

Year 10 Careers tutor lesson year plan

W/C	Lesson title	Lesson content
W/C 6 <sup>th</sup> Sept		
W/C 13 <sup>th</sup> Sept	Unifrog	
W/C 20 <sup>th</sup> Sept	Unifrog	•
W/C 27 <sup>th</sup> Sept	Maximising Your Potential Part 1	<ul style="list-style-type: none"> <li>• Students understand the important aspects of a CV and can use the Unifrog platform to create a professional CV.</li> </ul>
W/C 4 <sup>th</sup> Oct	Maximising Your Potential Part 2	<ul style="list-style-type: none"> <li>• Students understand the important aspects of a CV and can use the Unifrog platform to create a professional CV.</li> </ul>
W/C 11 <sup>th</sup> Oct	CVs - The do's and don't's	<ul style="list-style-type: none"> <li>• Students are more aware of best practice CV writing and feel confident about what content is required and how to promote their skills and experiences effectively.</li> </ul>
W/C 18 <sup>th</sup> Oct	Your Experiences	<ul style="list-style-type: none"> <li>• Students understand how to successfully write about their experiences on a CV.</li> </ul>
W/C 1st Nov	Unifrog recap	•
W/C 8 <sup>th</sup> Nov	NEACO LIVE SESSION	<ul style="list-style-type: none"> <li>• Session led by NEACO</li> </ul>
W/C 15 <sup>th</sup> Nov	NEACO LIVE SESSION	<ul style="list-style-type: none"> <li>• Session led by NEACO</li> </ul>
W/C 22 <sup>nd</sup> Nov	Cover letters – part 1	<ul style="list-style-type: none"> <li>• Students understand the importance of cover letters, and how to write an effective and professional cover letter.</li> </ul>
W/C 29 <sup>th</sup> Nov	Cover letters – part 2	<ul style="list-style-type: none"> <li>• Students understand the importance of cover letters, and how to write an effective and professional cover letter.</li> </ul>
W/C 6 <sup>th</sup> Dec	The basics of interviews	<ul style="list-style-type: none"> <li>• Students have a basic understanding of the structure and content of an interview.</li> </ul>
W/C 13 <sup>th</sup> Dec	Interview Skills - Position specific questions Part 1	<ul style="list-style-type: none"> <li>• Students understand how to formulate strong answers to person and position specific questions.</li> </ul>
W/C 3 <sup>rd</sup> Jan	Interview Skills - Position specific questions Part 2	<ul style="list-style-type: none"> <li>• Students understand how to formulate strong answers to person and position specific questions.</li> </ul>
W/C 10 <sup>th</sup> Jan	World of Work: Professional Networking	<ul style="list-style-type: none"> <li>• Students will understand the importance of networking and how it can help them get ahead in their career.</li> </ul>
W/C 17 <sup>th</sup> Jan	Working in... Creative Sectors	<ul style="list-style-type: none"> <li>• Students will have a better understanding of creative industries and how to get into them.</li> </ul>

