

SEND - Family Learning Careers Resources

RESOURCES SPECIFIC FOR A RANGE OF YOUNG PEOPLE WITH SPECIAL EDUCATIONAL NEEDS AND DISABILITIES

(Just right click on the underlined words to open and access the resources/websites)



While you are all at home together, now maybe a good time for some thoughts and discussions about the world of work. Both children and adults can develop their skills and confidence, ready for future employment or study. Education and Employment Education and Employment is one of the four strands of Preparing for Adulthood.

Some of these resources can be completed independently by a young person and others may need a little help to get started with it.



WHAT SKILLS ARE NEEDED AT WORK?

Kick off by starting a family conversation about what skills are required for the workplace.

Watch this <u>Video</u> together for a quick introduction to the skills that employers are looking for, then take a look at this <u>Film</u> about the skills needed in the future. Discuss what you

have seen. Are there any other skills that you think are important? What skills do you notice in people around you? Talk with family and friends about the skills they use at work.

TRY AN ONLINE SKILLS QUIZ



Which skills are your natural strengths? Which ones do you find harder, but would like to conquer? Online quizzes are a fun way to identify skills and match them to jobs. Try this one: <u>Take the Buzz Quiz</u> Which animal are you? Do you agree? or which of the <u>16 personalites are you?</u>

FOLLOW YOUR INTERESTS AND WHAT YOU ENJOY DOING

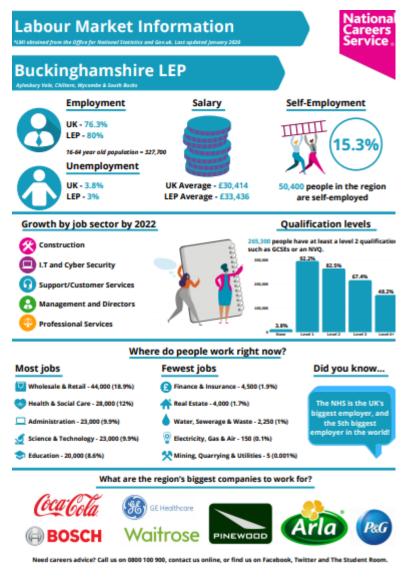
Exploring jobs that use favourite interests or college subjects is another good way to identify career paths. Ask everyone in the family about their favourite subjects at school/college or their favourite hobbies, then research related jobs using icould ,career pilot and how about Discover Creative Careers?

WHAT JOBS ARE AVAILABLE LOCALLY



You may want to look at the local labour market (LMI) for Bucks and the Thames Valley, explore the jobs that are here now and what is forecast for the future.

The chart below for our Local Enterprise Partnership (LEP) region, Bucks, Thames Valley, Local Partnership (BTVLP), shows that the NHS is the biggest employer in the UK. Construction and IT and Cyber Security are predicted growth areas for our region (as reported pre Covid-19).



COMPARE JOBS AND HOURS WORKED

Use the career widget known as the <u>Careerometer</u> to make job comparisons and see what jobs are good for the future.

Just add the job title and the widget does the rest. See an example below of what this looks like.



DEVELOP EMPLOYABILITY SKILLS

Use the resources and videos in <u>Skills builder</u> to master the employability skills that employers value, such as leadership and teamwork. The materials cover all ages from 4 years to adults, along with a SEND specific passport to complete. Be inspired by <u>Rachel Morris</u> talking about the importance of skills building and setting goals. #findingyourfuture.

STUDY ONLINE

Try a free online course. See 'future learn "<u>future learn'</u> for more ideas. The National Career Service have also released FREE online courses in the <u>The Skills Toolkit</u>. Brush up your digital know-how whilst developing employability skills and gain digital badges with <u>iDEA</u> Learn a language using the app <u>duolingo</u>. Explore 3D computer graphics with <u>Blender</u>, free open source software. Follow your favourite YouTuber.......

