|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | September | October | November | December | January | February | March | April | May | June | July |
| 13 | 5th Unifrog session  22nd Speakers 4 Schools**, TechUk**  **HEC** One to One Mentoring Target Students | 15th Oct UCAS deadline Oxbridge & Medicine  8th University of Suffolk Open Even | 11th Transform our world careers in conservation  15th National Apprenticeship Show | 8th University of Notts. Applying to competitive universities  HEC Drop In Sessions – UCAS Application Support & CV session | 25th Jan  Main UCAS Deadline  HEC Your Choice – Which University is for you? – | 6th National Apprenticeship Week  SNC, AIM and WS Training apprenticeships drop-in sessions  HEC Stress Less Session & workshop | 6th National Careers Week  10th British Science Week  **HEC and Enterprise Advisers CV and applications workshops** | Easter Health & Care Academy  13th Ipswich Careers Fair  Scrutton Bland Mentoring Programme | 10th Anglia Business Exhibition @ Trinity Park  Preparing for University – Student Finance and Student Life Session | 20th Festival of Suffolk  **HEC Preparing for University** |  |
| 12 | 5th Unifrog session  22nd Speakers 4 Schools, **TechUk**  HEC Why Go to University (pre-recorded or form time or assembly) | 8th University of Suffolk Open Event  **Unlock the box Neaco Neaco HEC** | 11th Transform our world careers in conservation  15th National Apprenticeship Show | 8th University of Notts. Applying to competitive universities | HEC Personal and Academic Development – Extra-curricular and skills building opportunities | 6th National Apprenticeship Week  SNC, AIM and WS Training apprenticeships drop-in sessions | 6th National Careers Week  10th British Science Week  HEC Higher Degree Apprenticeships | 9th University of Suffolk Open Event  Easter Health & Care Academy  HEC One to One Mentoring Target Students –Post 18 pathways and support with UCAS app) | **Visit to University of Cambridge**  24th Science, Technology and Computing Event @UoS | 13th UCAS EXHIBITION at University of Suffolk  **Visit to University of Essex** | HEC Highly Able – Early Application support and preparation (super curricular academic skills) (target students and highly able) |
| 11 | 9th Suffolk Constabulary visit  19th and 26th Sports Med East workshops  15th Maximise external speaker | **BT Apprenticeship Talk**  NCS Autumn Programme  HEC One to One Mentoring Target Students | 11th Transform our world careers in conservation  15th National Apprenticeship Show  Sixth Form taster sessions | 5th International Volunteers Day  Sixth Form taster sessions  Alternative choices session  Where do GCSEs Lead? Post 16 & 18 Options (Pre-recorded Assembly) | Enterprise Adviser mentoring sessions | 6th National Apprenticeship Week  SNC, AIM and WS Training apprenticeships drop-in sessions | 6th National Careers Week  10th British Science Week  HEC Drop In Support with Sixth Form and College Applications | **Subject specific motivational visits to University of Suffolk**  Easter Health and Care Academy | Resilience Curriculum  SNC Campus tour  HEC Study Skills Session and Stress Less Workshop – to help prepare for GCSEs in the summer | Enterprise Adviser mentoring sessions  HEC Exam Preparation and Stress Less (Pre-recorded assembly) | 2nd University of Suffolk Open Event |
|  | September | October | November | December | January | February | March | April | May | June | July |
| 10 | 9th Suffolk Constabulary visit  13th Information Evening | **10th Armed Forces assembly and workshops**  12th October  Suffolk Skills and Careers Festival | 15th Nov National Apprenticeship Show  Future You – Skills and Interests link up to Careers and next steps | 5th International Volunteers Day  Where do GCSEs Lead? Post 16 & 18 Options (Pre-recorded Assembly) | **Cover Letters workshops supporting by Neaco HEC, Enterprise Advisers and English Dept.** | 6th National Apprenticeship Week  SNC, AIM and WS Training apprenticeships drop-in sessions | 6th National Careers Week  10th British Science Week  HEC One to One Mentoring Target Students | Easter Health and Care Academy |  | **19th Work Experience Week** | 23rd IET Engineering open house day at Adastral Park |
| 9 | 8th Suffolk Constabulary visit  PSHE What is a career?    PSHE Employability | 12th October  Suffolk Skills and Careers Festival | **Step into the NHS schools competition**  University of Suffolk Family Awareness Day | 5th December International Volunteers Day |  | 6th National Apprenticeship Week | 6th National Careers Week  10th British Science Week | **University of Essex visit** | PSHE: Careers information and guidance- Where do I go from here and what is available? | **Year 9 Employability Day** |  |
| 8 | 8th Suffolk Constabulary visit  PSHE What is a career?  PSHE Options and Pathways | **12th October**  **Suffolk Skills and Careers Festival** | University of Suffolk Family Awareness Day | 5th December International Volunteers Day |  | 6th National Apprenticeship Week | 6th National Careers Week  10th British Science Week  **BT Adastral Park Visit**  16th Pathways Evening | GCSE taster sessions delivered by sixth form students | **Visit to New Wolsey Theatre** | Teen Tech Festival with Regional Partners |  |
| 7 | 8th PCSO visiting from Suffolk Constabulary  PSHE What is a career? | **Unifrog virtual assembly**  12th October  Suffolk Skills and Careers Festival | University of Suffolk Family Awareness Day | 5th December International Volunteers Day | **Engineering Development Trust** **virtual workshop** |  | 6th National Careers Week  10th British Science Week |  |  | **Teen Tech Awards**  Teen Tech Festival with Regional Partners |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Autumn** | **Spring** | **Summer** |
| **Assemblies** | 05/12  Dreams and Aspirations | 06/02 Careers Week- options year ; work experience yr10  06/03 Careers Week - apprenticeships (year 12/13) |  |
| 7 | **Unifrog virtual assembly** | **Engineering Development Trust** **virtual workshop** sponsored by Arup about sustainability and circular economy | **Teen Tech Awards and Festival** |
| BASE | Where am I now? Target setting and hopes for the future  Kamala Harris – looking at what she achieved in her career  Roles of different people in the wars – link to careers in armed forces.  Careers for girls and careers for boys – addressing stereotypes. | Focus on a sportsperson and how they achieved success in their career and overcame obstacles.  What careers are out there? Exploring STEM job roles with virtual STEM morning run by the EDT  Barack Obama – questions about his early career path e.g. attending law school. | What do you want to be? ‘Focus on Careers’ week  Alesha Dixon – question about how the difficulties she faced have influenced her career  Role of the police – direct link to careers in emergency services |
