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FOR PARENTS, CARERS & GUARDIANS

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In demand jobs
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Careermag for Parents, Carers & Guardians
Issue 10 | March 2023

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FOREWORD

Firstly, it's not all about University

There are so many options available to school leavers. Those who are maybe more motivated to get out there and earn whilst they learn or those who prefer a more hands-on approach to pick up new skills.

I'm Amy and 10 years ago, I chose the apprenticeship route when it was time for me to leave school. My course - a 12 week Plant Operator Apprenticeship with CITB's National Construction College - set me off on a path to becoming a digger driver. I run my own business, and I help to run the family construction business. I can honestly say I'm living my dream!



The construction industry offers a variety of jobs to choose from, each having its own relevant routes of entry. Yes, some may be more suited to a university route but for more practical jobs, I was amazed at the course offered at the CITB's National Construction College. Sitting down for lunch whilst on the scheme, I was joined by trainee plant mechanics, groundworkers, scaffolders, roofers, and civil engineers. All of these students chose a practical learning method - something I totally get, as a person who didn't fancy the idea of keeping my head in a study book for a further 2-4 years once I had the option to leave school and get into the 'real world'.



Operating a digger and documenting my journey online has allowed me to build quite an audience... over 450,000 people follow my story online. I get lots of messages asking me how to make a career in driving machines or on the building site. My one piece of advice that I give to the countless people who contact me is to follow their dream and run with it. It sounds cheesy, but I believe once you decide you're going to do something, you can be specific in your search and you will find out how to take your next step. And you will get the course or qualification you need to progress. And you'll love it when you're there!

Remember, someone out there shared your dream once. It may be somebody you look up to already. You may be able to find someone online, or in a paper or a book. I personally find it very rewarding to be asked for advice and most others I know feel the same way. So don't be afraid to send your person a message and ask for advice. Being able to give a leg-up to someone in need gives me such a buzz and I would encourage anyone 'on the fence' to just go for it

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FOR PARENTS, CARERS & GUARDIANS

Issue 10 March 2023

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About Careermag

Careermag publications are designed to provide quality, up-to-date information about careers and qualifications. Careers are not a linear path and you cannot know what you don't know. We aim to inspire and inform about all sorts of careers and opportunities, now and in the future. We look at all the pathways you can take, be that vocational, academic and/or professional.

We welcome your input! Please get in touch if you have any questions or something to contribute.

Contact the Editor at **info@careermag.co.uk**

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Careermag is an excellent resource for schools, colleges and sixth forms. If you would like to receive bulk print copies, email Jodie at **info@careermap.co.uk**

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5 Questions to help your child to think about their next steps

As a parent, you want your child to succeed in life and meet their true potential. This means helping them to think about their next steps after school or college. While it can be daunting to think about the future, there are five questions that can help your child to clarify their goals and plan for their future:

1. What do you enjoy doing?

The first question to ask your child is what they enjoy doing. This can help them to identify their passions and interests, and start thinking about careers that align with those interests. Encourage your child to explore different hobbies and activities to find what they truly love doing.

2. What are your strengths?

The second question to ask your child is what their strengths are. This can help them to identify their natural talents and abilities, and consider careers that leverage those strengths. Encourage your child to reflect on their academic and extracurricular achievements, and think about what they are good at.

3. What do you want to achieve?

The third question to ask your child is what they want to achieve in their life. This can help them to set long-term goals and think about the steps they need to take to achieve those goals. Encourage your child to dream big and think about what they want their legacy to be.

4. What challenges do you anticipate?

The fourth question to ask your child is what challenges they anticipate facing as they pursue their goals. This can help them to identify potential roadblocks and develop strategies for overcoming them. Encourage your child to be honest with themselves about their weaknesses and think about how they can turn those weaknesses into strengths.

5. What resources do you need?

The fifth question to ask your child is what resources they will need to achieve their goals. This can help them to think about the practical steps they need to take to make their dreams a reality. Encourage your child to consider the financial, educational, and social resources they will need to succeed.

By asking your child these five questions, you can help them to think critically about their future and develop a plan for achieving their goals. Remember to be supportive and open-minded as your child navigates this process. With your guidance and encouragement, your child can create a bright and successful future for themselves.



The vital role of work experience in helping to ready young people for the world of work

Young people today can find themselves stuck in a frustrating cycle of '*no experience, no job / no job, no experience*' when starting their careers. Indeed, research undertaken by the youth charity, Speakers for Schools, reveals only a third of teenagers aged 16-18 had work experience.

While employers can be reluctant to hire people who don't have any relevant or previous experience, young people simply need to be given the chance to gain this, while at the same time, developing core skills and building their confidence.

At Movement to Work, we support employers to provide quality work placements that combine employability skills training with on-the-job experience. So it's not just experience of the workplace, but employability programmes where young people have access to training, the opportunity to gain qualifications and be supported throughout in the form of a buddy or mentor. Feedback from our most recent Youth Summit tells us that a buddy or mentor, someone who can provide guidance and support, can really make the experience even more positive for a young person.

Founded in 2013, we have created more than 150,000 opportunities across the country for young people, aged 16-30, who face barriers to employment. We do this by working with some of the biggest employers in the UK across a range of sectors, from retail and hospitality to technology and engineering.

We encourage employers to think about an end goal and pathways for successful placements. For example, it could lead to an assessment centre or interview for an apprenticeship. Several employers in the Movement to Work network use their programmes as a direct feed into their organisation's apprenticeship schemes, which makes an excellent career pathway for a young person. They will continue to develop and learn while receiving on-the-job experience – all while being paid at the same time.

Recent research, including Youth Employment UK's Youth Voice Census 2022, continues to shine a spotlight on the mental health crisis in young people. It shows an increase in mental health conditions and low self-confidence are key factors preventing a rising number of young people from entering employment, all compounded by the pandemic and its aftermath which continues to be felt by this group. So, building the confidence of young people in a supportive workplace environment is vital.

It can be daunting for a young person to decide which industry they might want to work in or what job they'd like to do. Taking part in work experience programmes is an ideal way for young people to explore different organisations, sectors and roles, without having to sign a contract or commit to longer term employment. It's the perfect opportunity to get a taste for a job, company and more importantly, its culture, before deciding whether it's right for them.

The benefits of quality and meaningful work experience are far reaching, for young people and for businesses. At Movement to Work, we want to create even more opportunities for young people to give them the experience, tools and skills they need to succeed and gain employment - all while supporting employers to access a diverse and sustainable pipeline of future talent which we know is vital to their success.



Gillian Churchill
CEO of Movement to Work

For more information on Movement to Work and the opportunities on offer, please visit **www.movementtowork.com/the-movement**



Build a future in construction

The construction industry needs to recruit extra workers to meet high demands. With something to suit everyone with a career for life.

Apprenticeships offer hands-on training and the chance to put skills into practice. They are available to school leavers, people upskilling in their careers or complete career changes.

The National Construction College has been providing training for over 50 years and is ready to work with employers and apprentices now!

So what do you need to do?

Decide on the right apprenticeship
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Find an employer
Search talentview.org/construction or contact local companies near you to see if they are taking on apprentices

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Once employed
Apply for training with NCC or if you need more information email ncc.standards@citb.co.uk

↓

CITB will take you through the enrolment process and co-ordinate your training

Centre of excellence.

www.citb.co.uk/ncc-apprenticeships

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National Construction College

Jobs out there... right now!

