requirements:
None or few

Qualifications obtained:
GCSE, BTEC or equivalent

Who's it for?
Mostly for 16-year-olds with limited or no academic qualifications.

LEVEL 3
Advanced apprenticeships

Typical length
12-24 months

Entry requirements:
Usually 5 GCSEs

Qualifications obtained:
A levels or equivalent

Who's it for?
Mostly for 16-year-olds with reasonable academic achievements but who don't want to study in sixth form.

The Parents' Guide to National Careers Week 2022 PARENT/CARER GUIDE

LEVEL 4/5
Higher apprenticeships

Typical length
3-5 years

Entry requirements:
A levels or equivalent

Qualifications obtained:
Higher national diploma / foundation degree

Who's it for?
Mostly for those who want to qualify for professional career paths without attending university / college. Sometimes referred to as 'school leaver' or 'non-graduate' Programmes.

LEVEL 6/7
Degree apprenticeship

Typical length
3-7 years

Entry requirements:
At least 2 A levels or equivalent

Qualifications obtained:
A BA or BSc degree or higher

Who's it for?
Mostly for those with excellent sixth form results that want to study for a degree or similar whilst working. Aimed at attracting high-calibre candidates to bridge professional skills gaps.

Where to find the right apprenticeship

There's a wide range of ways to seek out apprenticeships and we recommend using a selection of options rather than relying on one.

Government website

Most apprenticeships are posted on the Government's website. By creating an account, your child can set up alerts and filters to see opportunities that are of most interest to them and to be emailed when new opportunities arise. However, not all apprenticeships will appear.

Industry sector

It's smart to check apprenticeships directly on company, university or college websites. If your child doesn't know which of these sites to select, then they should first do some research on which industry sector may be of interest, and then find companies within this sector.

Job boards

National job agencies will also advertise apprenticeships and options can be narrowed to review within local distances from home or specific job types. This might be a particularly good way to seek out apprenticeships in level 3-5 range.

Companies direct

Another alternative is for them to identify companies that are of interest and check those websites for apprenticeships.

Be warned! Applications to well-known international companies (such as Amazon, Coca-Cola, Facebook, Google, Virgin) will be highly competitive; however, it might be a good starting point for identifying what's included in the apprenticeship and seeking out other companies that provide similar content.

School careers advisor

If your child is still at school or college, then getting them to speak with their careers adviser is a good move. Careers advisors are often the first to hear from companies advertising new apprenticeships

For more information on apprenticeships and how to help your child research, apply and prepare for one, you may be interested in The Parents' Guide to Apprenticeships 2021-2022.

Useful links

GOV. UK Search

Not going to Uni

The Parents' Guide to

Top 10 apprenticeship employers: 2021

1. NHS
2. amazon
3. QA POWERING POTENTIAL
4. BT
5. JAGUAR
6. ARMY BE THE BEST
7. BENTLEY
8. Bloomberg
9. JTL Training People
10. ROYAL NAVY

Statistics compiled by ***www.NationalApprenticeshipWeek.co.uk***
Click here to learn more.

The Parents' Guide to Standing out from the crowd

Applying for jobs and/or university is incredibly competitive. In The Parents' Guide to Standing out from the crowd, we explore different things your child can do to expand their interests, develop key transferrable skills and find out more about subjects they might like to study in the future.

This guide includes information on:

- ✓ Self-development and increasing confidence through reading, audiobooks and podcasts;
- ✓ Getting work experience (including virtual placements);
- ✓ Benefits of research and how to take a different approach;
- ✓ How different hobbies impact mental and physical health – and what transferrable skills they develop with dedicated sections on music and sports;
- ✓ Recommendations for non-curricular online courses; and
- ✓ Benefits of competitions and awards.

Buy now

Other options

It is important to remember that further education and academic study isn't for everyone. There are plenty of other ways to continue learning, such as apprenticeships, traineeships, paid or voluntary work or gap years.

