

What Careers Advice & Guidance is my Child entitled to?

Your child is entitled to careers advice and guidance at school from year 7 to prepare them for the evolving job market. This advice is guided by the **Gatsby Benchmarks**, a set of eight guidelines to ensure students receive high-quality advice, equipping them with the knowledge, skills, and experiences needed to make informed decisions about their future careers.



A Stable Careers Programme

Schools should have a structured careers program in place, which provides students with a range of career-related activities and experiences throughout their time at school. This should be published on the school website. This program ensures that careers education is integrated into the curriculum and delivered consistently across all year groups.

Learning from Career and Labour Market Information

Students should have access to up-to-date information about different career paths, labour market trends, and future employment opportunities. This enables them to make informed decisions about their future careers based on current and relevant information. You can find out more about Cumbria's labour market information here at [Start Platform](#).



Addressing the Needs of Each Pupil

Schools should provide personalised guidance and support tailored to the individual needs and aspirations of each student. This includes providing opportunities for self-assessment, career exploration, and individualised careers advice and guidance.



Linking Curriculum Learning to Careers

Careers education should be integrated into the curriculum, allowing students to see the relevance of their learning to future career pathways. This can be achieved through project-based learning, work-related assignments, and guest speakers from industry.



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Encounters with Employers and Employees

Schools should provide opportunities for students from year 7 upwards to engage with employers and employees from a variety of industries. This can include workplace visits, work shadowing, mentoring programs, and guest speaker events, career talks, workshops and career fairs which allow students to gain insights into different career paths and industries.



Experiences of Workplaces

Work experience placements and internships provide students with valuable opportunities to gain first hand experience of the workplace. This allows them to develop essential skills, build networks, and make informed decisions about their future career paths. From year 7 onwards, students will experience different workplaces from attending schools trips and engaging in projects with employers.



Encounters with Further & Higher Education



Schools should provide information and support to students considering further and higher education options. This includes guidance on university applications, apprenticeships, vocational qualifications, and other post-16 pathways.

Personal Guidance

Each student should have access to personalised 121 careers guidance and support sessions from a qualified professional. One of these sessions should be carried out by the end of year 11 and then a second by the end of year 13. Schools should focus on equipping students with an action plan following these sessions which focus on practical skills that are essential for success in the workplace.