There are sectors which are recruiting right now and are well worth your teenager thinking about. Here are the current 'in-demand' jobs:

Engineering

Engineering companies across the country are keen to hire new team members right now. Engineering is currently an ageing workforce, so if your child is passionate about kick-starting their career in an in-demand industry, this could be right for them!

Digital Marketing

One thing we found out during the pandemic was how important online marketing and sales are, and will continue to be in the future. Companies rapidly built their online presence and continue to do so. There are a wide number of areas your child can work in, from search engine optimization (or SEO for short), copywriting and social media, Pay Per Click and much more!

Software Development

Jobs in software development in the UK, and the rest of the world, are increasing in number and salary quickly. Whether your child wants to work as part of an in-house team or at an app or web development company, there are plenty of opportunities for them to choose from. An added bonus is they can develop skills to future-proof their career.

Cybersecurity

Alongside businesses moving online, there is also a growing need for cybersecurity experts. Keeping the commercial activities of businesses safe and people's data privacy is a priority, and systems for ensuring this are essential. Your teenager could play an important part of any business with an online presence by helping businesses protect themselves from hacking and fraud, and understand the importance of data protection.

Teaching

Education changed dramatically during COVID, and teachers across the sector embraced changes in technology and delivery. Secondary teachers are highly valuable and in demand in the UK in particular right now. There are currently many job opportunities across the country and in primary, secondary and SEND schools, and for those who love sharing knowledge and want to make a difference by shaping our leaders of tomorrow.

Nursing

The pandemic showed us all just how essential nurses are to our communities - and society as a whole. There is always a need for nurses and other healthcare workers, and with a structured career path, your child will find ways to develop their skills, gain the necessary qualifications and progress, whilst working in a fulfilling and rewarding sector. With various routes for those with a commitment to care, people's welfare and the highest professional standards, a career in nursing could be just for your teen.

Graphic Design

Graphic designers help elevate businesses' profiles and take brand awareness to a new level - having a good designer on board is crucial. Logos, packaging, promotional and advertising materials and digital content are amongst the most important assets a company can have - and are more valuable than ever now. If your child is comfortable with Photoshop or Illustrator and has some design experience, they have a good chance of getting a job in this growing sector. And even if they don't there are a range of training opportunities available!

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Construct

Why Construction Could be the Perfect Fit for your Child



As parents, you want your children to have fulfilling and successful careers where they thrive. You encourage them to follow their passions and work hard to achieve their dreams. However, when it comes to choosing the right career path, it can be difficult to know which way to turn.

Construction is an industry that often goes overlooked when it comes to career choices for young people. But it shouldn't be. It builds the homes we live in, the offices we work in, the schools our children attend, and the roads and bridges that connect us all. It offers a sense of unrivalled accomplishment – the opportunity to look up at something and say, 'I built that.'

Parents have the biggest influence on the decisions, life choices and paths their children make. Here's why you should encourage yours to embark on a rewarding career in construction.

A Variety of Roles

One of the best things about the construction industry is the sheer variety of jobs available. From architects and engineers to project managers and skilled tradespeople, there's something for everyone. Whether your child is passionate about design, problem-solving or hands-on work, there's a construction job that will allow them to shine.

A Growing Industry

Construction is one of the fastest-growing industries in the UK, with a wide range of projects in progress across the country. From skyscrapers and residential buildings to large-scale infrastructure projects, the demand for skilled construction workers is higher than ever. With a strong work ethic and a willingness to learn, the sky's the limit for your child's career in construction.

Excellent Earning Potential

Another major advantage of a construction career is the financial rewards that come with it. With the demand for skilled workers so high, many companies are offering competitive salaries and comprehensive benefits packages to attract young people. Many construction jobs do not require a degree, so your child can stand on their own two feet financially without the student debt.

Opportunities for Growth

The construction industry also offers plenty of opportunities for career growth and advancement. Employers regularly train and upskill their staff, so your child will have the opportunity to learn something new or build on their existing skills. In fact, it's not uncommon for someone to start as an apprentice and work their way up to a leadership position.

Construction has come a long way over the years. Construction sites are safe, with strict safety measures and new technologies in place – in fact, many in the industry don't work onsite at all. Inclusivity and diversity sit at the heart of recruitment and working practices, and more women are entering the industry than ever.

As a parent, you can play an important role in encouraging your child to explore the potential of a career in construction. At Go Construct, we can provide you with the information, advice and guidance to help them get started, hear from their peers and find their perfect career.

Find out more: **www.goconstruct.org**

SECTOR SPOTLIGHT

Building the future

By kind permission of Hilti



Making construction your career

There's much more to construction than just building sites. Whilst bricklayers are important, construction offers a wide range of jobs to suit your skills and knowledge. So, whether you're starting your career, or wanting a career change there are many opportunities from designer and IT, administrator to manager, driver to mechanic and everything in between. Make construction your career.

Construction is diverse and rewarding. It uses some of the latest technology including Building Information Modelling, Computer Aided Design and Nanotechnology and not just for house building. Commercial projects cover everything from shopping centres to sport stadiums. Infrastructure erects roads, bridges, water and electricity stations and more. Off-site manufacturing makes components and parts in factories and transports them to site.

All this progress means many construction careers focus on green technologies and sustainability, helping to ensure the environment is protected.

About Construction

What can I do?

Construction offers a diverse range of jobs; you may prefer to be active working outdoors or in manufacturing, or be office-based working on plans and processes; or a combination of both. Whatever your skills and aspirations, you're sure to find a role within the construction industry that plays to your strengths. Discover which job is right for you on the **Go Construct career explorer**, based on your interests, skills and qualifications.

How many of these jobs have you heard of before?



- 360 Excavator Operator
- 3D Visualiser
- Accountant / Assistant
- Archaeologist
- Architect
- Bench Joiner
- BIM Technician / Manager
- Bricklayer
- Business Development Manager
- Buyer
- CAD Operator
- Ceiling Fixer
- Chimney Engineer
- Civil Engineer
- Commercial Manager
- Compliance Manager
- Concrete Finisher
- Contracts Manager
- Corporate Social Responsibility Coordinator
- Crane Operator
- Design Manager
- Diamond Drilling Operative
- Ecologist
- Economist
- Electrical Engineer
- Electrical Tester
- Environment Adviser
- Facilities Manager
- Fire Protection Installer
- Forklift Driver
- Gas Service Installer
- Geo-Technical Engineer
- Glazier
- Goods In Manager
- Health, Safety and Environment Adviser
- Heritage Consultant
- HGV driver
- Human Resources Personnel
- Interior Designer
- Land and Property Valuer
- Landscape Architect
- Landscape Manager
- Legal Adviser
- Lightning Conductor Engineer
- Logistics and Plant Manager
- Marketing and PR Manager
- Mastic Asphalter
- Painter and Decorator
- Piling Operative
- Planner
- Plasterer
- Plumber
- Procurement Manager
- Property Sales Manager
- Purchasing Manager
- Quality Assurance Manager
- Quantity Surveyor
- Receptionist
- Regeneration Officer
- Remediation Specialist
- Rig Driver
- Risk Manager
- Safety Net Rigger
- Scaffolder
- Self-employed Contractor
- Setting Out Engineer
- Shopfitter
- Steel Fixer
- Stonemason
- Sustainability Manager
- Tiler
- Town Planner
- Traffic Safety and Control Officer
- Transport Manager
- Transport Modeller
- Tunnelling Section Engineer
- Welder
- Window Fitter
- Wood Machinist

TOP TIPS

Applying for jobs

If you're looking to go straight into work by applying for vacancies or making enquiries to construction firms you are interested in working for, make sure your CV is up to date. Alternatively, if you need to fill in an application form, make sure you read it very carefully and ensure the right information goes in the right places.

