

## Careers information for Parents and Carers

### Unifrog

Unifrog is our online careers platform and is a one-stop-shop for everything careers and progression related. It's packed full of useful tools from career profiles to CV building and personality quizzes to university course information. All students have access to Unifrog right through school and then for four years after leaving. Students will have opportunities to use Unifrog in school through the careers STEP programme, but can also log in at any time from home or a mobile device.

We encourage parents to use Unifrog alongside their children to find out about what they have been doing and prompt discussions about their career ideas and aspirations. It is also possible for parents to set up their own login for Unifrog. This does not allow you to see your child's activity on the platform, but does give you access to all the same information, resources and advice that can be found there. If you would like to set up your own Unifrog account, please contact the careers team by email ( [enquiries@framdurham.com](mailto:enquiries@framdurham.com) including FAO Careers team in the subject heading) for a registration code.

### Personal Guidance

All our students are entitled to a 1-to-1 personal guidance appointment with one of our qualified careers advisors in year 10-11 and another in year 12. Some students might have an appointment earlier than that, or more than one appointment depending on individual needs. Guidance interviews are an opportunity for the student to explore career ideas and aspirations, discuss progression routes, as well as address any barriers they might be facing and receive information and advice that is tailored to their interests.

A personal guidance interview is a confidential opportunity for the student to speak to a trained guidance counsellor, as such parents and carers are not usually invited to attend this interview. However, if you would like to arrange an additional meeting for you to attend together with your child, please email [enquiries@framdurham.com](mailto:enquiries@framdurham.com) including FAO Careers team in the subject heading and we will be happy to arrange this. Students with an EHCP will also

have a careers advisor present at their EHCP review meeting at key transition points.

### **Work Experience**

We offer all our students the opportunity to find and complete a one-week work experience placement in year 10, and again in year 12. Students are responsible for sourcing their own work experience placement. This is an important part of the process enabling them to develop their communication and organisation skills and build confidence. Students will be supported through this process in school by the careers team and their tutors. We appreciate your support in helping your child to secure a work experience opportunity, and your own networks and contacts will be a valuable resource for your child in this process.

Before students attend a work experience placement, we work with an organisation called Futurework to conduct some simple health and safety and insurance checks. There will be a small cost per student to help cover the cost of these checks. Further details about the process and access to support will be made available to parents at the start of year 10 and year 12.

### **Post-16 and Post-18 Routes**

Moving on from school can be a daunting time for both students and parent/carers. Our students are well supported with information and guidance when it comes to making decisions about their Post-16 and Post-18 routes. We also offer parents information evenings or videos at key transition points to help you in your understanding of the decisions your child is making. Our Careers Team are available for you to speak to with any questions or concerns at parents evenings, or at any time via email ([enquiries@framdurham.com](mailto:enquiries@framdurham.com) including FAO Careers team in the subject heading).

For information about your child's options post-16, please see the [National Careers Service information](#). For students leaving Sixth Form, the [UCAS website](#) is an excellent resource.

For information about our own Sixth Form, please see the Sixth Form pages on our website. Applications for the sixth form take place in school between Christmas and Easter in year 11.

## **Apprenticeships**

Apprenticeships offer an alternative training route for school leavers either at age 16 or 18. These allow learners to begin work in a real job, and learn on the job spending 20% of their time working towards a qualification with a training provider. Apprenticeships are available in a huge and growing range of different vocational areas, and at all levels from intermediate (equivalent to GCSEs) right up to degree apprenticeships. To find out more about apprenticeships please visit [Amazing Apprenticeships](#) where you can also download a monthly Parent Pack with information and updates specifically aimed at parents and carers.

## **Labour Market Information (LMI)**

To help students make informed decisions about their futures, our careers programme equips them to be able to find and make use of up to date information about the local labour market. LMI can help young people and their parents/carers to understand the salaries and promotion opportunities for different jobs, and the volume and location of vacancies across different sectors. Our online careers platform Unifrog is a key source of LMI, but you will also find reliable and up to date LMI in the “Useful Links” listed below. The government also funds a high-quality service called “LMI for all” which draws together official statistics and data to provide a current picture of the labour market in different sectors. This information can be accessed using the Careerometer on the link below.

<https://www.careerwave.co.uk/lmi-for-all/>

## **Useful links**

[www.unifrog.org.uk](http://www.unifrog.org.uk) – Unifrog Careers Platform

<https://nationalcareers.service.gov.uk/> Careers information and advice

<https://www.bbc.co.uk/bitesize/careers> Careers information, top tips and information about the world of work

<https://amazingapprenticeships.com/> Information about Apprenticeships, Traineeships and T-Levels

<https://www.findapprenticeship.service.gov.uk/apprenticeshipsearch> Current apprenticeship vacancies

<https://icould.com/> Careers videos, job information and personality quiz

<https://www.prospects.ac.uk/> Careers information and advice, specifically graduate jobs

<https://www.ucas.com/> Information about university courses and other post-18 routes

