

Careers Newsletter for Families

South East
Midlands
CAREERS HUB

CAREERS &
ENTERPRISE
COMPANY

SEMLEP
South East Midlands
Local Enterprise Partnership

Inspire.
Prepare.
Succeed.

Summer 2023

Welcome to the last SEMCH Newsletter of the school year for families supporting young people in the South East Midlands. The summer is fast approaching, and this edition of the Newsletter is all about skills! From an employer's perspective skills are as important as qualifications. The summer break is a great time to support the young people in your family with building their transferrable skills that will ultimately make them more employable in the future. This Newsletter is packed with ideas for how to do that and details of useful websites and activities you can access with your young people. You can find more information on SEMLEP and the SEMCH, including our live opportunities portal, on our [website](#).

Teamwork

Teamwork means working with others to get something done. This can include recognising the value of other people's ideas and what skills they have, including everyone in group discussions as well as contributing yourself, spotting if you or someone else is getting into an argument and taking steps to avoid it, and reflecting on a team's progress and suggesting steps to improve.

Activities:

Try these games in your family household or encourage your young people to play them with friends.

1. Stand in a circle with each person holding the index finger of their right hand at chest height. Place a stick or balloon across the outstretched fingers. Lower the stick to the floor without it falling off. If anyone's finger loses contact with the stick, you must start again!
2. The challenge is, in 30/45/60 seconds, to arrange yourselves in a line in order of height, age, shoe size, alphabetical first names. To make it harder do this without talking!

Staying positive (resilience)

Universities and employers value resilience because studying and working are no different to the rest of life - everything that's worth achieving comes with challenges that need to be overcome. They want to see that if you do badly you will work hard to get a better outcome next time.

Activities:

1. [Geocaching](#) is a great way to build resilience and have fun as a family. Sign up for free, put in your postcode, and put your young person in charge of leading your family to a nearby geocache. There are 6143 to find in this area!
2. Record the Positives – encourage your young person to write down at least 1 thing that went well each day for a week. They can review the positives at the weekend.

Speaking and Listening

Giving your young person the opportunity to speak to groups of people, people they've never met before, or to speak at length on a topic, are great ways of building up their speaking and listening skills for employability.

Activities:

1. When you're out at a café or restaurant let your young person give the family's order to the waiting staff.
2. Ask them to be a tour guide for the day, pointing out areas of interest and answering questions from other family members.

Useful websites:

The [National Careers Service](#) has pages on [identifying skills](#) and [developing soft skills](#) that can work through with the young people in your family. There is a separate section on [helping young people make education and career choices](#) that you might also find helpful.

BBC Bitesize is a website that your young people might already be familiar with. This section on [careers](#) is one that you can look at together to help them learn more about the skills they'll need in the world of work.



[Youth Employment UK \(YEUK\)](#) are a Northamptonshire based company who offer [free skills training](#) for all young people from the age of 11. It is free to sign up as a Young Professional, receive the newsletter and enrol on the free online courses they offer.

Linking subjects to career – In/Around/Beyond

Young people are developing employability skills in every subject they study. Some young people and their families feel anxious when they start making choices between subjects. They worry that a ‘wrong’ choice will rule out future options and limit their career. By understanding the skills they have developed by studying each subject, a young person can start to explore careers **in** that subject area as well **around** and **beyond** it. Here is a worked example:

Subject: History

Careers **in** and **around** use the knowledge developed by studying history: understanding the past and how it has influenced the present day. The skills a history student develops allows them to look at careers **beyond** that require similar skills.

Skills developed by studying history:

Attention to detail	Identify which evidence is important
Finding primary sources of evidence	Connecting evidence and information
Manage and organise large amounts of evidence	Write and present narratives in a compelling way

Careers IN History:

Professional historian
Archivist
Museum curator
Heritage site manager

Careers AROUND History:

Diplomat
Politician
Costume designer for film/television
Antiques valuer or auctioneer

Careers BEYOND History:

Business consultancy
Policy Officer
Detective
Poverty campaigner

The key thing to remember from this is that most employment and study choices do not have specific qualification or subject requirements. Focussing on the skills they develop allows young people to demonstrate their employability no matter what subjects they choose to study.

Try this out with your young person and work out the in/around/beyond of their preferred subjects.

Adapted from K. Daubney (2021) *Careers Education to Demystify Employability* OUP:London.

Literacy for employability

This report by the [National Literacy Trust](#) demonstrates the importance of good literacy skills for employability. In the workplace, young people will need skills in spelling, punctuation and grammar, the ability to research, redact and communicate information, the ability to produce appropriate business correspondence, and communication in general.

Activities:

Younger children can get involved in the [Summer Reading Challenge](#) at their local library.



Young people aged 14-17 can gain experience by volunteering at their library to support with children’s activities and awarding the stickers, certificates and medals that are part of the challenge.

Numeracy for employability

Numeracy is essential for making sense of things like time, space, money, and data. Young people need to be confident with numbers to figure out how long it takes to get somewhere, budget for a holiday, or investigate a statistic reported on the news. Numeracy is highly valued by universities and employers because many subjects and professions use numbers.

Activities:

1. If you’re planning a day out or a holiday away, put your young person in charge of the budget. Tell them how much there is to spend, what that needs to pay for and for how many people.
2. Ask your young person to make plans for a day out with friends or family, including how long each part will take and a breakdown of how much it will cost.
3. Challenge your young person to make savings on your weekly (or monthly) expenses such as food and utilities. Ask them to explain their choices.

Does your employer support volunteering days?

You can get involved with the work of the South East Midlands Careers Hub in several ways:

- Give an Hour – to support one-off events like careers fairs or mock interview days.
- Become an Enterprise Adviser and commit to an on-going relationship with a school to support them with the strategic development of their careers programme.
- Ask your employer to offer work experience, work shadowing or employer visits for local young people
- More details [here](#)