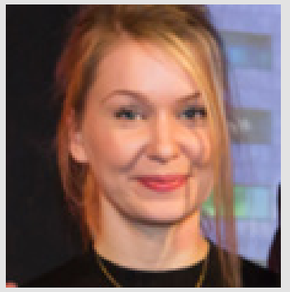
Being self-employed

You could choose to be self-employed with the flexibility to manage the jobs you take on, hours you work and your pay. Or seek employment with local, national or global construction businesses. Construction gives you the opportunity to work closer to home, or travel the world. Whatever suits you, your skills and knowledge, make construction your career.

SECTOR SPOTLIGHT - CONSTRUCTION

Case Study - Meet Sophie Turner

Trainee Site Manager



After graduating from university and working in retail and hospitality, I hadn't really found the career I wanted to go into. Then I saw the opportunity for an apprenticeship in construction and decided to go for it!

I've been able to secure a role as a Trainee Site Manager with Robertsons, working on a new hospital build in Orkney.

What skills do you need in your job?

In site management I think *teamwork* is a key skill as there are so many people involved both on site and behind the scenes, so you need to be able to work with lots of people from different backgrounds and trades – from tradesmen to engineers.

You also need to be *organised and thorough in your approach*, as you're involved in both quality of the work and the health and safety on site.

Skills

Although building walls is an option, you don't have to have bricklaying skills to work in construction. You may be surprised what skills fit in the construction sector. See if you got what it takes!

First make a list of all the things you love to do; your interests, hobbies and skills. Then try the **Career Explorer** to find your perfect job role match. Put together a shortlist of jobs from the list which interest you the most. You may also find inspiration from trade websites and magazines, to grasp the range of opportunities out there in construction for you.

Personal skills that would be helpful to have; or you are likely to gain working in the construction industry are:

- Adaptable
- Attention to detail
- Customer focused
- Deal with people at all levels
- Finance, good with numbers, managing budgets or stock control
- Good communication skills
- Initiative and drive
- Negotiation and influencing skills
- Problem solving
- Responsible and 'work ready'
- Results-driven
- Self-motivated
- Team player
- Work on your own

Although building walls is an option, you don't have to have bricklaying skills to work in construction

By kind permission of Hilti



Case Study - Meet Carl Bugler

Senior Assistant Engineer, Structures



When I left school I had eight CSEs and took on various job roles including apprentice fabricator and welder, HGV driver, heavy plant machinery operative and manual labourer.

I also spent five years in the Armed Forces within their Logistics Corps. When I was 32, I decided to enrol on an ONC construction course to further my career, with the view of becoming a Civil Engineer.

I work for the Caerphilly County Borough Council, in their Engineering Projects Group, structures team. My workload is extremely varied and includes: designing, assessing, maintaining and inspecting bridges and culverts (tunnels carrying a stream or open drain under a road or railway), compiling tender documents and bills of quantities for projects, and checking and processing invoices.

I also inspect and supervise construction works on-site, check the setting-out and I ensure that the works are carried out in accordance with the project's specification. Another aspect of my job is to assist the junior members of the team, new to construction jobs and develop their skills further.

What would you say to someone thinking about a career in construction?

My advice would be to research the various construction careers options carefully and seek advice from people working within your preferred choice of profession.

I'd also say set your sights on the career you want and go for it. When I went back into education at 32 it was a bit of a shock to the system, but I persevered and was rewarded when, at the age of 35, I was offered a job within the Engineering Projects Group Structures Section as a Technician following a successful interview. If I can do it, then so can you!

Pathways into construction

In construction, there are so many roles to choose from and so many ways into the industry.

Do you know someone who does the job you want to have? If so, ask them what it's really like. But if not, contact a local construction firm for advice. Here are some successful routes into construction, starting with:

Work experience

If working in construction fits your interest, knowledge or skills, but you would like to try it first, organise some work experience to gain first-hand experience shadowing professionals to see if the work matches your expectations. Work experience is useful to have on your CV and gives you an opportunity to build your network of contacts.

Traineeships

If you don't have many qualifications, a traineeship could be an ideal solution for you. Ranging from a couple of weeks to six months in length, a traineeship will help build your skills to prepare you for a job or an apprenticeship.

SECTOR SPOTLIGHT - CONSTRUCTION

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Apprenticeships

Apprenticeships are a great way to start in the industry if you want to earn while you learn.

The length of study depends on the level of apprenticeship, from one to five years, usually at a local training provider. Focus on a specific job role, so you learn the skills required.

Anyone over the age of 16 can apply online for an apprenticeship. Find out more click Go Construct **apprenticeships**

Get 'CSCS carded' (Construction Skills Certification Scheme)

To work on a construction site you need your own **CSCS card** to prove your skills and qualifications are valid and have a valid CITB Health, safety & environment test, as safety on site is critically. There is a Provisional card for people working on a trial, which is valid for 6 months to enable employers to assess your abilities. **Learn more about CSCS cards here**.

CSCS also partners with specialist industry sectors like demolition, landscaping and scaffold to ensure all training, assessments and qualifications meet construction industry standards. Generally, all cards are referred to as 'CSCS' cards and use the CSCS logo. For full details **view CSCS partner cards here**.

Busting those myths!

Myth: Construction is an old-fashioned and very traditional industry

Fact: New building methods and materials are constantly developing; although traditional methods of building (such as heritage skills), are essential to maintain older and listed buildings. These heritage skills are very specialist and require a great deal of training.

Even old and historic buildings are expected to meet new low carbon and waste reduction targets. So it's a big job to maintain the aesthetics of a building, but ensure they meet modern standards

Modern construction develops and uses some of the latest technology including Building Information Modelling (BIM), Computer Aided Design (CAD) and even nanotechnology.

Myth: Construction is just 'jobs for the boys'

Fact: Over 320,000 women have a career in construction

Myth: The industry is dominated by cowboy builders

Fact: Smaller responsible companies will register with federations and associations such as checkatrade.com, Federation of Master Builders, National Federation of Builders that have strict membership criteria and assess the quality of the work of their members.

Myth: I did well at school, so construction is not for me.

Fact: There are lots of well-paid career opportunities for successful people who are educated to degree level in the construction industry. Once you have your degree, many employers have a recognised development graduate programme.

Myth: Construction only benefits the people who work or invest in it.

Fact: Society benefits from construction because it builds infrastructure to: supply clean water, waste management, flood defence systems and improved transport systems.

Still not sure? Check out Mimi-Isabella Nwosu's engineering myth buster video: **https://youtu.be/EXW655Be174**

Apprenticeships: Everything you need to know



Apprenticeships are a fantastic route for young people who are ready to get out into the world of work. If you're looking for a credible alternative to traditional learning routes, then an apprenticeship can give you the opportunity to earn and learn while gaining invaluable skills and work experience.

