

	Careers Key Theme	Personal Development Curriculum	Key Events and Opportunities	Gatsby Benchmarks	CDI Framework
7	Aspirations 	• Key skills, interests and qualifications • Goal and target setting • Seizing opportunities • Problem solving, active listening and teamworking skills • Future aspirations and careers routes	Employer encounters: meeting ambassadors from the world of work National Careers Week and National Apprenticeship Week activities Careers Champions: student leaders	1, 3, 4, 5	• Grow throughout life • Explore possibilities • See the big picture
8	Exploration 	• Progress towards careers action plan • Personality traits and how these translate to the world of work • Job roles and qualifications needed • Labour market information • Law and legislation of employment for young people • Careers research and job categories	'Higher Education Explained' by St Anne's College, Oxford STEM Mentoring cycles with Sir Robert McAlpine IET Faraday Challenge at Sunderland University National Careers Week and National Apprenticeship Week activities Careers Champions: student leaders	1, 3, 4, 5	• Grow throughout life • Explore possibilities • Manage career • Balance life and work • See the big picture
9	Options 	• Progress towards careers action plan • Employability skills and qualities • Academic and vocational careers routes • Career planning: making the right decisions • Career focus: NHS • Finance: salaries and understanding payslips	What are apprenticeships? STEM Mentoring cycles with Sir Robert McAlpine Step into NHS competition NAWIC (Women in construction) competition National Careers Week and National Apprenticeship Week activities Careers fair Careers Champions: student leaders	1, 3, 4, 5	• Grow throughout life • Explore possibilities • Manage career • Create opportunities • Balance life and work • See the big picture

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10	Experience 	• Progress towards careers action plan • Interview skills and techniques • Mock interviews • 21st century careers • Labour market information • Work experience preparation • Health and safety in the workplace	'Awareness of apprenticeships and T Levels' by ASK Employer encounters: meeting ambassadors from the world of work Nissan/Vantec experience Army Youth Challenge experience Work Experience (1 week) 1:1 Guidance appointment National Careers Week and National Apprenticeship Week activities Careers Fair Careers Champions: student leaders	1, 2, 3, 4, 5, 6	• Grow throughout life • Explore possibilities • Manage career • Create opportunities • Balance life and work • See the big picture
11	Decisions 	• Progress towards careers action plan • Reflection on work experience placement • Development of transferrable skills • Writing and structuring a CV • Post 16 options - sixth form, college, apprenticeships or employment	Talks from Sunderland College, East Durham College: A Levels & T Levels Talk from Sir Robert McAlpine: Apprenticeships 1:1 Guidance appointment Careers Fair Aspirations Day Careers Champions: student leaders	1, 2, 3, 4, 5, 7, 8	• Grow throughout life • Explore possibilities • Manage career • Create opportunities • Balance life and work • See the big picture



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12	Progress - Progress towards careers action plan - Learning styles and growth mindsets - Organisation for further education - Study skills and time management - Degrees and university subject choices - Using Unifrog to research degrees and apprenticeships - Competencies and management of career development - Work Experience preparation - Completing a MOOC and EPQ - Labour market information; starting salaries and course employability - Transferrable skills and CVs	Unifrog Completion of MOOCs and EPQ Work Experience (1 week) 1:1 Guidance appointment Careers Fair (internal and external) ASK Apprenticeships Newcastle University Partners Programme, Sunderland First Choice Social Mobility Foundation UCAS Convention and HE Fair NCS University visits Talks/external speakers and workshops tailored to students' aspirations.	1, 3, 4, 5, 6, 7	Grow throughout life - Explore possibilities - Manage career - Create opportunities - Balance life and work - See the big picture
13	Succeed - Progress towards careers action plan - Reflection on work experience placement - Study skills and time management - Degrees and university subject choices - Using Unifrog to research degrees and apprenticeships - Personal Statement preparation and workshops - Apprenticeship providers and guidance - Labour market information; starting salaries and course employability - Transferrable skills and CVs	Unifrog Personal Statement/Application/CV guidance 1:1 Guidance appointment University Admissions Test Preparation Mock interviews Careers Fair (internal and external) ASK Apprenticeships Social Mobility Foundation UCAS Convention and HE Fair University visits Talks/external speakers and workshops tailored to students' aspirations.	1, 2, 3, 4, 5, 7, 8	Grow throughout life - Explore possibilities - Manage career - Create opportunities - Balance life and work - See the big picture