



**unifrog**

**Guilborough Academy Careers Learning Journey Year 7 – Year 11**

**Y7**

**Y8**

**Y9**

**Y10**

**Y11**

**Grow throughout life**

Grow throughout life by learning and reflecting on yourself, your background, and your strengths.

**Term 1 – 4 lessons**

Who am I?  
Skills Audit  
Future career ideas

Career Spotlight

**Term 1 – 4 lessons**

What are my interests?  
Career Connections – linking interests and jobs

Career Spotlight

**Term 1 – 4 lessons**

What are my skills?  
Why are skills important for careers?

Career Spotlight

**Term 1 – 4 lessons**

Reflecting on my career journey: past, present and future (2 lessons)

Career Spotlight

**Term 1 – 4 lessons**

What are my employability skills?  
Skills Audit

Career Spotlight

**Explore possibilities**

Explore the full range of possibilities open to you and learn about recruitment processes and the culture of different workplaces.

**Term 2 – 3 lessons**

Dream Jobs  
What is the Labour Market?  
Local LMI  
Career Spotlight

**Term 2 – 3 lessons**

Job applications: superhero CVs  
Application Forms  
Career Spotlight

**Term 2 – 3 lessons**

What comes after school? main learning pathways  
Decision Making – choosing KS4 options  
Careers Spotlight

**Term 2 – 3 lessons**

Work Experience – Researching placements.  
Work Experience – how to contact employers  
Exploring Employer Profiles

**Term 2 – 3 lessons**

Post 16 – Choices  
Choices  
Is a T level right for me?  
Are A Levels right for me?

**Manage career**

Manage your career actively, make the most of opportunities and learn from setbacks.

**Term 3 – 3 lessons**

What is a Career?  
National Apprenticeship Week  
Careers Fair preparation

**Term 3 – 3 lessons**

Challenges and Rewards of work  
Nat Apprenticeship Week  
Careers Fair prep

**Term 3 – 3 lessons**

Preparing for Options  
Evening National Apprenticeship Week  
Careers Fair preparation

**Term 3 – 3 lessons**

What type of Career is best for me?  
National Apprenticeship Week  
Careers Fair preparation

**Term 3 – 3 lessons**

Is an Apprenticeship right for me?  
Decision Making – Choosing your Post 16 pathway  
Careers Fair preparation

**Create opportunities**

Create opportunities by being proactive and building positive relationships with others.

**Term 4 – 3 lessons**

What is an entrepreneur?  
Preparing for your Career Quest Day  
Reflecting on Your Career Quest Day

**Term 4 – 3 lessons**

Creating the Life you want – making a Vision board (2 lessons)  
Career Spotlight

**Term 4 – 3 lessons**

Taking control of your career journey  
Choosing your Options  
Career Spotlight

**Term 4 – 3 lessons**

Spot the Opportunity  
Build Relationships with others  
Career Spotlight

**Term 4 – 3 lessons**

Creating and Accessing Opportunities  
What to ask at Open Events? (link to building relationships)

Career Spotlight

**Balance life and work**

Balance your life as a worker and/or entrepreneur with your wellbeing, other interests and your involvement with your family and community.

**Term 5 – 3 lessons**

What is a work-life balance?  
Volunteering – exploring Volunteering  
Career Spotlight

**Term 5 – 3 lessons**

What does success mean to me?  
Volunteering Focus  
Career Spotlight

**Term 5 – 3 lessons**

Working and Earning: Managing Money  
Volunteering Focus  
Career Spotlight

**Term 5 – 3 lessons**

Wellbeing in the workplace  
Preparing to go on Work Experience  
Reviewing Work Experience

**Term 5 – 3 lessons**

Money Talks: Apprenticeships v Higher Ed  
Wellbeing: life and work  
Career Spotlight

**See the big picture**

See the big picture by paying attention to how the economy, politics and society connect with your own life and career.

**Term 6 – 3 lessons**

Careers and the Future (AI)  
Future Careers  
Environmental impact  
Career Spotlight - local entrepreneur

**Term 6 – 3 lessons**

Careers and the climate (2 lessons)  
Career Spotlight – Economist

**Term 6 – 3 lessons**

What is the labour market and why is it important to my future?  
Career Spotlight – logistics (local LMI)

**Term 6 – 3 lessons**

In person, hybrid or remote? What works best  
Is AI a threat to our jobs?  
Career Spotlight - hybrid role

**Term 6 - Exams**