During your apprenticeship, you'll combine on the job training with academic study enabling you to get a nationally recognised qualification while earning and developing!

How do apprenticeships work?

Apprenticeships really are a viable alternative to university and you can actually get a degree qualification via the apprenticeship route. During an apprenticeship, you'll combine on the job training with academic study enabling you to get a nationally recognised qualification while earning and developing!

Remember, employers help design apprenticeship standards, so you'll know that the modules you're learning are relevant to employers.

What are apprenticeships?

Apprenticeships are a type of work based training. During an apprenticeship, you'll typically spend 30 hours per week working combined with time at college, with your training provider, training centre or to learn online. You'll normally split your time at work by 80% in the workplace and 20% in the classroom.

What happens during an apprenticeship?

When you start an apprenticeship, you will receive an income as well as support and training to help you unlock your potential. Apprenticeships are all about helping you to gain new skills, enhance current skills, gain experience and qualify with a Level 2 to Level 7 qualification, depending on the level you undertake.

We often get asked... 'What if I don't have any previous experience or qualifications?' Don't panic! With an apprenticeship, you don't need any experience as you'll gain this on the job. The same goes with qualifications, although some employers will ask for them, not all will. If you don't have basic requirements, you'll be able to gain these during your apprenticeship by completing your functional skills in Maths, English and IT.

How long does an apprenticeship last?

An apprenticeship will last for a minimum of 12 months. This will vary depending on the type of apprenticeship and the level you'll be working towards. Apprenticeships are available in a number of different industries including: business, sports, engineering, law, health care, hair and beauty and many more.

Apprenticeships are available at the following levels:

Level 2 or Intermediate apprenticeships are equivalent to GCSE level and typically takes 12 to 18 months to complete

Level 3 or Advanced apprenticeships are equivalent to 2 A Levels and usually last for two years

Level 4 and 5 or Higher apprenticeships are equal to a foundation degree and HNDs and normally take around 3 to 6 years to complete.

Level 6 and 7 or Higher/Degree apprenticeships are equal to a Bachelor or Master's degree and typically lasts around 3 to 6 years.

How much do apprenticeships pay?

Wondering how much do apprenticeships pay? This can vary. As an apprentice, you will get paid, however, how much will depend on your employer. Some employers will pay a lot more than the minimum wage for an apprentice. Employers are legally required to pay an apprentice under the age of 19 or those over 19, but in their first year the minimum requirement is £4.81 per hour. From April 2023, this will increase to £5.28.

If you're an apprentice, aged 19 or over and have completed your first year then you are entitled to the national minimum wage rate for your age.

Who can do an apprenticeship?

Anyone can do an apprenticeship. Whether you're looking for a career change or want to kick-start a career after school or college then an apprenticeship could be right up your street! Apprenticeships are a great route for you to secure your dream career. Remember, it is a job and you will need to apply and go through an interview process.

When do apprenticeships start?

You can apply for an apprenticeship all year round, unlike colleges and universities. However, some larger employers recruit at set periods of the year so it's best to check before applying. If you want to get an idea of what is available or want to apply now, check out our job search tool. **careermap.co.uk**.

Who could I work for?

You can begin your career via an apprenticeship with any size employer, from small to large and international companies. Here are just a few of the employers who we work with:

- Jaguar Land Rover
- Army
- IBM
- PwC
- Network Rail
- BDO

What apprenticeships are there?

There are many apprenticeships available, from business to accounting apprenticeships, hair and beauty to animal care, graphic design, teaching plus many more! You might be surprised to hear that you can actually do a **doctor apprenticeship** now too!



When to apply for apprenticeships?

When to apply for apprenticeships varies depending on the employer or training provider. They can fall at any time of the year but there are some trends to bear in mind when thinking about applying for an apprenticeship. These include:

Does the employer hire on an annual recruitment basis?
This is normally used by large employers and they typically recruit well in advance to the starting date. The employer will normally have set windows where they open and close applications at the same time each year. This is a common approach for higher and degree apprenticeships so make sure to keep a lookout for opening dates in your final year of school or college.

Recruiting apprentices to start immediately:
Intermediate and advanced apprenticeships often use this type of recruitment method. It's a popular choice among smaller employers too. Employers will need the apprentice to start right away so it's a good idea to apply to these when you have finished school or college so you are available to work at short notice.

Ongoing recruitment:
This means that you can apply all year round. However, it's worth taking into consideration that there might not be a position available for an immediate start but the employer will keep your application on record until the right position becomes available. This is often used by larger companies.

When applying for a position it's always important to get your application in as early as possible if you can. Some employers receive high volume of applications and will close the vacancy prior to the deadline if they fill the position.

How to apply for apprenticeships?

If you've decided that an apprenticeship is right for you, then head over to our **live vacancies!** Can't find what you're looking for? **Register your CV** to be found by top employers.

What happens after I've completed an apprenticeship?

Once you have completed an apprenticeship, many employers will offer you a permanent job, but the world really is your oyster! You might decide to continue working with the employer you did your apprenticeship with or you might look for a more advanced role with a different company. For instance, you might choose to progress onto a higher level apprenticeship - did you know you can even get a debt-free degree?

You have lots of options. It all depends on your career goals and finding what you love.



The energy and utilities sector is essential in achieving the UK's climate change goals, and it is expected to grow significantly in the coming years. Apprenticeships in this sector offer a range of opportunities for young people to develop skills and gain hands-on experience in a variety of areas, from renewable energy technologies to energy efficiency measures and smart grid solutions.

ENERGY & UTILITIES *jobs*

Why work in the sector?

- An apprenticeship in the energy and utilities sector is an opportunity to train for a new role in a fast-developing set of industries at the forefront of the fight against climate change.
- Average salaries while in training for most energy and utilities-related apprenticeships are **17% higher than the average salaries** for apprentices across all other sectors in the UK.
- It is a genuine job, with a pathway to higher education and career advancement, as many employers offer opportunities for further education and training.

They could be part of the green revolution!

careers.energyutilitiesjobs.co.uk

Affinity Water · love every drop anglian water · Cadent · centrica · Clancy · e·on · FCC Environment · Jersey Electricity plc · KIER · nationalgrid · Northern Gas Networks · Northern Powergrid · SSE Scottishpower · SGN · ses water · Thames Water · UK Power Networks · United Utilities · Wales & West Utilities

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SECTOR SPOTLIGHT

Accountancy



Did you know...

...before they were famous, Mick Jagger, Robert Plant and Eddie Izzard all worked in accounting?

All businesses will need the services of an accountant at some point, whether they contract in their service or have a whole finance department. Like many careers, there are different levels. These can range from bookkeeping (making sure all the numbers add up, bills are paid, and invoices chased...) to running an international business and all its subsidiaries.

About Accountancy

Accountants keep and manage financial accounts for anyone from companies to the government and individual clients. Working either for an accountancy firm, in a company, or being self-employed.

What can I do?

The range of jobs in accounting is huge, but all require a keen eye for detail and a passion for numbers, especially making them balance. Jobs can start from simply keeping records on transactions or even just one part of the process such as Accounts Receivable and up from there. At the highest level, Financial Directors are often second only to the CEO in making sure a business succeeds or fails.

