
Talking to your child about careers – for parents/carers

What is a career?

People often use the term 'career' to mean an occupation or profession, such as carpenter, doctor, hairdresser, teacher. However, a career really "describes our journey through life, learning and work" (Career Development Institute, 2021 - Career Development Framework: https://www.thecdi.net/write/CD1_85-Framework_poster-web.pdf). The times of a 'job for life' and linear careers of moving up the management ladder in one industry is declining and people are using their skills and experience to change roles and move industries throughout their lifetime.

What career development support is my child getting in school?

At Marine Academy Plymouth, we are committed to providing a planned programme of careers education, information, advice and guidance (CEIAG) for all students in Years 7-11, in partnership with The Career and Enterprise Company. We work with all key stakeholders involved in a young person's career journey and ensure that we provide up to date support and guidance to our young people to help them make the right decisions for them. Find out more at <https://www.marineacademy.org.uk/secondary/key-information/careers>.

How can I talk to my child about careers?

You are a big influence in your child's life and the decisions they make, especially around education and careers. It is important to talk to your children about their career as an ever-evolving journey, rather than a particular job role or a planned journey progressing up a linear management ladder. This will enable them to focus on what they want from their career as they change over time and as the world and the labour market changes around them. You can talk to them about:

- Their strengths, skills and interests to develop their self-awareness – also let them know what you think they are good at to boost their confidence. They can use quizzes on Career Pilot (<https://careerpilot.org.uk/>) or National Careers Service (<https://nationalcareers.service.gov.uk/skills-assessment>) to help them.
- What type of job they might enjoy and why – to help them understand their motivations, as this might confirm their decisions or open up other possibilities for them that they haven't yet considered.
- Any resources they have been given or emailed in school so that you also have up to date information. At Marine Academy Plymouth we encourage our students to use Career Pilot (<https://careerpilot.org.uk/>) where they can create a profile and sign in to complete career development activities, get career and labour market information, and find out about education/training routes into job roles they are interested in.
- The career development skills they need to improve during their school journey and throughout their life to develop a positive career – you can use the Career Development Institute's Career Development Framework (2021) by Key Stage:

https://www.thecdi.net/write/CDI_98-Framework-skills_by_key_stage-A3_portrait-web.pdf.

Our top tips for talking to your child about careers are:

- It's never too early to talk about careers and never too late – so start talking about it as early as possible, but don't avoid the conversation if you think it is too late.
- Look at resources together to start a conversation – we have listed some useful websites below.
- Encourage them to take part in interests or activities outside of school to develop their strengths and skills.
- Encourage them to speak with a Career Development professional in school – they can offer them independent and impartial advice and guidance.
- Talk to them about your career and make them aware of family members or friends of yours who might be able to talk to them about careers or help them on their career journey.
- Keep in mind that it is their life and they should be making their own decisions – don't steer them into what you think is best for them.
- Don't push them to pick something and stick with it – it's ok if they are not sure what they want to do when they finish school as they can try something and see where it takes them, and they can change their mind later on.

For further support on how to talk to your child about careers, check out the CASCAID Parents' Guide to Careers Guidance: <https://cascaid.co.uk/wp-content/uploads/2021/03/Parents-Guide-eBook-V3.pdf>.

Are there any other parents' guides to help me find out more about careers?

You might want to read over some other parents' guides as there is a lot of information available – here are a few that we think might be most useful for you:

- **National Careers Week:** <https://nationalcareersweek.com/parentsguide/> - this contains information on talking to your teen about their future; apprenticeships; virtual work experience; other options; summary of options after GCSE and Sixth Form; and starting your own business.
- **Target Careers:** https://targetcareers.co.uk/sites/targetcareers.co.uk/files/public/paths-to-careers-parents-guide_2021.pdf - this contains information on helping your child discover opportunities; researching and applying for opportunities; spotlights on sectors; and some case studies of successful young people for inspiration.
- **Youth Employment:** <https://www.youthemployment.org.uk/careers-advice-for-parents/> - information and advice for parents to talk to your child about careers and understand and explore their next steps, and you can download a free Skills & Careers Activities Booklet For Young People.
- **Success At School:** <https://successatschool.org/advice/parents> - offers various parents guides including Post 16 qualifications; how to find volunteer opportunities for your child; in-demand career paths; and how to help your child with job applications.
- **Amazing Apprenticeships:** <https://amazingapprenticeships.com/parents/> - contains information for parents about apprenticeships and traineeships.

Where can I find information about careers and the labour market?

There are lots of interesting websites you can look through with your child to help them grow throughout life and explore possibilities to help them make the best decisions for them – here are a few that we find useful:

- Skills Launchpad Plymouth: <https://www.skillslaunchpadplym.co.uk/youth-hub-resource-bank>
- Career Pilot: <https://careerpilot.org.uk/>
- National Careers Service: <https://nationalcareers.service.gov.uk/>
- Icould: <https://icould.com/>
- Amazing Apprenticeships: <https://amazingapprenticeships.com/>
- Prospects: <https://www.prospects.ac.uk/>
- Next Steps South West: <https://nextstepsw.ac.uk/resources-for-students/>
- UCAS (Universities and Colleges Admissions Service): <https://www.ucas.com/>
- The Future of Work 2020-30: <https://successatschool.org/advisedetails/1277/future-of-work-job-opportunities-for-young-people> – the Success at School website brings together research looking at Covid-19, job losses and declining industries; the Fourth Industrial Revolution and the impact on jobs and skills; threats and opportunities arising from environmental changes; and jobs of the future that are likely to be in greater demand in 2030.
- Overview of Plymouth employers and sectors on Skills Launchpad Plymouth: <https://www.skillslaunchpadplym.co.uk/plymouth-s-employers-and-sectors>
- Labour market statistics: <https://www.careerpilot.org.uk/information/careerometer> - compare statistics about specific jobs and the UK average for weekly and annual pay, hours worked per week, and workforce change.

Further support for your child

If your child has any careers related questions, encourage them to ask their tutor in the first instance, or their Assistant Head of Year – they can point them in the right direction to help them find answers. If your child leaves Year 11 with no plan for education, training or employment in place, you can contact CSW Group for free information and advice: <https://cswgroup.co.uk/contact/>. Your child can also contact the National Careers Service if aged 13 and over, no matter what stage of their career journey they are at: <https://nationalcareers.service.gov.uk/about-us>.