



Parents & Carers Information

How to prepare your child for a Careers Guidance Interview at St. Anne's

What is a Careers Guidance interview?

A careers guidance interview is an impartial one-to-one meeting with a professionally qualified careers adviser.

In school the guidance interview normally occurs during the course of Year 11. However students in any year can request a meeting with the careers adviser. Before your child starts making career decisions they need to know about themselves, their career choices and other opportunities available to them. The Unifrog Platform is a great tool for your child to explore careers choices and opportunities.



Encourage your child to find out the name of the careers adviser for their school (Mrs Lee) you can also contact the school to find out when a careers adviser will be talking to your child.

If your child would like you to attend the interview, this can be arranged with the school and the careers adviser. The careers guidance interview can increase your child's awareness, enhance decision making skills and maximize their potential to achieve their personal career goals. What can your child do to prepare for their interview?



- Their skills and aptitudes e.g. good communicator, team player
- Their personal qualities e.g. friendly, outgoing, well organised
- Their likes and dislikes in terms of jobs, subjects and interests
- Their career ideas and plans
- Barriers they may have e.g. personal, financial
- Qualifications or experience they need for their chosen career

What will be discussed?

The careers adviser will help your child explore their interests, how they are getting on in school, likes and dislikes, family influences, barriers, work experience and any careers ideas they may already have. There will also be an opportunity to ask questions.

If your child is worried that they have no firm career ideas the careers adviser has a range of resources to help generate career ideas.

A careers action plan will be drawn up to help your child move towards a decision and will address the following issues:

- What stage your child is currently at
- Where your child wants to be
- How will they get there
- Who can help them achieve their goal
- Next steps

It is therefore important to ask your child about their action plan and encourage them to talk it through with you as it will help you see the type of support you will need to offer.



Helping your child with their future career plans it is important to be aware of the influence you have on your child's career planning and to make that influence as positive as possible. The most valuable things parents can do to help their child with career planning is keep informed, listen, don't judge, be open to ideas and encourage them to explore all their options.

Here are ten ways you can help prepare and support your child with their future career plans:

- Encourage your child to prepare for and make the most of their careers guidance interview with the Careers Service
- Encourage them to participate in appropriate out of school activities
- Support your child to explore a range of careers
- Help your child plan their career once they have some ideas
- Encourage them to check sixth form, college and university websites for the most up to date information and be aware of application deadlines
- Be aware that your child may change their career interest as they become aware of more options
- Encourage them to find out about the world of work
- Encourage your child to talk with adult relatives and friends about the kind of work that they do
- Help and encourage them to attend careers events
- Remember that career choice is a personal decision. Do not try to steer your child to a particular career because you think it is something you might like

If you need any further information or wish to speak to Mrs Lee (careers adviser) please use the following email: leej@st-annes.enfield.sch.uk