Getting a job

The world of work can be an exciting option and doesn't necessarily need to rule out further study at a later date. If your child does plan to get a job after school or college, encourage them to think carefully about the kind of work they want to do and the reasons for doing it. Do they plan to start in an entry level position and gradually work their way up to a higher position as they begin to gain more experience? Or do they want to start earning, and use this time to reflect on what they might like to do next?

Job with training

Some jobs may provide training, which is usually funded by the employer. Encourage your child to check what qualifications are being offered and whether it is a nationally recognised qualification, such as a NVQ.

School leaver programmes

School leaver programmes offer opportunities to join the workplace straight after sixth form studies and commence skills development and career progression through experience as well as studying to obtain a nationally recognised qualification. Entry requirements vary from employer to employer.

Useful links

I'm interactive! Click me and I'll take you to their website

Post 16 options summary

Not Going to Uni

Post 18 options summary

Traineeships and internships

Traineeships

Traineeships are short-term work placings lasting up to a maximum of six months to help young people become "job ready". The work experience element includes at least 100 hours on the job training to help provide the necessary experience to undertake apprenticeships or other employment.

Internships

Whilst internships can be useful, they should not be confused with apprenticeships. Internships are informal arrangements with an employer, there is rarely a signed contract, they are usually short-term (less than one year) and they do not result in a formal qualification. They do offer an insight into business, networking opportunities, the possibility of job offers afterwards and the ability to learn practical, transferable skills. They may be useful in giving a student enough experience to start an apprenticeship.

Supported internships

Supported internships are for students with learning difficulties or impairments who want to get a job and need extra support to do this. They're a good way to get the training and experience your child needs to get into work.

Key tip:

These routes can be very helpful for non-academic students who may be better at picking up practical skills.

Useful links

I'm interactive! Click me and I'll take you to their website

GOV.UK Traineeships

GOV.UK Internships

Gap Years

Taking a year out after school can be beneficial, certainly in terms of the skills and experiences that can be developed, but your child will need to determine whether it's the right choice for them.

What does a gap year involve?

Traditionally, this is a year spent travelling overseas, but it needn't focus exclusively on that. Volunteering and work experience can also be incorporated and inform your child's likes and dislikes, as well as giving them valuable first-hand experience in a variety of areas they may not have had chance to try out. Gap years don't have to be expensive, and if finances are tight, your child can self fund their travels by getting a job first.

Is a gap year right for my child?

If your child is considering taking a year out after school, it's important to spend some time together and identify what it is your child wants to achieve. Gap years can be an excellent choice for students wanting to gain news skills and experience, earn money, spend time deciding what career path they want to take or have a break from work and study.

However, for some a gap year can be distracting and, if not well-planned, could prove somewhat directionless, which is unlikely to be beneficial. Before committing to a gap year, make sure your child has clear goals to make their time out from work or study a productive and fulfilling one.

Useful links

I'm interactive! Click me and I'll take you to their website

GOV. UK Foreign Travel Advice

Gap 360

Starting a business

The impact of Covid 19 has reduced some job opportunities and it's harder than ever for young people to get jobs, especially students seeking part time work to fit around their studies. However, for those teenagers with an entrepreneurial flair, there are still ways that they can gain experience and perhaps even make money in the process.

If your teen has the enthusiasm and ability, starting a small business needn't be costly and could give them an edge over others when it comes to interviews. This doesn't mean full-time commitment – it's something they could fit around studies or focus on only during school holidays. If things go really well, they may even have the beginnings of a career working for themselves.

Developing transferable skills

We often mention transferable skills, and that's because they're desirable. Whether for further education opportunities or to fill job roles, interviewers are trying to ensure they take on someone who is the right fit. There may be a minimum standard of qualifications needed, but they'll also be looking for personality and skillset.

Transferable skills are vital in every business, irrespective of the industry. Is your child a great communicator, well-organized, able to work on their own initiative, responsive and innovative? Can they prove it? Starting their own business gives your child first-hand experience that will teach them many skills that they wouldn't hone so quickly (or at all) through academic studies alone. It demonstrates they can apply their learning and character in real-life situations – and gives them a vehicle to prove their capabilities.

