

Careers and Skills Overview Year 10: Experience

Focus

- 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.
- To further develop and practice employability/transferable skills. To further develop and practice employability/transferable skills.

Term	Topic	Objectives	Areas covered	Employability Skills and Qualities/link to the CDI framework/Gatsby Benchmarks
Autumn 1	Building Resilience Talk Smarter 4 lessons	<ul style="list-style-type: none"> • To introduce resilience and the many contributing factors to successful resilience. • To provide detail and explanation around the topic of resilience. • To understand the importance of self-care in relation to resilience. • For students to explore themselves as resilient individuals – the barriers they face to achieving their goals. • To develop communication skills using speech, body language and facial expression. • To improve confidence in public speaking. • To develop presentation skills. 	<p>To understand what ‘resilience’ means and how to develop a resilient mindset.</p> <p>The concept of mental toughness.</p> <p>The concept of self-care.</p> <p>To explore self-care and why this is</p> <p>How the brain works in relation to resilience.</p> <p>Developing a resilient mindset.</p> <p>Understanding the comfort zone and how to operate outside of it.</p> <p>The concept of fearless learning.</p> <p>Providing extended answers to questions.</p> <p>The importance of body language.</p> <p>Creating and performing a speech.</p>	<p>Adaptability</p> <p>Flexibility</p> <p>Problem-solving</p> <p>Resilience</p> <p>CDI framework: Grow throughout life, See the big picture</p> <p>GBM: 3, 4</p>

<p>Spring 2</p>	<p>Marketing Me: On Paper Marketing Me: Interview</p> <p>4 lessons</p>	<ul style="list-style-type: none"> • 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. • Students will be able to respond effectively and confidently to interview questions. • To give, and take on board, constructive feedback. 	<p>Looking at what makes a good first impression. Recap from Year 8 what we know about CVs and why they are important. Creating a draft CV and cover letter. Looking at the purpose of an interview. Giving and taking on board feedback. Asking each other questions in role play practice.</p>	<p>Communication Planning and organisation Independence Self-awareness Responding to feedback</p> <p>CDI framework: Grow throughout life, Manage career, Create opportunities, See the big picture</p> <p>GBM: 2, 3, 5</p>
<p>Summer 1</p>	<p>Exploring Post-16</p> <p>2 lessons</p>	<ul style="list-style-type: none"> • To understand what is meant by the term 'post-16' – an introduction • To explore different post-16 routes through research and teamwork • To plan and prepare presentations • To be able to work as a team to achieve an overall aim 	<p>Looking at the definition of post-16. Looking at the different routes available at post-16. Working in teams to present this information back.</p>	<p>Communication and Literacy Planning and organising Using ICT Teamwork Present information</p> <p>CDI framework: Explore possibilities, See the big picture</p> <p>GBM: 1, 2, 3, 4, 8</p>