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W/C 24 <sup>th</sup> Jan	Volunteering: Exploring Volunteering	<ul style="list-style-type: none"> <li>Students will learn about what volunteering is and how specific volunteer placements can help them get into their ideal careers.</li> </ul>
W/C 31 <sup>st</sup> Jan	Volunteering: Rights & Remuneration	<ul style="list-style-type: none"> <li>This session highlights the rights and compensation entitlement of students while they're in a volunteering placement.</li> </ul>
W/C 7 <sup>th</sup> Feb	Apprenticeship week	<ul style="list-style-type: none"> <li></li> </ul>
W/C 21 <sup>st</sup> Feb	Literacy focus week	<ul style="list-style-type: none"> <li></li> </ul>
W/C 28 <sup>th</sup> Feb	Careers Week	<ul style="list-style-type: none"> <li></li> </ul>
W/C 7 <sup>th</sup> Mar	Volunteering: How to Find Volunteering Placements	<ul style="list-style-type: none"> <li>Students will identify three different volunteering opportunities they may be interested in, the skills they will develop in these roles, and how their future career will benefit.</li> </ul>
W/C 14 <sup>th</sup> Mar	Volunteering: How to Contact Organisations	<ul style="list-style-type: none"> <li>Students will be able to effectively and confidently contact organisations for volunteering placements.</li> </ul>
W/C 21 <sup>st</sup> Mar	Work Experience - Health and Safety in the workplace	<ul style="list-style-type: none"> <li>Students will have developed a good understanding of health and safety within the workplace and how to recognise different safety signs.</li> </ul>
W/C 28 <sup>th</sup> Mar	Work Experience - How to behave in the workplace	<ul style="list-style-type: none"> <li>Students will know how they need to behave at work, and how the employer should behave too!</li> </ul>
W/C 18 <sup>th</sup> April	NEACO – Apprenticeships	<ul style="list-style-type: none"> <li>Live session with NEACO outreach team</li> </ul>
W/C 25 <sup>th</sup> April	Post-16 intentions	<ul style="list-style-type: none"> <li>Students have a better understanding of why communicating their intentions is important, and how to break their ultimate career goal into manageable steps.</li> </ul>
W/C 2 <sup>nd</sup> May	Introduction to Apprenticeships in England and Wales	<ul style="list-style-type: none"> <li>Students understand the scope and breadth of apprenticeship types.</li> </ul>
W/C 9 <sup>th</sup> May	Rights of apprentices	<ul style="list-style-type: none"> <li>Students understand employment rights in relation to apprenticeships.</li> </ul>
W/C 16 <sup>th</sup> May	Degree Apprenticeships - The right choice for you? Part 1	<ul style="list-style-type: none"> <li>Students will feel more confident in their post-18 options and will know where to access more information on degree apprenticeships.</li> </ul>
W/C 23 <sup>rd</sup> May	Degree Apprenticeships - The right choice for you? Part 2	<ul style="list-style-type: none"> <li>Students will feel more confident in their post-18 options and will know where to access more information on degree apprenticeships.</li> </ul>
		<ul style="list-style-type: none"> <li></li> </ul>

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Jun 7 <sup>th</sup>	University - The big debate!	<ul style="list-style-type: none"> <li>• Students have improved their debate skills whilst learning different pros and cons of university.</li> </ul>
Jun 14 <sup>th</sup>	University terminology	<ul style="list-style-type: none"> <li>• Students begin to understand the meaning of key terminology related to University.</li> </ul>
Jun 21 <sup>st</sup>	University vs apprenticeships - The big debate week 1	<ul style="list-style-type: none"> <li>• Students will be able to make well-informed decisions on their futures from early in their school career.</li> </ul>
Jun 28 <sup>th</sup>	University vs apprenticeships - The big debate week 1	<ul style="list-style-type: none"> <li>• Students will be able to make well-informed decisions on their futures from early in their school career.</li> </ul>
Jul 5 <sup>th</sup>	Actions	<ul style="list-style-type: none"> <li>• Understand how your actions affect the world, other people and yourself</li> <li>• Understand the concept of empathy, and how it relates to the actions we take</li> </ul>
Jul 12 <sup>th</sup>	Wellbeing - Managing Stress and Anxiety	<ul style="list-style-type: none"> <li>• Students have a better understanding of stress and anxiety, how to cope with it using mindfulness and also when to seek the support of a trusted adult or professional</li> </ul>
Jul 19 <sup>th</sup>	Confidence	<ul style="list-style-type: none"> <li>• Understand what it means to be confident</li> <li>• Understand how being confident can be beneficial to school, work, life and mental health</li> <li>• Understand that confidence is a complex behaviour that can be developed and improved</li> </ul>
	PIXL well-being my life - Pride, pride in appearance, confidence, Actions, connections, relationships, Interactions, survival, support  Or use resources off Jubilee centre	<ul style="list-style-type: none"> <li>•</li> </ul>