



What is a 1:1 Careers Meeting?

A careers interview is an impartial one-to-one meeting with a professionally qualified Careers Adviser.

Your child will typically have a 1:1 Careers Meeting in Year 9, 10 or 11.

Before your child starts making career decisions, they need to know about themselves, their career choices and other opportunities available to them.

Encourage your child to find out the name of our Level 6 Qualified Careers Adviser for our school (Mrs Gita Jaworek).

The careers guidance interview can increase your child's self-awareness, improve decision making skills and assist your child with achieving their personal career goals.

Preparing for a 1:1 Careers Meeting

So that your child can make the most out of their Careers Meeting with our Careers Advisor, please encourage them to prepare and consider the following questions (and any others they may have). It is okay if they are not sure, or do not know the answers.

What are their ideas for the future?

Do you they any career ideas? If so, what?

What are they thinking of doing after year 11?

What do they know about college, sixth form or Apprenticeships?

What do they know about the different qualifications available after year 11? E.g. A levels, BTEC, T Levels etc?

What are they predicted grades?

Are these meeting these?

What subjects do they enjoy and excel in?

What subjects do they not enjoy and not do so well in?

Have they completed any work experience? If so, did they enjoy this? Why? Why not?

Do they know how to research ideas for after year 11 and apply?

When do they think you need to make a decision by and apply?

What would they like to use their career interview to discuss?

What Will be Discussed?

Gita Jaworek 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 the chance for your child to ask questions.

During the Careers Meeting the following will be discussed:

- Where they are now
- Where your child wants to be
- What they need to do and by when
- Next steps

A Careers Action Plan will be put together and shared with you and your child to help your child move towards a decision. Please can we also ask that you discuss your child's Careers Action Plan with them and to encourage them to explore all of their ideas and options.

The Benefits of Positive Career Action Planning

- Raises levels of confidence and self-awareness
- Develops career management skills that are vital in a complex labour market
- Clarifies the links between education, personal development and career
- Assists with decision making
- If plans are developed and kept over time, they provide a valuable source of self-reflection and evaluation
- Brings together and makes sense of the components of the careers education programme (as relevant).

(As outlined in Career Development Institute Briefing Paper March 2021)

Who Arranges the 1:1 Careers Meeting?

Your child will be contacted by our Careers Coordinator Mrs Grainger to arrange a 1:1 Careers Meeting with our Careers Adviser.

However, your child can also request a Careers Interview by contacting Mrs Grainger at kgrainger@croftonschool.co.uk

