

# Post-16 Transition Checklist: Different Ways of Exploring Careers

## TO DO AT HOME

### Autumn Term

Look at some careers websites  
Explore ideas for courses  
Talk to family and friends  
Think about own interests and skills  
Do you have a ZIP card for travelling to an interview this year?

### SpringTerm

**Check you have ID (passport / birth certificate) ready for applying for courses, apprenticeships and part time work**  
Sign up for some Online events to learn about courses, apprenticeships and jobs

### Summer Term

**Check you have received a National Insurance Number. If not, contact HMRC.**  
<https://www.gov.uk/apply-national-insurance-number>  
Get a new photo ready for your 16+ Zip Oyster

## TO DO IN SCHOOL

### Autumn Term

Have 1:1 careers conversation (MK)  
**Explore Interests and Aspirations**  
Speak to a professional  
**Explore training options**  
Set some careers goals  
Start course applications  
**How do careers link to subjects?**

### Spring Term

Write a CV  
Develop interview skills  
(Virtual) Open Days  
Make applications for further training  
Apply for apprenticeships  
Speak to a professional

### Summer Term

**Revise for your exams**  
Keep applying for apprenticeships  
Consider applying for **work experience** or **volunteering** that you could do over the summer holidays  
Visit a workplace

## Useful Resources for Exploring Careers at Home

This pack includes some worksheets that your young person can do at home, either independently or with your support.

There are also some great links to online resources below:

If you find it easier to work with paper, please let me know which resources you have found interesting and I can try and print out the content for you, although there will be videos and quizzes that need to be done online.

Email: [keziah.man@southquaycollege.org.uk](mailto:keziah.man@southquaycollege.org.uk)

<https://amazingapprenticeships.com/resources/>

Click on the filter option to get access to parent packs or other resources that your young person is interested in.

<https://successatschool.org/advice/162>

This website has loads of information and resources about different careers that your young person can explore.

<https://www.youthemployment.org.uk/how-to-start-a-conversation-with-your-child-about-careers/>

Youth Employment UK has lots of free resources for young people, as well as some tips for parents and carers to support your young person.

<https://resources.careersandenterprise.co.uk/resources/my-choices-guide-parentsguardians>

The Careers and Enterprise Company has a guide for parents, and a guide for students, with detailed information and links to other websites. You can find out everything from “How to write a CV”, to “What to do on Results Day”.

## Useful Resources for Exploring Careers at with SQC Staff

### Start Profile:

Student can register to create a profile. They rate skills qualities, interests and workplace preferences to get job suggestions. Best if they register with support of a member of staff and do the survey with staff.

Pros: Good for those with NO IDEA what careers to explore, keep records, adapts to YP opinions, provides lots of info, real vacancies

Cons: Can take minimum 30 minutes to do the survey with the YP, more if they need the vocab explained or lose focus

<https://www.startprofile.com/>

### iCould:

Watch short videos, explore different career paths, take a short personality quiz to see what careers might suit you

Pros: Everything is bitesize, Labour market information about types and numbers of roles, and pay (by location) is useful

Cons: Works best on staff computer (in my experience)

<https://icould.com/>

### Success at School:

This website has loads of information and resources about different careers that your young person can explore.

Pros: very thorough

Cons: YP will need some help to decide what to look at, the Career Zone is a good place to start to explore by industry:

<https://successatschool.org/careerzones>

### Skills Builder:

Resources to help YP learn about transferable skills and to track their progress.

<https://www.skillsbuilder.org/universal-framework/listening>