| PSHE | What is careers and what does this mean for me?  Employability- what does this mean and why does it matter? |  | Work related learning: Why is it important to encourage equality & diversity? |
| 8 | **Suffolk Skills Show 12th October** | **BT Adastral Park – British Science Week** | **The New Wolsey Theatre** |
| BASE | Where am I now? Target setting and hopes for the future  Roles of different people in the wars – link to careers in armed forces.  Women in science careers | Focus on a sportsperson and how they achieved success in their career and overcame obstacles.  Jesse Owens – consideration of what qualities he had that made him successful | What do you want to be? ‘Focus on Careers’ week |
| PSHE | What is careers and what does this mean for me?  Employability- what does this mean and why does it matter? Pathways: What makes good options choices? |  |  |
| 9 | **Step into the NHS schools competition** | **University of Essex visit** | **Year 9 Employability Day** |
| BASE | Where am I now? Target setting and hopes for the future  Roles of different people in the wars – link to careers in armed forces.  Careers in science and whether there is already a gender imbalance in their choices. Looking at female role models in science. | Focus on a sportsperson and how they achieved success in their career and overcame obstacles.  Charles R Drew – question about what inspired him to become a doctor | What do you want to be?  ‘Focus on Careers’ week  Jamelia – problems she faced in achieving career success |
| PSHE | What is careers and what does this mean for me? |  | Careers information and guidance- Where do I go from here and what is available? |
| 10 | **Armed Forces assembly and workshops** | **Cover Letters workshops supporting by Neaco HEC, Enterprise Advisers and English Dept.** | **Work Experience** |
| BASE | Where am I now? Target setting and hopes for the future  Ted talk from America Fereira, her career as an actress and the obstacles she had to overcome.  Roles of different people in the wars – link to careers in armed forces.  Direct question about career stereotypes. | Focus on a sportsperson and how they achieved success in their career and overcame obstacles.  Claudia Jones – question about difficulties she faced in seeking employment | What do you want to be?  ‘Focus on Careers’ week  Work Experience preparation and reflection. |
| HEC | Where do GCSEs Lead? Post 16 & 18 Options (Pre-recorded Assembly)  Future You – Skills and Interests link up to Careers and next steps | One to One Mentoring Target Students  Employability Skills – CV Writing (Pre-recorded Assembly)  CV Workshop (for target students and other students applying for work experience placements where CV required by employers) | Work Experience – Preparation (pre-recorded Assembly)  Alternative or addition Apprenticeships and degree apprenticeships (pre-recorded assembly)  Work Experience Reflections and next steps (Target students workshop session) |
| 11 | **BT Apprenticeships Talk**  **Guidance Appointments with Level 6 Advisor** | **Subject specific motivational visits to University of Suffolk** | **Suffolk Chamber of Commerce** |
| HEC | Where do GCSEs Lead? Post 16 & 18 Options (Pre-recorded Assembly)  One to One Mentoring Target Students | Apprenticeships (pre-recorded Assembly)  Link GCSE Subject to Academic Degree Programme (Afternoon visit to UoS or academic to host lesson in School) to aid motivation and gain experience of university learning and teaching – link to career sectors  Drop In Support with Sixth Form and College Applications | Exam Preparation and Stress Less (Pre-recorded assembly)  Additional options for target students – Study Skills Session and Stress Less Workshop – to help prepare for GCSEs in the summer |
| 12 | **Unlock the box Neaco Neaco HEC** | **Visit to University of Cambridge** | **Visit to University of Essex** |
| APEX | Where am I now? Target setting and hopes for the future  Baroness Floella Benjamin – career in TV and in the Lords  Roles of different people in the wars –careers in armed forces  Changes to employment law for males/females. Women in Science  modern slavery – awareness of how people can be exploited in employment.  Half term Apex focus: how to write a good application, how to prepare a CV, how to make a good first impression at interview and how to answer interview questions, options available to you when you leave Sixth Form. | Focus on a sportsperson and how they achieved success in their career and overcame obstacles  Malorie Blackman – question about coping with rejection in journey to become an author | What do you want to be?  ‘Focus on Careers’ week |
| HEC | Unlock University activity – Introduce University  Why Go to University (pre-recorded or form time or assembly) | Personal and Academic Development – Extra-curricular and skills building opportunities  Higher Degree Apprenticeships  Specific Academic Visits – linking A-level subject to degree programmes (example – English to creative writing, Computer Science to cyber Security (afternoon visit to UoS with experience of university learning and teaching alongside student life) | One to One Mentoring (Target Students – follow on with Post 18 pathways and support with starting UCAS app)  Highly Able – Early Application support and preparation (super curricular academic skills) (target students and highly able)  Academic Lessons in a Box  Science and Technology Digitech Visit - UoS |
| 13 | **Application talk from University of Nottingham**  **Guidance Appointments with Level 6 Advisor** | **HEC and Enterprise Advisers CV and applications workshops** | **HEC Preparing for University** |
| APEX | Where am I now? Target setting and hopes for the future  Roles of UN and armed forces.  Diversity in the armed forces.  Gender pay gap.  Half term Apex focus: In this unit, we extend work from Year 12 on applications and interviews, looking at both university and job applications, as well as having a brief introduction to career-planning. | Focus on a sportsperson and how they achieved success in their career and overcame obstacles.  focus on the impact of your digital footprint on future careers.  consider disability law relating to employment.  Malala Yousafzai – question to reflect on their own priorities compared to hers – link to career choices? | What do you want to be?  ‘Focus on Careers’ week |
| HEC | One to One Mentoring (Target Students)  CV Session (For those not apply for University)  Drop In Sessions – UCAS Application Support | Your Choice – Which University is for you? – Support session for those selecting firm and insurance choices  Stress Less Session (either pre-recorded for form time)  Stress Less Workshop (Target Students)  Preparing for University – Student Finance and Student Life Session | One to One Mentoring – if needed or requested by target students – specifically those undecided on steps after A-levels |

