

Yr13 Careers and Destinations

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Date: 12th October 2023



What options do you have Post-18?



FURTHER EDUCATION

HIGHER EDUCATION

APPRENTICESHIP

DEGREE APPRENTICESHIP

EMPLOYMENT

EMPLOYMENT WITH TRAINING

GAP YEAR OR VOLUNTEERING



**Your destination is
your responsibility!**

2023 Destinations

Aim high, be aspirational



Apprenticeships

- Atlas Elektronik
- R&W Civil Engineering
- The British Racing School
- JP Morgan
- NHS Dorset
- Talk Think Do
- Stepnell
- BDO Accountancy

University

- Classical Music at Leeds Conservatoire
- Medicine, Computer Science & Criminology at Bristol
- Veterinary Science at RVC
- Maths & Biomedical Science at Warwick
- Geography at Durham
- Economics at Manchester
- Politics & Philosophy at Sheffield
- Law at Birmingham and Exeter
- Pharmacy & Biomedical Science at Bath
- Mechanical Engineering, Geography & Psychology at Southampton

What help is offered at Post-16?



- Students who need careers advice can make an appointment with our **Careers Manager, Mrs Jones**
- For help with UCAS or Apprenticeship applications students can speak to our **Destinations Lead, Mrs Ridley**
- **Tutors** are always there for support and we have our dedicated Destinations morning each week to work on applications and explore different careers
- There are step by step guides and **PLCs** in the **Year 13 Google Classroom** to support applications, and opportunities beyond QE are posted regularly
- Students should all be registered on **Unifrog** which has application builders for CVs, cover letters and personal statements. It also has an extensive Apprenticeship database and lots of careers advice
- Students applying to university need to be registered on **UCAS** and using their **Hub** support tools with their application

PLCs

My University PLC		UCAS
Name: _____		Tutor Group: _____
My PLC Actions...		✓
I have attended the Destinations afternoon and assembly /watched the videos		
I have completed the 'Brainstorm – Research – Action' guidance and have looked at the hyperlinks to find out more about the possible options available to me		
I have researched and have selected courses – I have now registered online with UCAS Apply 2023 entry and completed the section on Admissions by the 17 July. Buzzword: QESdorset2024		
I have created an account on the National Apprenticeship Service		
I have booked open days to visit the universities of my choice to find out more before 10 December		
I am aware of the deadlines set by UCAS, by QE and certain Universities – tick the ones most relevant to you and make a note of them	September 5th : Students can begin to apply for all courses. UCAS is open.	
	September 5th : I am aware that my course could require an interview or entrance exam. I have informed the Sixth Form team for extended support in preparation	
	October 13th : QE entry deadline for the universities of Oxford and Cambridge, and for most courses in medicine, veterinary medicine/science, and dentistry	
	January 15th: QE entry deadline for the majority of undergraduate courses	
	January 31st: Final UCAS deadline. You can only pay for your UCAS application when every section is marked with a red tick. QE are not able to send your application until this has been paid.	
March: entry deadline for some art and design courses		
June 8th : If you receive all your decisions by 18th May , you must reply to any offers by today		
I have completed my personal statement following QE guidance – It is 4000 characters or less. It has been checked by the following people...		My Parents/Carers
Deadline is 15th October or 15th January		My Tutor
		All of my subject and enrichment option teachers
		Mrs Ridley in the Sixth Form office
I have informed my tutor and teachers of my destination intention/choices and have requested a reference		
My professional reference has been completed following QE guidance by the following members of staff...	Subject 1	
	Subject 2	
	Subject 3	
	Subject 4	
	Enrichment option	
	Tutor comments	
My Tutor has put the reference together, along with the generic QE reference intro to start, and ensured that it is 4000 characters or less. It is now saved in my UCAS file in the staff area.		
I have completed my predicted grades form (attached). My teachers have signed it.		
My PLC has been completed and I am now ready to submit my application pack (including the PLC) to Mrs Ridley or Miss Dean for processing via UCAS.		