With this in mind, as well as excellent mathematical skills, a good accountant needs to possess strong interpersonal and communication skills, whether dealing with clients or even senior management. It also means being very organised and up-to-date with the current business situation as you may be involved in making important decisions.

You don't have to be a math genius though! Most accountants work with basic calculations and let computers do the difficult work. If you like Sudoku, accounting may be just the thing, as it is about spotting trends, and anomalies and being able to analyse what the numbers are saying.



Examples of jobs and labour market information

	Bookkeepers, payroll managers, accounts payable, etc	Chartered & certified accountants	Finance managers and financial directors
About the job	Book-keepers, payroll managers and wages clerks maintain and balance records of financial transactions, oversee the operation of payroll functions and calculate hours worked, wages due and other relevant contributions and deductions.	Jobholders in this unit group provide accounting and auditing services, advise clients on financial matters, collect and analyse financial information and perform other accounting duties required by management for the planning and control of an establishment's income and expenditure	Finance managers and financial directors plan, organise, direct and coordinate financial information and advise on company financial policy.
You might find this job in...	· Legal & accounting · Wholesale trade · Retail trade	· Legal & accounting firms · Head offices, etc · Membership organisations	· Private companies · Public organisations · Legal & accounting firms · Financial services
Annual pay	**£28,600**	**£44,720**	**£75,920**
Common tasks in this job	· records and checks accuracy of daily financial transactions; · prepares provisional balances and reconciles these with appropriate accounts; · supervises payroll team and develops payroll systems and procedures; · calculates and records hours worked, wages due, deductions and voluntary contributions	· plans and oversees implementation of accountancy system and policies; · prepares financial documents and reports for management, shareholders, statutory or other bodies; · audits accounts and book-keeping records; · prepares tax returns, advises on tax problems and contests disputed claim before tax official;	· participates in the formulation of strategic and long-term business plans, assesses the implications for the organisation financial mechanisms and oversees their implementation; · plans external and internal audit programmes, arranges for the collection and analysis of accounting, budgetary and related information, and manages the company's financial systems; · determines staffing levels appropriate for accounting activities; · assesses and advises on factors affecting business performance.

(Powered by LMI for All. To find out more about other careers and labour market information visit: **careermap.co.uk/careerometer/**)

SECTOR SPOTLIGHT - ACCOUNTANCY

How to become an accountant

To become an accountant, you need to gain a formal qualification or a degree. You do not need an accounting specific degree, as there are many different routes to the job, but being good with people and numbers are essential for success!

As a career, it can get busy as the financial year comes to a close as tax returns and other matters need to be dealt with. However, it can be quieter at other times, allowing the workload to balance out over the course of the year. Lots of time will be devoted to working with clients on plans and strategies.

As you gain the relevant accounting qualifications and experience you can become a certified or even chartered accountant, which allows you a higher level of expertise and opportunities to move into management or specialisation in a particular area, such as tax or forensic accounting.

Here are some accounting qualifications and pathways available:

Accounting Technician

Licensed AAT (Association of Accounting Technicians) members provide accounting, tax and business advice to more than 400,000 UK businesses! There are lots of choices for a pathway that depends on experience, other qualifications and preference on study. The best way to find the best route is to use the AAT Qualifications Navigator for suggestions of the best fit: **www.aatqualificationsnavigator.org.uk**

You may be surprised to find out that you do not have to have an accounting degree to be an accountant. In fact, gaining an AAT qualification can lead to a fast track to becoming a Chartered Accountant.

ACA from the Institute of Chartered Accountants in England and Wales (ICAEW)

Not to be confused with ACCA! The ICAEW has stricter and rigorous requirements for membership than the ACCA. The ACA generally takes 3 - 4 years to complete, whereas the CCA takes 2. You can do this as part of a Business degree or after with another. To become an ICEAW Accountant, you will need to pass 15 exam modules on different aspects of accountancy, finance and business. To find out which path to qualify, you can take the step-by-step questionnaire or use the live chat on: **careers.icaew.com/find-your-route**

CIMA (Chartered Institute of Management Accountants)

CIMA qualifications focus more on business management. They give a good understanding of business practice as well as finance. There are no formal entry requirements and if you have any AAT qualifications, you can get a jump onto higher CIMA qualifications.

Have a look at: **www.cimaglobal.com/Qualifications/**

CPFA (Chartered Public Finance Accountant)

This qualification is designed specifically for working as a professional accountant in public financial management. The public sector includes central government, local government and public organisations, such as education, emergency services, healthcare, law enforcement, etc. Think of the BBC, the world's oldest and largest broadcasting company, the British Army, the Cabinet Office, and many more. In fact, in June 2018, there were 5.34 million people working in the public sector!

You can study for CPFA qualifications on face-to-face courses or by self-study with online support. There are also CIPFA's Professional Accountancy Apprenticeships at Levels 3, 4 and 7.

You can find out more here: **www.cipfa.org/qualifications**

Search Accountancy Apprenticeships here

Careers and jobs in accountancy are available in small and medium organisations, not just the big banks.

Types of jobs in this sector include accountants, treasurers, bankers, actuaries, financial advisers and analysts, financial traders, tax inspectors and stockbrokers. You could work for a private firm, in the public sector or be self-employed.

- Accounts payable/ receivable clerk
- Payroll assistant
- Head of Finance
- Stockbroker
- Forensic accountant
- Retail banker
- Chartered accountant

CCA (Chartered and Certified Accountant)

A Chartered Certified Accountant must be a member of Association of Chartered and Certified Accountants (ACCA) and comply with its regulations. This includes completion of up to 13 professional examinations and three years of supervised relevant accounting experience, but there are range of entry level qualifications to start on the ladder. For instance, Foundations in Accountancy (FIA) is a great entry point for anyone new to accounting and finance.

You can do courses at university that include the ACCA qualification. Or if you do a different degree, you can add the ACCA and start at a higher level than foundation.

With this accountancy qualification, you can work anywhere in the world, and the job is extremely flexible, whether running a corporation or working part-time for small to medium size businesses. There are good salaries and progression can be quick. You can work in any sector and the job often brings a wide variety of work on different projects.

To find out where to start, go to: **yourfuture.accaglobal.com/global/en/getting-started/planning-your-journey.html**

Let's talk apprenticeships!

What attracted you to doing an apprenticeship when you left college?



Stephanie Evans
Multimedia Designer

"I completed A-Levels in English Language, Media Studies and Graphic Design at Hillsborough College but I was still unsure on the next steps to take and the career I wanted. As such, university didn't seem the best option for me at that point because I wanted to be sure that whatever I studied would be useful in my future career. The rising costs of university fees was also a concern so I wanted to consider all alternative options.

I came across the opportunity for a Marketing Apprentice at a Buying Group called THS Tools Group with the qualification of NVQ Business Administration. This was the perfect next step to help me gain a wider skill set that will be valuable wherever my career takes me and gain vital work experience that employers are keen to see on a CV."

Did you undertake any further training or study after completing your apprenticeship?

"Following the completion of my apprenticeship I stayed in full time work as a Marketing Assistant for 3 years with THS Tools Group. During this period I worked closely with the in-house Graphic Designer building on the skills I'd learnt at college through my Graphic Design A-Level.

