



Aspire & Challenge

**How can I help my child
with their career plans?**

- Talk to them from time to time about possible careers they might be interested in and why they appeal.
- Encourage them to take an interest in the occupations or past careers of grown up family members and other adults who they come into contact with.
- Ask them about the help available in school. Do they know where the *Aspiration Zone* is? What careers programs / websites can they access? What is covered in their careers lessons or special sessions related to the world of work, etc?

- Have they used Fast Tomato yet and completed a career interests questionnaire?
- If so, it is an excellent opportunity to start a conversation about their future options.
- Encourage them to explore the possible employers, apprenticeship providers and further education courses available in the local area.
- Information on these things can be found on the internet.

- Also a list of useful websites can be found on the Abbey College website.
- Keep an eye out for things like college open days – these can be found on colleges websites.
- See what careers fairs are being held locally.
- Attend the annual Abbey College CIAG (Careers Fair) Event with your child.

- Encourage them to participate in out of school activities. These are valuable in themselves and will help greatly later on in giving a good impression to people like employers or course tutors.
- Encourage your child to seek advice when necessary from a careers adviser – whether they want some quick course information or an in-depth careers interview - the National Careers Service offers advice using different methods of communication. (www.nationalcareersservice.direct.gov.uk)

- Encourage them to prepare properly for their discussion with a careers adviser.
- Discuss with your child their Work Experience in Year 10, Work Shadowing in Year 12 or volunteering in the 6th Form, and explore opportunities that are relevant to their interests and aspirations.