



Grangemouth High School Parents/Carers Newsletter

Careers Guidance & Information

Welcome,

Although you maybe aware that your child/s school has a Careers Adviser you may not be fully aware of the services we can provide both in school and beyond school.

This newsletter aims to give Parents/ Carers an overview of services Skills Development Scotland delivers in school, in our centre and online.

Career Management Skills

CMS can help you understand yourself and the world around you, and take control of your career with all its potential opportunities. They're grouped under four themes:



Contents:

Pg - 2/3 S1-3

Pg - 4 S4-6

Pg - 5 Contacts

'I love being a maze designer. I get completely lost in my work'

**Skills
Development
Scotland**



APPRENTICESHIPS . SCOT
From Skills Development Scotland

**Skills
Development
Scotland**

Mykidscareer.com

S1-3

My Kids Career - Working together for their future

Networks



[Jobs in demand](#) [Career paths](#) [Career discussions](#) [Your questions](#) [Your stories](#) [About us](#)

A close-up image of a person wearing a VR headset, looking upwards. The background is a textured blue.

Scotland needs over 70,000 digital experts by 2024. Know anyone?

SDS have recently launched a new website to help parents support their child with career decisions called mykidscareer.com

Research shows that the most influential figures in children's career choices are parents and carers, and to achieve the best outcomes, it's important to start conversations early. That's why we've created My Kid's Career.

By talking about careers with your children as early as you can, you'll be able to help them find a job that offers them the future they want. But it can be difficult to know where to begin – or where to find the time.

Our discussion guides, written by expert careers advisers and designed to mirror your child's milestones, will provide the steps you need to approach these conversations with confidence.

From subject choices to the jobs of the future, routes to entry, to what to do when they don't get the exam results they need – we've got credible, up-to-date advice on critical issues.

Visit - www.mykidscareer.com



S1-3

Subject Choice: Career Conversations

Subject choice is a great opportunity to have a conversation with your child around the careers they may have been considering. To ensure that the subjects they are picking match with their career ideas. Visit mykidscareer.com for advice and guidance.

Do's:

- Follow your strengths
- Pick subjects you enjoy and are good at
- Consider where you would like to be
- Keep your options open
- Talk to people
- Use the Subject Choice tool on my world of work

Don'ts:

- Choose a subject just because you like the teacher
- Listen to peer pressure and choose the subject because your friends are choosing it
- Let others choose for you
- Go in blind and choose a subject - take the time and do some research
- Be afraid to ask questions

What subjects do we need for certain careers?

Although S2/S3 is too early for young people to decide on their future careers, they may already have jobs they are interested in. It is important to note that some jobs will require certain qualifications. Subject choice is a great opportunity to research the careers your child is interested in and to check the subjects chosen in school match with this. For example, to study Engineering usually requires Physics or Engineering science and Maths. Health courses and Medicine or Veterinary will have a strong focus on Science subjects. Teaching will need Higher English and Nat 5 Maths. My World of Work is available to help you find this information.

Visit: [Choosing my subjects - myworldofwork](#)

I don't know what I want to do when I leave school.

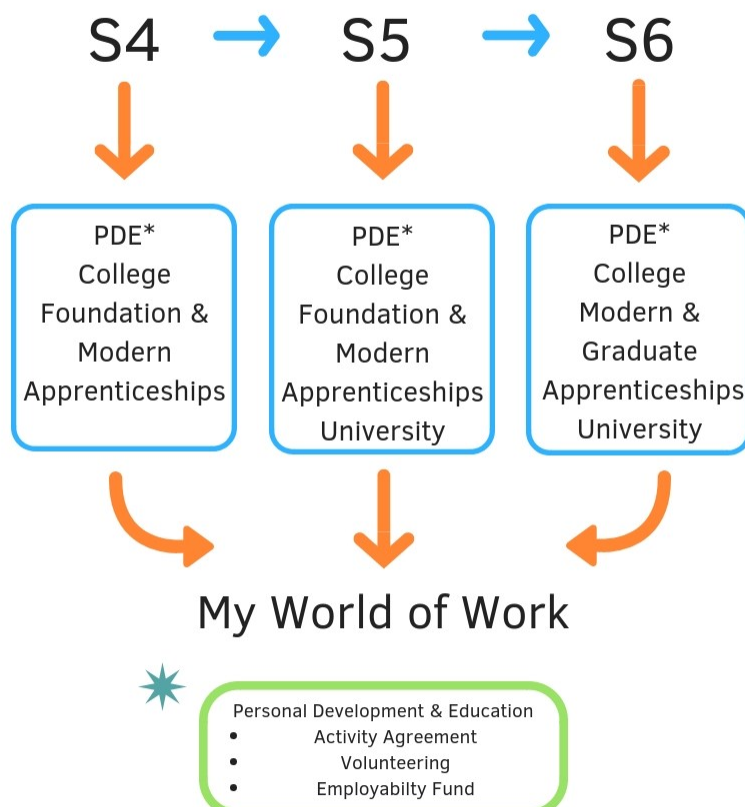
Your child may not know what they want to do on leaving school. That is fine, there is plenty of time to consider what careers may be suitable. My world of work offers tools and advice which can help young people consider what careers may be open to them. The About Me and Strengths tools are a good starting point for ideas.

What options are available to my child in school and beyond school

There are many options available to pupils in S4 to S6. We traditionally think about our school journey as progressing from National exams to Highers. Some of these different routes can offer a different learning style and environment which could be beneficial to students.

Whether your child is staying on at school or considering leaving, it is important to know the different options at each stage in their school journey. The diagram below shows each year's options to leave or progress.

You can find information online at [myworldofwork](https://myworldofwork.org.uk) or visit your School Careers Adviser





Contacts - SDS School Mini Team

School pupils or leavers are supported by professionally qualified expert careers staff.

Our services can also be accessed at our Careers Centre; 100 Manor Street, Falkirk, FK1 1NU

We are open Mon, Tues, Thurs, Fri 9am-5pm and Wednesday 10:30am -5pm

01324 620311

School Based Careers Adviser

Tammy Bremner

Can offer advice and guidance in the school

Post School Careers Adviser

Jillian Faughnan

Advice and guidance when you've just left school

Work Coach (Professional Careers Adviser)

Ken Davidson

Advice, guidance and more in-depth support for school leavers who need it

Personal Adviser

Maureen Watt

Practical help with looking for work, application forms, CVs and interview skills

Can you take a minute to let us know what you think of our newsletter?

<https://www.surveymonkey.co.uk/r/L6K737B>