This early work experience really developed my passion for design and gave me the encouragement and determination to pursue further education and apply for a degree at Sheffield Hallam University to study BA Honours Graphic Design.

The choice to go back to education wasn't easy after working full time for 4 years and was a big lifestyle change at the age of 22. I decided to go on to further study because I had made the decision that I wanted to pursue a career in design and after some lengthy job searches all organisations recruiting for these types of roles wanted degree level qualification as a minimum."

> **"I'd encourage anyone to take on an apprenticeship. I found this to be the perfect introduction into working life at the age of 18. It gave me valuable skills and knowledge that set me up for the career I'm in now at NOCN Group. Whether this be answering phone calls, dealing with external queries confidently or presenting work to colleagues.** I finished the qualification with lots of confidence in my abilities and as a person."

Why you should consider an apprenticeship:

nocn GROUP

You can earn while you learn.

You will gain on the job experience.

Provides you with an opportunity to gain qualifications while you work, even a degree.

Improve your employability.

There are no tuition fees or costs to you as a learner when doing an apprenticeship.

SECTOR SPOTLIGHT

*In 2022, the North West region had by far the largest employment in the civil nuclear sector the United Kingdom (UK)**

The Nuclear Industry



Unlock the Power of a Career in the Nuclear Industry!

Are you ready for a career that is challenging, rewarding, and in high demand? Look no further than the nuclear industry! From power generation to research and development, the nuclear industry offers a diverse range of career paths that are both exciting and fulfilling.

As the UK seeks to reduce carbon emissions and transition to more sustainable energy sources, the demand for nuclear energy has increased. The nuclear industry is an essential sector in the country's efforts to meet its carbon reduction targets.

Let's explore the different career paths available in the nuclear industry, the educational qualifications required for these roles, and the apprenticeships that can help you get started.

The top 10% earners in the profession (principal engineers) get paid £110,000 each year*

Career Paths in the Nuclear Industry

The nuclear industry offers a wide range of career paths, from technical and engineering roles to research and development positions.

Picture yourself as a nuclear engineer, designing and maintaining cutting-edge nuclear power plants or nuclear weapons. Or maybe you're more interested in protecting people and the environment from radiation as a radiation protection technician. As a health physicist, you can work to ensure that radiation exposure in nuclear facilities is kept within safe limits, while nuclear medicine technologists use radioactive materials to diagnose and treat diseases. Nuclear scientists are at the forefront of groundbreaking research on nuclear energy, nuclear weapons, and radiation.

Qualification routes

Degree Qualifications

Here are the typical degree qualifications required for the most popular career paths in the nuclear industry:

1. Nuclear Engineer: A bachelor's degree in nuclear engineering or a related field, such as mechanical or electrical engineering, is typically required for entry-level positions. A master's degree or Ph.D. may be required for more advanced positions.
2. Radiation Protection Technician: An associate degree in radiation protection or a related field, such as environmental science, is typically required for entry-level positions. Some employers may require a bachelor's degree for more advanced positions.
3. Health Physicist: A bachelor's degree in health physics or a related field, such as physics or engineering, is typically required for entry-level positions. A master's degree or Ph.D. may be required for more advanced positions.
4. Nuclear Medicine Technologist: A bachelor's degree in nuclear medicine technology or a related field, such as radiologic technology, is typically required for entry-level positions.
5. Nuclear Scientist: A bachelor's degree in nuclear science or a related field, such as physics or chemistry, is typically required for entry-level positions. A master's degree or Ph.D. may be required for more advanced positions.

Starting salary is around £27,000 per annum*



Apprenticeships

For those who are interested in pursuing a career in the nuclear industry but don't want to go down the traditional university route, apprenticeships are an excellent way to gain the necessary skills and experience. Apprenticeships offer on-the-job training and classroom instruction, and they typically take between two and four years to complete.

As an apprentice, you could be working for:

- National Nuclear Laboratory
- Cavendish Nuclear
- Rolls-Royce
- Nuclear Decommissioning Authority
- Magnox
- Sellafield

Don't forget the nuclear industry has lots of supporting roles too from business admin, HR, marketing, finance and much more!

The nuclear industry is an exciting and constantly evolving field, and there's no better time to get involved. Whether you're interested in technical and engineering roles, research and development positions, or protecting people and the environment from radiation, the nuclear industry has a career path for you. So why not explore the opportunities available in this dynamic industry and start building a career that will make a difference?



* Source: **www.statista.com/statistics/971225/regional-nuclear-industry-employment-united-kingdom/**
www.getintonuclear.com/post/nuclear-engineer-salary-uk

CASE STUDY

Andrew Manson

Plant mechanic Apprentice of the year 2022/23



Andrew Manson who is an apprentice at CITBs National Construction College in Inchinnan, earlier this year won Apprentice of the Year 2022/23 at the annual **Scottish Plant Owners Association**.

He is employed by A&D Sutherland Ltd and is currently studying his **Plant Mechanic Level 2 apprenticeship course**. This is what he had to say.....

Why did you choose to do an apprenticeship?

I've enjoyed working on things and problem solving since a young age, although I went down a different career path out of school. I got a job as a quarry labourer at A&D Sutherland. The opportunity came up for me to apply for my apprenticeship after a position was available.

What are the best parts of job or the ones that you find most interesting / enjoyable?

The part of the job I enjoy the most is when I am given the task of diagnosing a fault on a machine which either wont start or a function of the machine isn't working as it should. So I work through it methodically coming to my conclusions and then repair it so the machine drives as it should.

"My career goals are to stay on the tools because my enjoyment of working on and repairing things is why I got into it"

What are the toughest challenges you have faced while you are completing your apprenticeship?

A few challenges I've faced whilst completing my apprenticeship have been during the job itself, out on site trying to diagnose faults. But also while attending college in Inchinnan and being away from my wife for periods of time.

What are your career goals once you complete your apprenticeship?

My career goals are to stay on the tools because my enjoyment of working on and repairing things is why I got into it, but hopefully be able to receive future specialist training on diagnostic equipment to allow myself to be better equipped for my job.

What advice would you have for someone thinking about a career in construction or doing an apprenticeship with NCC?

My advice would be to give it a go, it may be hard work and the conditions more challenging but it is worth it for the satisfaction you get from completing a difficult job successfully and gaining knowledge that you can use in the future.

To find out more about apprenticeships at the National Construction College go to **www.citb.co.uk/ncc-apprenticeships**

citb
National Construction College

FIND YOUR NEXT JOB THROUGH AN APPRENTICESHIP

Lifetime Training, the UKs largest apprenticeship provider, could help you secure your next job.

If you are looking for your first role, are keen to change careers or can bring your skills and experience to an organisation, then an apprenticeship could be perfect for you.

WHAT IS AN APPRENTICESHIP?