**Programme of Future Fridays lunchtime talks**

|  |  |  |
| --- | --- | --- |
| **Date** | **Employer** | **Area of Employment** |
| **2022** |  |  |
| Friday 16th September | BT **Jack Johns**  Apprentice Researcher  Software Research | BT, technology (or STEM in general), academic/industry research or degree apprenticeships in general |
| Friday 30th September | **Mo Alshammam**  **NCS Youth Engagement Co-ordinator** |  |
| Friday 14th October | **Daryl Cockman (he/him) CPFA MSc**  Head of Financial Development  East Suffolk and North Essex NHS Foundation Trust | Careers in finance in the NHS |
| Friday 11th November | Alicia Kate Durbin (*She/Her)*  Projects Manager  Ipswich Community Media CIC | Volunteering  Music and Media. |
| Friday 25th November | **Daniella Lord** (she/her)  Positive Action Recruitment Advisor (Suffolk Constabulary) Vice-Chair of the Suffolk Ethnic Police Association (SEPA) | Suffolk Police |
| Friday 9th December | **Linh Pook** Internal Recruiter & UGrad+ Career Pathways Advisor | Seven Resourcing |
| **2023** |  |  |
| Friday 6th January | **JESSICA BANTOCK**  Business Adviser - Business Services & Outsourcing / BDO*Drive*  And Habeeb - Alumni | Audit and Accountancy – year 10 and above |
| Friday 20th January | Cathy LoveOne | Entrepreneurship |
| Friday 3rd February | Pam Davis  MANAGING DIRECTOR Fashion Candy Style |  |
| Friday 3rd March | WS Training  Charmaine Thomas  Careers Advisor | Traineeships |
| Friday 17th March | Anthony West Matthew Douglas Limited |  |
| Friday 31st March | Milo Williams  Rubix M&E – Owner |  |
| Friday 28th April | Farm Farmers |  |
| Friday 12th May | Charli - illustrator |  |
| Friday 26th May |  |  |
| Friday 9th June |  |  |
| Friday 23rd June | WEX |  |

**Additional activites:**

WoW Unifrog sessions

Future Pathways drop in’s Wednesdays 14:05 – 15:00

Unifrog webinars

Future Fridays lunchtime talks

Virtual assemblies

ASK/ WS Training/ SCC/ HEC Apprenticeship talks

Employer class talks

Employer mentoring

Let’s talk about NHS sessions

**Unifrog sessions**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| September | October | November | December | January | February | March | April | May | June |
| What’s it like to work in … webinar  What can you do with a degree in… webinar | An insight into health professions with the NHS  Writing your CV and applications | Performing well during interviews  What to expect from an employer |  |  |  |  |  |  |  |