Useful links

I'm interactive! Click me and I'll take you to their website

Local Enterprise Network

Prince's Trust

The Parents' Guide to

Key transferable skills when starting a business

Initiative - having good ideas and acting upon them

Demonstrable experience - working on real-life projects, not just theoretical scenarios

Ability to communicate – probably the most important, running their own business shows they can communicate well with clients and people they don't know, both verbally and in writing

Teamwork - collaborating with others to achieve positive outcomes Ability to meet deadlines – to produce high quality work within limited time-frames

Listening – being responsive to others' needs

Leadership - inspiring and motivating others (by getting clients or followers)

Consistency – delivering high quality on a regular basis

Commitment and reliability – even growing a small business requires dedication over a period of time

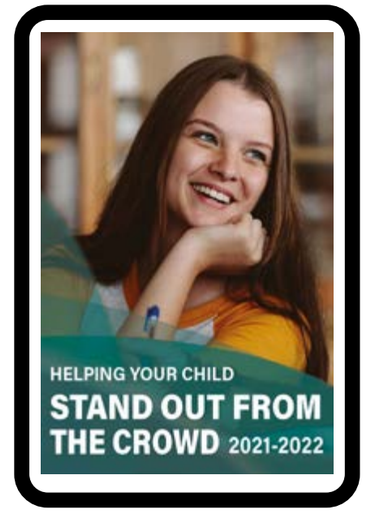
Time management and balance – crucial in successfully maintaining a business alongside their studies Problem solving -recognizing challenges and finding solutions

Visit **The Parents' Guide to** website for more support and resources:

All our resources are ready for immediate download

Parent Guides

Our range of interactive guides provide you with easy to follow advice, hyperlinks to reliable sources and the most up-to-date information.



Support articles

Browse through our collection of online articles covering a range of topics from supporting your child with their revision to helping them apply to university through UCAS.

Parent Q&A

Almost every parent has questions about their child's education. Read through answers to commonly asked questions or ask your own.

Blog

Our blog provides reliable and timely advice and support to changes taking place across UK schools and colleges.

Parent newsletter

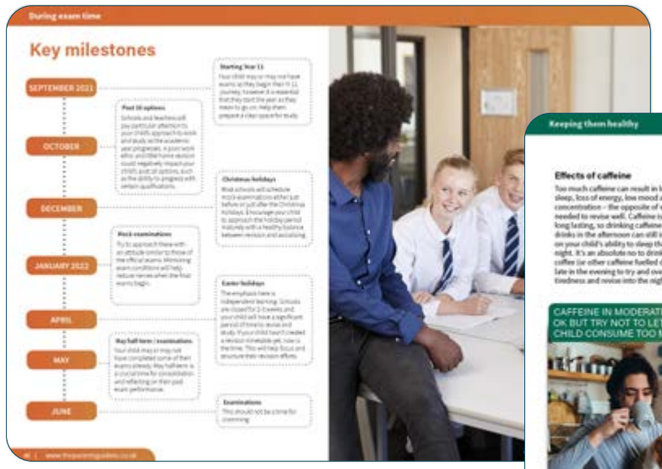
Sign up to our parent newsletter and receive free support, advice and resources on how you can help your teenage children straight to your inbox.