My PLC Actions...		✓	
I have attended the Destinations evening and/or assembly			
I have researched and have selected courses – I have now registered online with UCAS Apply 2023 entry and completed the section on Admissions by the 17 July. Buzzword: QESdorset2023			
I have created an account on the National Apprenticeship Service			
I have created a 'Destinations' file to save key information, guidance and resources that I will need			
I have completed the 'Brainstorm – Research – Action' guidance and have looked at the hyperlinks to find out more. I have booked a time to meet with Mrs Jones and the careers team			
I have booked open days to visit the institutions/companies in advance of any applications that I submit			
I am aware of the application deadlines for the opportunities that I am applying for			
I am aware that I need to complete a detailed CV. I have included the following sections, on no more than 2 pages of A4 in total no smaller than size 11. I've used headings and sub-headings to divide my CV Bolt, dates and bullet points will help make my CV more readable. It is clear and simple I have adapted my CV and covering letter to suit each role I am intending to apply for	Covering letter: First Paragraph: open the letter with an explanation of why you are writing. Identify the role you're interested in and include a unique reason why you think you'd be an asset to the company. Try to show enthusiasm and genuine interest in the apprenticeship and the company. Second Paragraph: this paragraph might outline why you're interested in the company, the role and the industry. Try to come up with genuine and different reasons. Third Paragraph: Here is where you link it back to you. You might want to pick out the skills and qualities you have that would make you a great appointment. Use the job description as a jumping off point, as, more often than not, it'll include a list of the qualities or competencies they are looking for.		
	CV Name and contact details:		
	CV Personal profile: a brief personal profile explaining what your career aspirations are, why you want to work in this particular sector and any attributes or skills that you have that'll make them want to employ you. Your personal profile should only be a few lines		
	CV Education: Insert a header 'Education' and then list it in chronological order, with the last school you attended at the top. You should only record your education from the age of 11		
	CV Work experience: This might include any jobs you've had, or any work experience placements. Like your education, it is better to put the most recent things first. You should write down the dates you worked, the name of the company you worked for and your role. You should list what your duties were and the skills that you developed whilst working there. Prove that you have the skills you believe they are looking for.		
	CV Interests & extracurricular activities: Mention interests that are relevant to the role or things that will interest the reader. You might also want to mention any other non-academic achievements. All of these show commitment to a specific area, which is an impressive skill!		
	CV Skills: Describe the skills that you have developed and how they will enable you to be successful in your role. Link it to the specification as much as you can		
	CV References: your tutor and a recent employer will need to be listed as referees		
	Make sure your parents/careers, tutor and teachers have read and proofed your CV and letter		
	I have informed my tutor and teachers of my destination intention/choices and have requested a reference		
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	Subject 2		
	Subject 3		
	Subject 4		
	Enrichment option		
	Tutor comments –		
My Tutor has put the reference together, along with the generic QE reference intro to start, and ensured that it is 4000 characters or less. It is now saved in my file in the staff area.			
My PLC has been completed			



What deadlines are coming up?

Key Date	Action
13th October	QES - Deadline for Medicine, Dentistry, Veterinary and Oxbridge applications
16th October	UCAS - Deadline for Medicine, Dentistry, Veterinary and Oxbridge applications
18th October	UCAS - BMAT & Cambridge ENGAA, NSAA and TMUA tests
19th + 20th October	UCAS - Oxford admissions tests
15th January	QES - Internal deadline for applications to be sent
20th January	UCAS - Deadline to register for LNAT (Law Admission test)
31st January	UCAS – Official deadline for applications. LNAT Admissions test completion deadline
March 2024	UCAS - Deadline for some Art and Design course
March 2024	Applications for student finance, Disabled Student allowance and other bursaries opens

Dorset- Careers Insight

<https://www.dorsetlep.co.uk/latest-insights>

<https://www.dorsetlep.co.uk/key-industry-dashboards>

Dorset Local Enterprise Partnership provides an understanding of labour market trends within the county.

The Careers and Enterprise company provide schools and colleges with regular updates on employment trends, and our close networking with employers supports our understanding of what skills and qualifications employers are looking for.