- Work-based training programme where you learn on the job
- Earn a wage while you learn
- Gain new skills and grow in confidence and ability
- Supported by an apprenticeship trainer as well as a mentor in your organisation
- Gain a nationally recognised apprenticeship qualification from the Institute of Apprenticeships

MORE ABOUT LIFETIME TRAINING:

- Recruit from entry to experienced, from level 2 to level 5
- National Provider – we cover roles across the UK
- Patron Members of the BAME Apprenticeship Alliance
- Provide supportive information, advice, and guidance
- Dedicated to supporting Diversity and Inclusion

WE OFFER APPRENTICESHIPS IN THE FOLLOWING AREAS:

- Health & Social Care
- NHS Trusts and Hospitals
- Public Sector and Civil Service
- Childcare and Teaching
- Business and Professional Services
- Customer Service
- Hospitality
- Retail
- Active Leisure

We also offer professional qualifications in Adult Care and Childcare and Teaching.

Find out more, register your interest or access our advice and guidance by visiting us today LifetimeTraining.co.uk

You can register online for job alerts and updates!

Check our website for CV writing and interview tips!

BAME Apprenticeship Alliance PATRON MEMBER · people 1st performance through people · Skills for Health Quality Mark Awarded for face to face delivery of education and training to the health sector · INVESTORS IN PEOPLE

CASE STUDY

Meet Jade Carino

Software Engineer at IBM UK Labs



What made you decide to come to IBM as a school leaver?

I wanted to start working full-time right away so that I could gain practical experience as well as knowledge. I also wanted to start gaining eminence in the technology industry and begin growing a professional network which I felt would be best achieved by starting a full-time role as opposed to going down an academic route. Additionally, I wanted to start earning a good salary and be financially independent from a young age.

What hints or tips would you pass to those who are interested in applying to IBM as a school leaver?

I would encourage you to research IBM and find the projects or products that IBM has worked on that you find the most fascinating and make sure you explain what about them interests you – this will show you have a genuine passion for technology. I'd also advise you to be yourself and let your personality and individuality stand out in your application as IBM values having a diverse workforce.

What's the best thing about your current role?

The best thing about my job is that it's so varied and I am never just doing one thing. I have my responsibilities as a Software Engineer which involves designing and developing code for a team within the Labs, and in addition that I get to make presentations to my department and external customers, I get involved in hackathons and patenting and I also have public engagements such as speaking with school leavers and going to awards and events.

What support was available to you when starting at IBM?

When I joined, I was introduced to a cohort of new school leavers who had joined IBM just before me, so I had a large support system of people going through exactly the same thing as me. I also have a manager who is specifically a manager for early professionals so is knowledgeable on the school leaver schemes and very supportive. I also had a mentor and buddy from my team who helped me to settle into my role. IBM also has several Business Resource Groups for people who want to join a community of people similar to them.

What's the best thing about being at IBM?

The best thing about being at IBM is working for a reputable company that has high eminence in the technology industry. Any project I work on has a genuine impact for the company and in the industry which allows me to have a real sense of pride in my work.

Search and apply for IBM apprenticeships:
https://www.ibm.com/uk-en/employment/entrylevel/

We'd like to meet you.
Explore our apprenticeship scheme today.

Katie (She/Her)
Winchester, UK

Apprenticeships at IBM are all about picking up skills for the workplace and embarking on a long and successful career.





Preparing your child for university

As a parent, the thought of your child leaving for university can be a mix of emotions. You're proud of them for reaching this milestone, but you're also anxious about their safety, and you're going to miss them terribly. However, while it can be hard to say goodbye, preparing your child to leave for uni can make the transition a bit easier for both of you.

Here are some tips on how to prepare for your child to leave for uni:

Start the conversation early

Before your child leaves for university, you should have an open and honest conversation with them about their expectations and your expectations. Discuss their course choices, their living arrangements, and their finances. This will help them prepare for university life and help you to understand what they need from you as they embark on this new chapter of their life.

Help them with practicalities

Your child may need help with things like packing, finding accommodation, and managing finances. You can help them research accommodation options, budgeting tools, and create a packing list. You can also help them plan their journey to university and help them move in. Remember, the more you help your child with these practicalities, the less stressed they'll be, and the easier the transition will be for them.

Teach them life skills

University is not just about studying; it's also about learning life skills. Teach your child how to cook simple meals, do laundry, and manage their finances. These skills will help them live independently and confidently. Plus, they'll appreciate the time and effort you've put in to help them adjust to university life.

Emphasise the importance of self-care

University life can be overwhelming, and your child may feel homesick or anxious. Teach them the importance of self-care, such as getting enough sleep, eating healthily, and taking breaks. Encourage them to make new friends and participate in extracurricular activities. It's important that your child feels supported and that they know how to take care of themselves.

Keep in touch but give them space

Once your child has settled into university life, it's essential to keep in touch regularly. However, it's also important to give them space to explore their new environment and make new friends. Set up regular phone or video calls but don't call them every day. Remember, they're now adults and need their space to grow and learn.

In conclusion, preparing your child to leave for university can be an emotional time, but it doesn't have to be a stressful one. By starting the conversation early, helping them with practicalities, teaching them life skills, emphasising the importance of self-care, and keeping in touch while giving them space, you can make the transition easier for both of you. Remember, this is an exciting new chapter in their life, and with your support, they'll be ready to take on whatever challenges come their way.

CASE STUDY



Lara Townsend

From university to an apprenticeship

When I was leaving school I was pushed towards university and other options weren't really discussed.

I love learning and enjoyed my subjects but the academic environment didn't really speak to me.

With essays I sometimes found it hard to see what the ultimate purpose was.

When you're cutting a piece of stone and put a ruler or straight edge on it to check it, you can tell if there's anything you could have done better. You can't criticise it when the facts show otherwise.

A definite hit

I wasn't looking for an apprenticeship, but an apprenticeship in stonemasonry was exactly the right format for me.

The first stone I ever cut was for the west end of Glasgow Cathedral. It was quite simple but it was really exciting to see the process from the beginning, to actually be on the scaffolding, to cut the new stone and to build it in.

I felt really good once it was in place. If I'm doing maintenance around the cathedral now, I'll still look up to pick out my stone.

I've been doing the apprenticeship for 3 years now and have a few more stones in the cathedral as well as our other monuments.

It's amazing to think that they could be there for the next 100 years and that's just work I've done as an apprentice.

I struggled with the rhythm to begin with – I used to do sculpture work where you tap constantly when cutting, but in masonry it's a definite *hit hit hit*.

Sometimes I questioned myself and why I was doing it at all. It takes a while to understand how things work and how to be efficient, even with the simple stuff.

A privilege

Now, I get given responsibility for various tasks and brief apprentices coming in. I know what the next steps are going to be and understand how to solve issues. Even a year ago I wouldn't have felt that confident.

I was lucky to get in here, everyone is so knowledgeable and my mentor has been cutting stone for almost 30 years.

You can't get that just anywhere. To be able to work with these people is incredible.

The thought that always comes back to me is, "you would have volunteered to do this job, to learn these things, and here you are getting paid to do it".

That's a privilege and I couldn't have done what I'm doing now without taking an apprenticeship.

"I wasn't looking for an apprenticeship, but an apprenticeship in stonemasonry was exactly the right format for me"

To find out more about apprenticeships visit
goconstruct.org/get-started-in-construction

GO Construct



Filling the digital skills gap

When it comes to filling the digital skills gap AND opening up a whole world of opportunity to young people, QA is ahead of the game. We are the UK's leading provider of technical and digital apprenticeships and are proud to have kick-started the careers of over 30,000 people over the past 10 years. Look at how we can support early career development for someone you know.