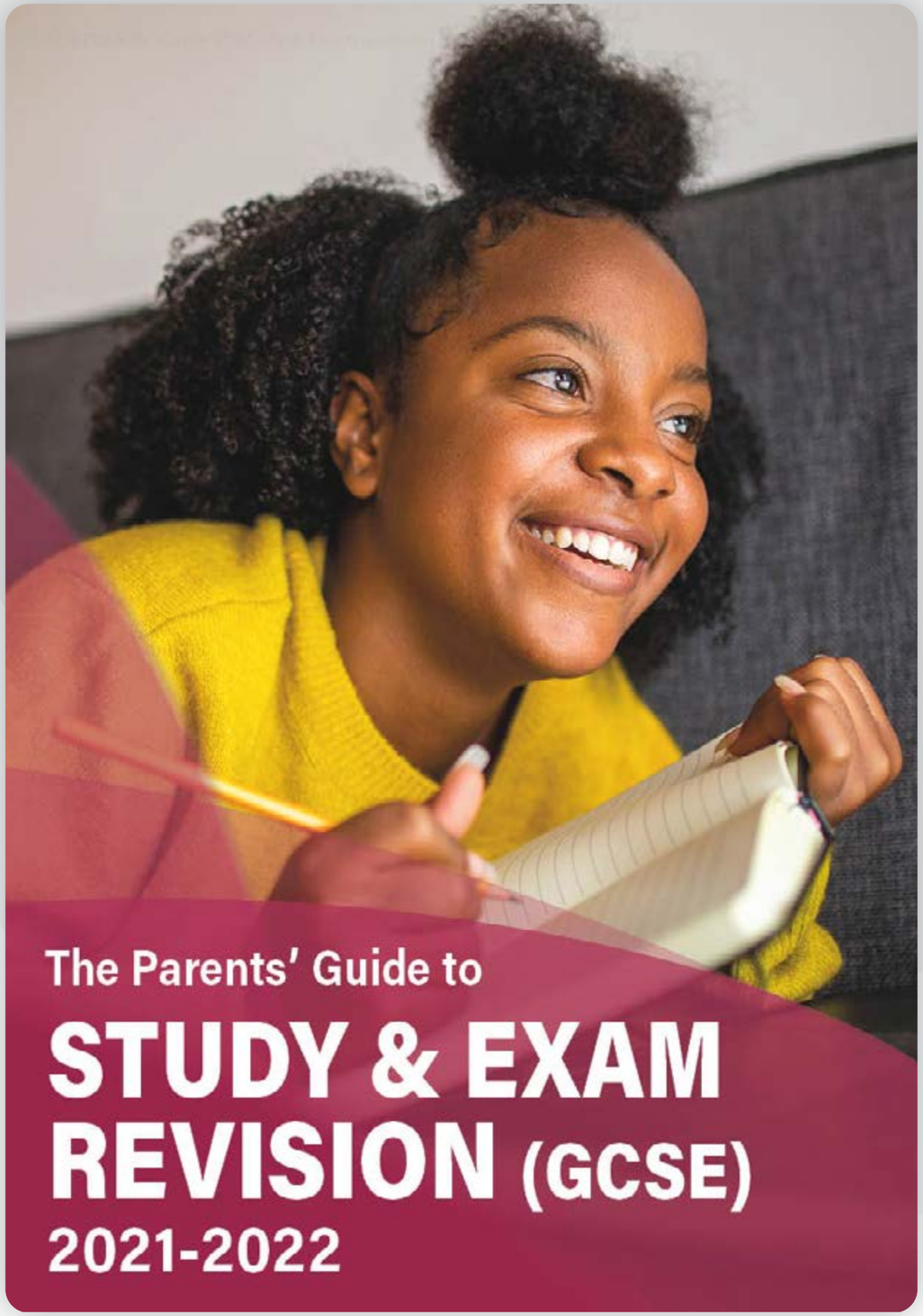
www.theparentsguideto.co.uk/parents

The Parents' Guide to Study and exam revision

We want our children to do well in their exams and it's not all down to what happens at school or college, homelife plays a crucial role. The Parents' Guide to Study and Exam Revision is full of practical advice that's easy to action:

- ✓ Keeping them healthy – covering diet, sleep and screen time
- ✓ Providing the right homelife – why setting a routine is vital
- ✓ Creating a helpful study space
- ✓ Ways to help them revise – you can't revise for them, but you can help. We've provided different options to make facts easier to remember
- ✓ How to support them during exam time
- ✓ How to help them with exam nerves and stress and protect their mental health

