



ABBEY
COLLEGE

Aspire & Challenge

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

- Talk to them regularly about different careers they might be interested in and why they appeal to them.
- Encourage curiosity about the work and career journeys of family members and other adults they come into contact with.
- Ask students about the careers support available in school. Do they know where the Careers office is? What careers programmes or websites can they access? What have they learned about careers in their subject lessons or through careers-related activities?

- Have they used Unifrog?
- If so, it is an excellent opportunity to start a conversation about their future options. Ask them what careers were listed that matched their interests from completing the questionnaire?
- 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, we all post information on student Teams page.
- See what careers fairs are being held locally.
- Attend the annual Abbey College Careers Fair Event with your child.

- Encourage students to take part in activities outside of school. These experiences are valuable in their own right and can also help them make a positive impression on employers or course tutors in the future.
- Advise your child to seek support from a careers adviser when needed—whether they're looking for quick course information or more in-depth guidance. Our school advisor is Ms. Pollard who is situated in the Careers Office, Garden Block or The National Careers Service offers advice through a range of communication methods ([Careers advice - job profiles, information and resources | National Careers Service](#))

- 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 Sixth Form, and explore opportunities that are relevant to their interests and aspirations.