From digital marketing to cyber security - there's an apprenticeship role for everyone

- Digital Marketing
- Software and Web Development
- IT Systems and Networking
- Data Analysis
- DevOps
- Cyber Security
- Digital Solutions

What do our employers look like?

Today's employers have embraced apprenticeships. Especially in the technical sector where skills demand is high, and the market is constantly evolving. Our apprentices could find themselves working for an international brand like Amazon or Fujitsu, a fast-paced medium business thriving on innovation, or a smart start up that is hungry for young talent. All offer practical skills, nationally recognised qualifications, and a rewarding career.

Click here to find out more

THE DIGITAL REVOLUTION IS HERE, SKILLED APPRENTICES CAN LOOK TO AN EXCITING FUTURE

@QALtd @qa-ltd QALtd @qalimited



Helping your child to revise

Exams can be tough. For students and parents alike, they've led to sleepless nights for many. One of the ways to try and alleviate this stress is revision - the act of refreshing your knowledge, mainly in preparation for an exam. There are many ways that you, as a parent, can help your child to achieve their academic goals, no matter what they are. What can you do to help them though?

Read on to find out our top tips on how to help your child revise in 2023.

Create a weekly revision timetable

This can help your child organise their revision sessions more effectively and use their time better. Ideally, set specific times each day for revision, and do your best to stick to them. It doesn't have to be the same time each day, but having part of the day reserved will give your child a better chance of completing their revision.

Timetables can be created using Microsoft Excel, or through free applications like Google Sheets. There are lots of handy templates online too that can make the process easier, you just need to personalise them to your child's needs.

Prioritise the tricky topics

When revising, it can be tempting to stick to the areas your child is most comfortable with. It's only natural! However, the areas they find most challenging are normally the ones they need to spend more time on. If you're not sure about the areas they need to work on, it's worth asking their teachers for advice on where they need help.

Once you identify the problem areas, work with your child to create a plan in line with your revision timetable. Break them up into smaller tasks in timetable, and do your best to make sure they understand the essentials while it's still fresh in their mind. If not, you can always come back to them later though!

Identify revision techniques

There are several revision techniques that can help your child to retain information better. These include:

Mind maps: These are diagrams that organise information into chunks, and also help to see the ways different topics link together. You can create them online now too, so you no longer need enormous sheets of paper to make them!

Flashcards: Flashcards are a great way of revising information. They are often used to revise definitions and key facts, but can also be used to create revision games that can make it slightly more interesting! Like with mind maps, you can also make digital versions now too if you don't have any to hand,

Practice tests/Mock exams: Mock assessments can help to identify areas where revision focus is still needed. Try to do them in enough time to act on the areas your child still needs to work on. They can also help with time management in exam conditions, a skill which needs practice before the main exam.

Optimise their working area

This area should be quiet, have few distractions - like mobile phones! - and plenty of natural light preferably too. Try to make sure your child has the equipment they need for their revision, like textbooks, pens and paper. Digital revision tools are also more readily available now too, so a computer could be a substitute for this.

Spotting the signs of bullying



Bullying can have a devastating impact on a child's mental and emotional health. As a parent/guardian, it is important to be able to spot the signs of bullying and take action to protect your child.

1 The first sign is to look out for changes in your child's behaviour. Have they become withdrawn, anxious, or more irritable than usual? Are they avoiding certain situations, such as going to school or social events? These could all be indications that your child is being bullied.

2 Another sign to watch for is physical injuries, such as bruises or scratches. While it's true that kids can be rough and tumble, if your child is coming home with unexplained injuries on a regular basis, it's time to investigate further.

3 One of the more subtle signs of bullying is a change in your child's eating habits. Have they suddenly lost their appetite, or are they overeating? Bullying can cause a lot of stress and anxiety, which can manifest itself in changes to your child's diet.

If you notice any of these signs, it's important to talk to your child and ask them about what's going on. Be patient and understanding, and let them know that you're there to support them. It's important to take their concerns seriously and take action to address the bullying.

4 One thing to remember is that bullying can take many forms, and it's not always physical. Cyberbullying, for example, is becoming increasingly common and can be just as damaging to a child's mental health. Keep an eye on your child's social media accounts, and talk to them about online safety and how to handle cyberbullying if it does occur.

5 Make sure your child knows that bullying is never okay. Talk to your child about the importance of kindness and respect.

Spotting the signs of bullying as a parent can be difficult, but it's important to be vigilant and take action if you suspect that your child is being bullied. Keep an open line of communication with your child, and be sure to educate yourself about the different forms of bullying.

NATIONAL BULLYING HELPLINE

ANTI-BULLYING ALLIANCE

childline ONLINE, ON THE PHONE, ANYTIME

NSPCC

Check out these websites for more support:

www.nationalbullyinghelpline.co.uk | anti-bullyingalliance.org.uk
www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying
www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying

T Levels: What You Should Know

T Levels are a career-led education route, developed in partnership with employers, that could prepare you for the future. Would you like to increase your employability and prepare you for the future? If so, T Levels could be right up your street! By choosing to study a T Level after GCSEs you will get both classroom and workplace learning to prepare you for the working world.

How do T Levels work?

T Levels are a two-year technical qualification, designed in partnership with employers to equip students with the technical skills needed for work.

You'll spend 80% of your time in the classroom, learning the theory and knowledge behind your chosen technical skill; and you'll spend the other 20% at work putting these skills into action. The start of your course will begin with a core curriculum to give you a good understanding of the subject overall, and you'll then be able to choose a specialism.

Choosing a T Level could be the start of an exciting career path. As well as giving you hands-on experience in industry, you will develop the knowledge and skills needed for progression straight into a skilled profession or into higher level technical training, such as apprenticeships or higher education.

Alongside this, if you haven't yet achieved GCSE maths and English then you will also work towards this.

Why choose a T Level?

1. **Extraordinary times call for extraordinary qualifications** –The world has changed drastically, and everyone has had to adapt to these ever-changing and uncertain times. T Levels give you specialist technical skills when entering the workplace or higher education.
2. **Stepping stone into the working world** – Courses have been designed by employers to ensure students are learning the skills industries are looking for, improving your employability. Over 200 employers, from small, local businesses to large multinationals, are involved so you can be confident you'll be learning the skills real employers need. You'll also get to know people in the industry which may open doors for employment in the future.
3. **Experience the world of work** – Try out your potential dream job whilst studying.
4. **Qualifications that count** – Nationally recognised certificate, equivalent to 3 A Levels. Counts towards UCAS points so you can continue into higher education if desired.

T-LEVELS

SUBJECTS

There is a wide range of T Levels currently available:

- Design, surveying and planning for construction
- Digital production, design and development
- Education and childcare
- Building services
- engineering for construction
- Digital business services
- Digital support and services
- Health
- Healthcare science
- Onsite construction
- Science
- 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

From September 2023

T Level courses start in these subject areas:

- Animal care and management
- Agriculture, land management and production
- Catering
- Craft and design
- Hair, beauty and aesthetics
- Legal
- Media, broadcast and production

There are limited places available for September, so don't wait.
Find your nearest T Level provider **here**.

About the author: This article was created by the Department for Education (DfE), who is responsible for child protection, education (compulsory, further and higher education), apprenticeships and wider skills in England.

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