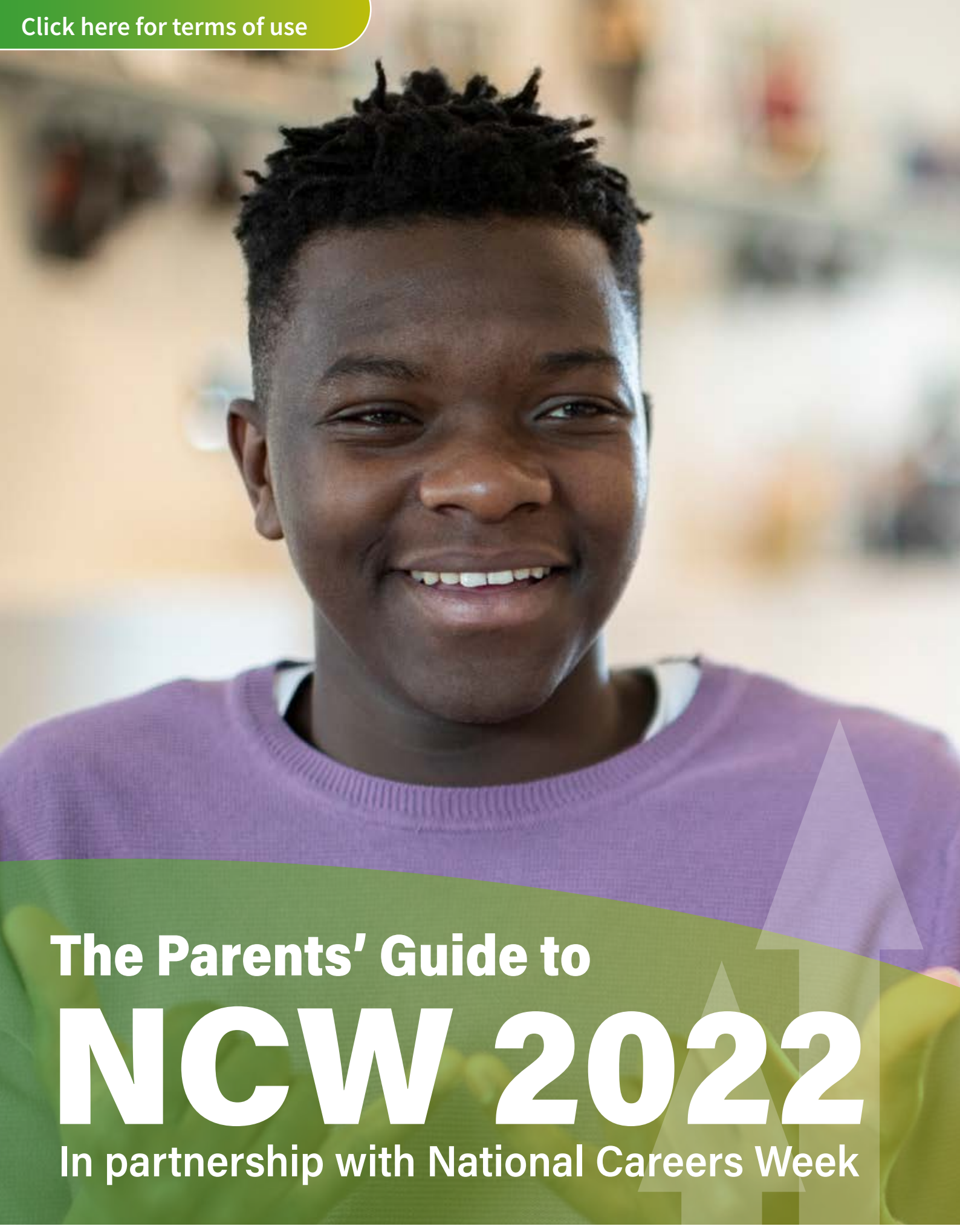




Buy GCSE

Buy sixth form

Click here for terms of use



The Parents' Guide to NCW 2022

In partnership with National Careers Week

THE PARENTS' GUIDE TO

National Careers Week NCW

Headline Partner: NatWest Group