



Careers Guide for Parents and Carers

Careers advice and guidance

There are many opportunities available for young people these days which can be overwhelming. They may not know what they want to do and with the changing world of work and the choices available where do you start? The tips below may help you to help them navigate their future career path:

- Encourage them to think about what's important to them in life, to recognise their skills and interests
- Research and discuss suitable career pathways. However, ensure you aren't passing on your own biases.
- Be proactive to pursue opportunities whilst remaining flexible and resilient if things don't go to plan. A career is a journey through life, learning and work
- Work experience or a part time job can develop employability skills, build networks and get first-hand experience of the job market
- Encourage them to speak with the careers advisor in college to receive impartial advice and guidance about their options.

Useful resources

- www.talkingfutures.org.uk
- <https://gmacs.co.uk/>

Careers websites

- nationalcareers.service.gov.uk
- icould.com

Apprenticeships

- www.hopwood.ac.uk/search-apprenticeships
- www.gov.uk/apply-apprenticeship
- www.ucas.com/understanding-apprenticeships

Work Experience Placements

Work experience and industry placements are a great way for young people to get ahead by developing the skills, experience and industry insight they will need to succeed. Learners are encouraged to find & apply for their own placement to ensure they are equipped with the career management skills they will need to navigate the job market later in life. You can support your young person with this by:

- Talking to them about making a good impression with an employer in their chosen industry.
- Guiding them towards relevant local businesses through social media, search engines and company websites.
- Encouraging them to contact employers themselves to find a placement.
- Encourage the preparation of a CV and interview technique practice.

Higher Education

- www.hopwood.ac.uk/discover-adult-he
- www.ucas.com
- www.gov.uk/student-finance



Meet the team:

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Email careers@hopwood.ac.uk to contact the team or pop in to the Careers Zones

Middleton Careers Zone
- Located next to the iLearn Centre

Rochdale Careers Zone - Located in iLearn

The Careers and Employability team have a wide range of resources on the Careers Zone page on ITS learning (under Student Hub) which includes UCAS deadlines and the buzzword. Please encourage students to take a look.



**Hopwood Hall College
& University Centre**