VIRTUAL WORK EXPERIENCE

Work experience is possible from home, use this platform for young people. Check it out at:

Barclays Lifeskills

VIRTUAL LIVE AND RECORDED CAREER TALKS



Speakers for Schools and Springpod have launched a series of free live virtual career talks. Listen to other people's career journeys: Check them out at:

<u>Springpod Learn Lounge</u> and <u>Speakers for Schools and</u> <u>Colleges</u>

VOLUNTEERING

If you are 18 or over, you can volunteer - which is a great way to gain employability skills and show your commitment. **British Red Cross** are looking for people in the coronavirus effort, also check out **Princes Trust Org** and the **Do-It- Org** websites.

'VISIT' A UNIVERSITY

Explore universities from the comfort of your living room. Join the universities <u>virtual open days</u>, get onto their emailing lists so that you get notifications of virtual open days and university pre enrolment activities. Think about the support you can access at University with a list of <u>Apps</u> from Diversity and Ability, or information about funding from Disability Rights UK by clicking <u>here.</u>

<u>The Students Club</u> is another useful source of support whilst studying at university and connects students with disabilities to employers.



FIND OUT ABOUT APPRENTICESHIPS

Find out about apprenticeships with Amazing Apprenticeship's interactive <u>Student Apprenticeship Guide</u> This gives 10 hours of self-directed distance learning for those aged 16 and over. Use Adobe Acrobat Reader for best results. Go online to research local job opportunities and look at the ways into work.

Find out more about the <u>NHS Careers</u> on the Health Careers website and see which of the 350 different job roles might suit you. The Prince's Trust have more information about the roles available within the Health and Social Care and their courses to help you move into the sector, on their website. Perhaps a local Supported Apprenticeship might be more appropriate. What would it be like being <u>an apprentice for a day</u>.

JOB APPLICATION SKILLS

Eton College is making several online self-study courses from the <u>Etonx Future Skills Programme</u> free of charge to students in the UK, aimed at 16 years and over, including CV Writing and interview skills. Alternatively, complete an online course on <u>'How to Succeed at Interviews'</u> or look at lots of top tips on the <u>BBC Careers Website</u>, or the <u>Youth</u> <u>Employment UK</u> website.

GET TO KNOW YOURSELF AND DEVELOP YOUR INDEPENDENCE SKILLS

Sign up to download free <u>ASDAN</u> resources, either as a parent/carer or a learner.

Develop work related learning through Employability worksheets and activities, or complete the Lifeskills Challenge, which offers a flexible way to recognise and reward small steps of achievement. Each booklet contains 10 challenges, along with an observation checklist and record of oral questioning template that can be used in a home environment. Challenge themes include living independently, keeping healthy and community inclusion.

You then might want to work through creating your very own 'work profile' which you can download <u>Here</u>. This profile is particularly useful when transitioning into college or other training opportunities after you turn 16.

ACCESS CAREERS SUPPORT

Alternatively, you may want to seek support with your career decisions. Free guidance for adults and young people aged 13 or over is available from the <u>National Careers Service</u> on 0800 100 900 or use webchat. You can contact the Careers and Progression Adviser at Bucks College Group by email: careers@buckscollegegroup.ac.uk if you want to discuss options to study at the college.

APPLYING FOR FUTURE STUDY

Alternatively, you might be ready to apply to your <u>local</u> <u>college</u>, university or for an apprenticeship.

University applications are made through <u>UCAS</u>, which also has useful advice on preparing personal statements for college

or university. Take a look at this <u>Video</u> on how to write a good personal statement



If you are interested in Supported Employment opportunities including study programmes such as Supported Internships, see what is being offered locally here in Bucks. More information on what exactly are Supported Internships.

Apprenticeship applications are usually made directly to employers or through the <u>National Apprenticeship Service</u> and can take place throughout the year, depending on the individual employer's deadline, as explained in this **Video**.

If you are a school leaver applying for an apprenticeship, it is highly recommended to apply for college courses too, as a backup in case the apprenticeship falls through, in the current climate, apprenticeship opportunities may be affected and in short supply. It is always good to have a Plan B.

Need to think about what transition support you may need? Complete this <u>passport</u> to help you on your next step.

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