

Name:

Year:



National Careers Week



LAUNCH YOURSELF



MOTIVATION, INFORMATION, INSPIRATION.



National Careers Week

NCW

2ND – 7TH MARCH 2020



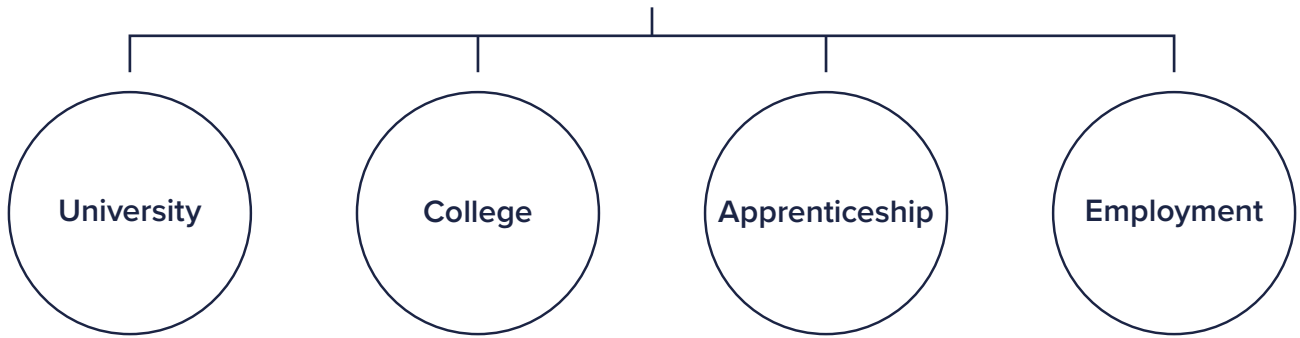
UNIVERSITY OF HULL

HOP 
humber outreach programme

Headline Partner:



Helping to achieve the best for your future, wherever it may take you.



How this student profile can benefit you...



Self Management

A completed personal profile will show a pro-active approach to managing yourself.

CV Builder

The information recorded in this booklet will prove useful when putting together CV's or higher education applications.

Information Gathering

This booklet will help you to gather information about University, careers and how to take steps towards your future.

Self Reflection

What are you good at? Where are your getting your skills from? How can you demonstrate YOUR expertise? Where could you excel in the future?

Seven Skills For the Future: How Do You Measure Up?

How do your skills measure up to the seven skills the world needs?



LAUNCH YOURSELF:

Motivation, Information, Inspiration.

When you have some time on your hands it's tempting to sit back and relax – allowing your future to take care of itself. Well, as many people have found in the past, letting your future take care of itself can sometimes mean we are unhappy and unfulfilled in the future.

We at National Careers Week want to keep supporting you in whatever way we can, that's why we've designed this brilliant editable and interactive booklet to give you the chance to reflect on your skills and abilities, allow you stay on top of your understanding of future learning and earning possibilities and to give you some inspiration for careers and work which you may never have considered before.

Follow the guidance in the booklet in a logical way – as your friends, teachers and parents for their input when it's useful and spend some time getting to know yourself – whilst building skills and abilities which will help the future you!

It's all about you and how you LAUNCH Yourself!

So what is LAUNCH and how can you use it?

L

LEARNING MINDSET AND HOW IT CAN HELP YOU.

A

ATTITUDE — BEST FRIEND OR WORST ENEMY, CHOOSE WISELY!

U

UNDERSTANDING YOURSELF BETTER.

N

NOISE AND HOW TO MANAGE YOUR FOCUS.

C

CAREERS — THE MANY OPTIONS FOR YOUR FUTURE.

H

HELP — WHAT CAN HELP YOU?



Complete these elements as you listen to the speakers and afterwards to reflect on your skills

Learning Mindset

Why are YOU at school?

What are your ambitions?

If you could do anything in the world, what would it be?

What are your strengths?

How do you learn best?

Attitude



If you were being described by someone what would they say about your attitude? (Choose – parent, teacher, friend, employer)

How does this help you?

Do you ever consider your attitude and what it does for you?

When has your attitude helped / hindered you?

How could being more positive help you in the future?

Understanding Yourself

21st Century* KEY Employability Skills.

**Dr Tony Wagner Research for Learning Policy Institute 2015*

Think about yourself in all the areas of your life – not just school or college – what are you good at and where? How do you measure up to the Key Skills for this century?

	Score yourself 1-10	Where do I use this?	How could I improve it?	Helpful in learning?	Helpful in work?	How I'll improve my skill here.
Critical Thinking & Problem Solving						
Collaboration & Leading by Influence						
Agility and Adaptability						
Initiative and Entrepreneurship						
Good Oral & Written Communication						
Accessing & Analysing Information						
Curiosity and Imagination						

Noise – make some about yourself!



Linked to the work on the previous page, how can you express your skills and talents quickly and easily on applications and in interviews?

Example: You were in a Hockey Tournament (Situation) you are the Captain of the team (Task) during the semi-final your team and 2-1 down in the final 15 minutes and you've hurt your foot SO you decide to substitute yourself for a fresh player (Action). The team improves and you win 3-2 (Result) and then your team makes the final.