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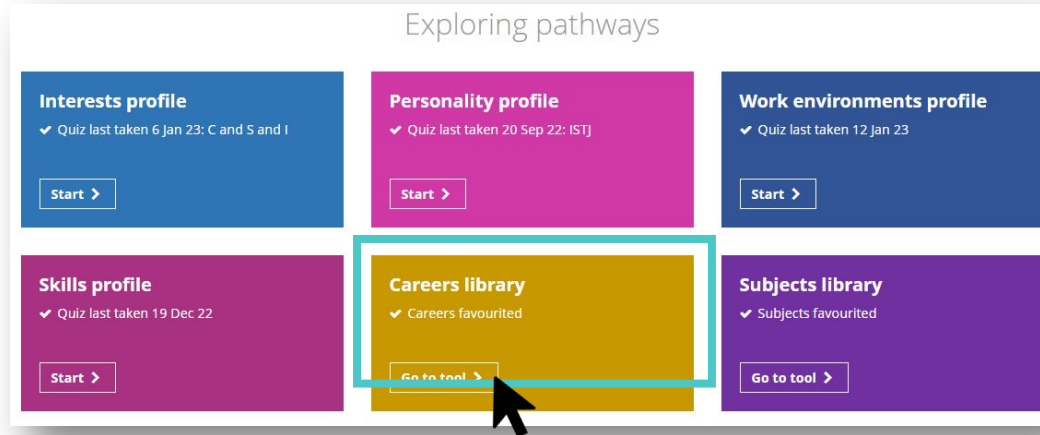
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The Unifrog Careers library tool

After this lesson, if you want to browse careers related to your career goals, you can log in to your Unifrog account and open the Careers library tool.



The Unifrog Careers library tool

Here you can explore career profiles and read the 'Career path and progression' and 'Entry requirements' sections to help inform your next career goals.

Cognitive behavioural therapist

Also called: CBT, talking therapist, behavioural therapist

Cognitive behavioural therapists (CBT practitioners) use a form of talking therapy to help patients change thinking and behavioural patterns which are unhelpful to them.

Share



Back



Career path and progression

With experience, you could supervise other CBT practitioners.

You could also set up your own practice, working as an independent practitioner and seeing patients privately.

You could also specialise in teaching or research at college or university.

Entry requirements

You'll usually need:

- a degree in nursing, social work, occupational therapy, arts therapy, psychology or psychotherapy
- experience of working in mental health
- an accredited postgraduate qualification in CBT

To work with children and vulnerable adults, you'll also need a criminal records background check.

In the US, you'll need a state license to become a CBT professional. For this, you'll need to complete a minimum number of trainee hours and pass an exam.



Welcome Student' *to the Complete Destinations Platform*

What is unifrog?

Unifrog is an award-winning, online careers platform designed to support students in making informed decisions about their futures. Unifrog has a range of tools that are suitable for all year groups. You have a personal account that provides you with a wide range of information related to your interests and aspirations. Key features of the platform include:

- **Exploring Pathways** – personality quizzes, career and subject profiles, MOOCs and webinars
- **Recording** – self-reflection about extracurricular activities and key employability skills
- **Opportunities** – search tools showing live vacancies/courses/placements for apprenticeships, universities (in the UK and abroad), FE, virtual work experience and much more
- **Applications** – tools to help you build applications for a range of pathways (e.g., CVs, Personal Statements, Common App Essays)

To find out more enter the following web address in your browser <https://tinyurl.com/Parent-Introduction> or access via the QR Code to watch a 3 minute video



Students Getting Started - Logging on

- Open the Unifrog Webpage
www.unifrog.org
- Enter the student's school email address in the username. ie
Numbersurnamefirstname@queenelizabeths.com
- Type in the temporary password: **QESchool**.
- You will then be prompted to change your Password

Parent Log on

We have also set up a Unifrog log on for your parents/carer giving them the opportunity to be a student too. This can be accessed by entering the following access code on the home page at www.unifrog.org **QUELparents**.

The screenshot shows the Unifrog login interface. At the top, there's a navigation bar with 'unifrog', 'ABOUT', 'BLOG', and 'IN'. Below this is a 'Sign in' heading. There are two input fields: the first contains the email '19blogs.Joe@queenelizabeths.com' and the second contains 'QESchool'. A green 'Sign in' button is positioned below the password field. At the bottom, there are links for 'Reset password' and 'Request welcome email'.