

Focus

Careers and Skills Overview Year 10: Experience

In Year 10, students will begin to explore and experience the next stage of their career journey. The main aims of the careers and skills curriculum are:

- To empower students and promote positivity as they begin to think ahead to post-16.
- To facilitate students’ initial experience of the options and application process for further study and employment.

Term	Topic	Objectives	Areas covered	Gatsby BM/Employability Skills and Qualities
Autumn 1	Building Resilience 3 lessons	<p>To introduce resilience and the many contributing factors to successful resilience</p> <p>To provide detail and explanation around the topic of resilience</p> <p>For students to explore themselves as resilient individuals – the barriers they face to achieving their goals</p> <p>To build on learning from ‘Positive Me’ - Year 8 lesson.</p>	<p>To understand what ‘resilience’ means and how to develop a resilient mindset</p> <p>To discover comfort zones, fearless learning and the difference between how confidence looks and feels</p> <p>To explore self-care and why this is important to developing resilience</p> <p>To learn about how to deal with different situations with resilience</p> <p>To understand the teenage brain – what happens in the process of growing up</p> <p>For students to begin to think about themselves as resilient individuals</p> <p>Self-sabotage – what this means and how this can have an adverse effect on our individual resilience.</p>	<p style="text-align: center;">Comfort zones Self-esteem and self-confidence Growth mindset and positivity Ability to obtain new knowledge and reflect on learning</p> <p style="text-align: center;">GBM: 1, 3 and 8</p>

<p>Autumn 2</p>	<p>Talk Smarter: becoming a brilliant communicator</p> <p>3 lessons</p>	<p>To continue to develop communication skills using a range of verbal and non-verbal techniques. To further improve confidence when speaking in a range of situations and in front of different people/audiences. To continue to break down some of the barriers around speaking in front of others. To build form 'Talk Smart' lessons in Year 8</p>	<p>Developing confidence and moving outside of comfort zones. Understanding the importance of good communication, now and in the future. Focus on extended responses to questions. Understanding what makes a good speaker and presentation. Range of paired, group and individual opportunities to develop skills and techniques when speaking. Presentation focusing in ambition Tips and advice around overcoming nerves.</p>	<p>Communication Building self-esteem and self-confidence Planning and organisation Co-operation Positivity Teamwork Trust</p> <p>GBM: 1 and 3</p>
<p>Spring 1 & Spring 2</p>	<p>Marketing me: on paper</p> <p>3 lessons</p>	<p>To look at the importance of first impressions and the power of marketing yourself on paper To explore what is meant by a CV and how it is used in the world of work To develop a draft CV using examples and templates To understand how to create a draft covering email or letter</p>	<p>What is a CV and why it is important in future applications? Formats for CVs. Identifying, interests, skills and personal qualities. Creating a personal profile statement Drafting your own CV. Exploring covering letter and emails. Drafting a covering email.</p>	<p>Communication and Literacy Planning and organising Using ICT Positivity Self-awareness</p> <p>GBM: 1, 2, 4 and 8</p>
<p>Spring 2</p>	<p>Marketing me: an introduction to interviews</p> <p>3 lessons</p>	<p>To understand the purpose of interviews. To explore the different types of interviews you may encounter. To explore interview skills and making a good impression. To plan and practice responses to typical interview questions.</p>	<p>What is the purpose of an interview? Making a good first impression Types of interview Structuring a successful response Example questions and planning how to answer Role play practice Constructive feedback on responses and interview technique</p>	<p>Communication Planning and organisation Trust Independence Co-operation Self-awareness</p> <p>GBM: 1, 2 and 4</p>

<p>Spring 2</p>	<p>Exploring post-16 opportunities</p> <p>2 lessons</p>	<p>To understand what is meant by the term 'post-16' – an introduction</p> <p>To explore different post-16 routes through research and teamwork</p> <p>To plan and prepare presentations</p> <p>To be able to work as a team to achieve an overall aim</p>	<p>What is meant by post-16 – a terminology they may or may not of heard before</p> <p>The different post-16 routes available for them to explore and obtain knowledge about for future careers lessons</p> <p>A range of skills; teamwork, research, presentation, organisation, time management etc.</p>	<p>Teamwork</p> <p>Research</p> <p>Presentation skills</p> <p>Co-operation and communication</p> <p>Planning and organising</p> <p>Using ICT and digital technology</p> <p>Independence</p> <p>GBM: 1, 2, 3, 4 and 8</p>
------------------------	---	--	--	--