As well as a neat story it tells someone a lot about your commitment, attitude, skills, respect, decision-making, dedication, teamwork etc etc.

Results	Action	Task	Situation

TOP TIP: These STARS are brilliant for using in applications and interviews as well as cover letters and in your Personal Statement for university application through UCAS. (Don't stop at 6 STARS – there's more to you than that!)



You're here to get some inspiration and information about what you **COULD** do in the future. Don't be put off by what your friends or parents say – if there's something you really want to find out about, **NOW** is your chance!

Don't be restricted to just four, use the notes pages if you're interested in other careers areas...there's loads of inspiration on the National Careers Week video channel and BBC Bitesize Careers.

Job or career title:

Qualifications required:

Where can I study?

What do I need?

Job or career title:

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Job or career title:

Qualifications required:

Where can I study?

What do I need?

Help



OK, let's hope you've got a clearer idea of where you want to get to in the future...you don't need to do everything on your own – who could help you?

This is your network – who do you know, how do you know them, how could they help?

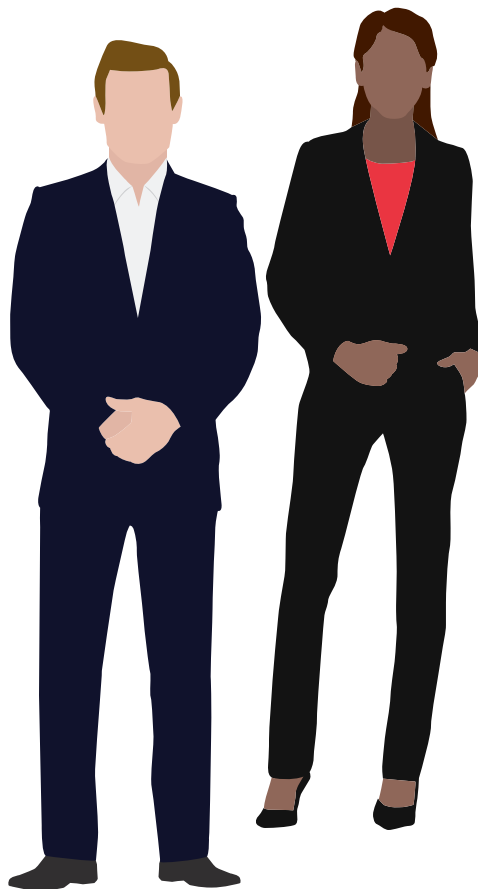
References, connections, recommendations, mentoring – support comes in lots of ways.

Why not make a mind map of all the people who could help you move forwards – use these suggestions and add others if you can think of them.

Family – who is in your family and could they help you? Don't forget uncles, grandparents and more distant relations.

Employers – do you have a part-time employer who would be willing to help you?

Friends – who do you know and could they / their parents or relations help you?



Teachers – which teachers would be willing and able to help you?

Others – Sports Coaches, Volunteering staff, DofE, Scout Leaders etc who could help you?

Your Career

STARS – how YOU shine.

Qualifications achieved

Knowledge and experience

The 7 Skills – your LaunchPad

What's next for you...?

What is your
next step?

What do YOU
need to decide?

What help / support / info
do you need now?

What do you plan
to do post-16? Is
Uni / HE an
option?

How do GCSEs
link to YOUR
future?

How would going
to Uni / HE help
your career and
earning potential?

What do you
know about the
opportunities
after your
University course?

What do your next
steps look like?
What do you need
to do now?

BRITAIN'S GOT SKILLS - LET'S SHARE THEM!



- 01** Choose your skill *
- 02** Show your skill with a 20 second video
- 03** Post your video with the #MySkills tag to @NCWSkillsDays on Twitter/Instagram/TikTok



* ... choose from demonstrating:

Creative



(writing , arts, drama & dance, music)

Languages and Creative writing (show us your poetry/ spoken word /creative writing skills , are you good at languages?)

Art (incl. digital) show us your art skills

Drama & Dance (show us your acting and/or dance skills)

Music and Film (show us your musical and film making skills - what can you play , what films do you make?)

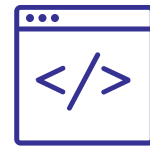
Sporting



(any sporting skills)

Demonstrate your sporting skill with a 20 second video - any sport !

Tech



(knowing, making, demonstrating)

Tell us what you know (includes all STEM subjects - crazy formulas,etc.)

Show us a technical skill you have (could include gaming skills, building, coding, repairing)

Other



You may have Skills that are not listed above - like juggling, magic tricks, doing puzzles... if you think it's a skill, share it!

#MYSKILLS

Notes

Gatsby Benchmarks

These are key benchmarks of good career guidance. Tick each of the ones that you have received/encountered.



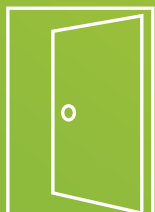
Linking Curriculum Learning to Careers



Learning from Career & Labour Market Information



Experiences of Workplaces



Addressing the Needs of Each Pupil



Personal Guidance



Encounters with Employers & Employees



Encounters with Further & Higher Education

