

Year 10 Careers tutor lesson year plan

W/C	Lesson title	Lesson content
Sept 7 <sup>th</sup>		
Sept 14 <sup>th</sup>	Unifrog	
Sept 21 <sup>st</sup>	Unifrog	•
Sept 28 <sup>th</sup>	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>
Oct 5 <sup>th</sup>	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>
Oct 12 <sup>th</sup>	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>
Oct 19 <sup>th</sup>	Your Experiences	<ul style="list-style-type: none"> <li>• Students understand how to successfully write about their experiences on a CV.</li> </ul>
Nov 2 <sup>nd</sup>	Unifrog recap	•
Nov 9 <sup>th</sup>	NEACO LIVE SESSION	<ul style="list-style-type: none"> <li>• Session led by NEACO</li> </ul>
Nov 16 <sup>th</sup>	NEACO LIVE SESSION	<ul style="list-style-type: none"> <li>• Session led by NEACO</li> </ul>
Nov 23 <sup>rd</sup>	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>
Nov 30 <sup>th</sup>	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>
Dec 7 <sup>th</sup>	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>
Dec 14 <sup>th</sup>	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>
Jan 4 <sup>th</sup>	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>
Jan 11 <sup>th</sup>		•

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Jan 18 <sup>th</sup>	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>
Jan 25 <sup>th</sup>	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>
Feb 1 <sup>st</sup>		<ul style="list-style-type: none"> <li></li> </ul>
Feb 8 <sup>th</sup>	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>
Feb 22 <sup>nd</sup>	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>
Mar 1 <sup>st</sup>	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>
Mar 8 <sup>th</sup>	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>
Mar 15 <sup>th</sup>	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>
Mar 22 <sup>nd</sup>	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>
		<ul style="list-style-type: none"> <li></li> </ul>
Apr 12 <sup>th</sup>	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>
Apr 19 <sup>th</sup>	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>
Apr 26 <sup>th</sup>	Rights of apprentices	<ul style="list-style-type: none"> <li>Students understand employment rights in relation to apprenticeships.</li> </ul>
May 3 <sup>rd</sup>	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>
May 10 <sup>th</sup>	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>
May 17 <sup>th</sup>		<ul style="list-style-type: none"> <li></li> </ul>

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May 24 <sup>th</sup>		•
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Jun 7 <sup>th</sup>	University - The big debate!	• Students have improved their debate skills whilst learning different pros and cons of university.
Jun 14 <sup>th</sup>	University terminology	• Students begin to understand the meaning of key terminology related to University.
Jun 21 <sup>st</sup>	Wellbeing - Managing Stress and Anxiety	• 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
Jun 28 <sup>th</sup>	Your skills, your team, your future! Part 1	• Students will have a better understanding of how skills relate to the wider world, and gain experience in presenting information to their classmates.
Jul 5 <sup>th</sup>	Your skills, your team, your future! Part 2	• Students will have a better understanding of how skills relate to the wider world, and gain experience in presenting information to their classmates.
Jul 12 <sup>th</sup>	University vs apprenticeships - The big debate	• Students will be able to make well-informed decisions on their futures from early in their school career.
Jul 19 <sup>th</sup>	Revision - Good vs Bad	• Students will begin to assess themselves on which revision techniques will work best for them, and explore the factors that impact good revision.
	<p>PIXL well-being my life - Pride, pride in appearance, confidence, Actions, connections, relationships, Interactions, survival, support</p> <p>Or use resources off Jubilee centre</p>	•
	<p>Yellow resources on Unifrog</p> <p>Green resources on PIXL well-being</p>	•