



Careers – A Guide for Parents/Carers



A Parent/Carer's guide to post 16 options

Supporting your son or daughter in making career choices can be a daunting prospect, after all, you want what's best for them and their future. As a parent, you're likely to be one of the most important and trusted sources of information and advice to your son or daughter along the way.

Labour Market Information (LMI)

Understanding the changes in the **Labour Market** is an important first step, it is this information that may help develop a successful career. Labour market information tells you about the local or national demand there is for different skills and from different industries. Labour market information tells you:

- Which jobs are likely to be easiest or hardest to find in your area
- Which are the big employers in different areas and which ones have jobs on offer
- What skills employers are looking for and which are in short supply
- How much you can expect to be paid in specific jobs
- What working conditions are like
- What qualifications will be most helpful if you want a certain career
- What the jobs of the future might look like and which jobs might disappear

All of these factors can help you make a more informed decision about what career path to take.

For more information about the labour market, please visit the following sites:



LMI For All



[Click here for LMI from the National Career Service](#)

Useful Parent Guides

The following two documents are designed to help give you the tools and knowledge to guide and support your child through the decision-making and application maze; [Apprenticeships – A Guide for Parents](#) and [The Parents' Guide to University](#). Students can also make an appointment with the college Careers Advisor by emailing careers@sjr.ac.uk

Apprenticeships

The benefits of an apprenticeship are that progression continues in education by gaining a qualification whilst earning a salary and developing more skills. There are different levels of apprenticeships ranging from level 2 up to level 7. If your son/daughter completes a level 3 qualification at college (A levels or BTEC level 3), there are many higher (level 4 and 5) or degree level apprenticeships available. These are often competitive, so looking for opportunities to develop employability skills, such as voluntary work or work experience is advisable.

Things to consider -

- The level of apprenticeship (look for progression).
- Not all industries offer apprenticeships.
- The recruitment process is often competitive, takes up time and will likely include recruitment days.
- It is still recommended that students submit a university application, or defer entry for a year, as this will be a back-up if they are not successful in securing an apprenticeship.
- With an apprenticeship young people will earn a salary and get their degree for free, although it may take a few more years to complete.



Students can find out more about apprenticeships and search for vacancies, by looking at the following websites.



St John Rigby College also hosts an annual apprenticeships fair, where students will be able to find out about opportunities directly from **potential employers**. Please see below for more information about employment and our links with employers

Employment

As your son/daughter completes their studies with us at St John Rigby, they will be moving on to exciting futures and eventually employment; for this they will need to have developed important transferable academic, employability and social skills to continue to progress. At SJR we believe it is important that students are exposed to opportunities both in and outside of the classroom, which will enable them to build a tool kit of employability skills for their future roles in society.

During their time with us at SJR we will inform, educate and advise students to raise and achieve their future aspirations. Through the Tutorial programme and embedded in their chosen subjects we will support students to understand and develop relevant employability skills for their future careers and guide them to make informed decisions, regarding their chosen career path. To improve employability, students would benefit from looking at completing Voluntary Work and/or Work Experience.

Students will be guided through apprenticeship and employment applications, vacancy searches, CV writing and interview techniques, which will be delivered through one-to-one sessions, small group workshops and tutorials. Students can also email the career advisor at careers@sjr.ac.uk for a CV template or they can email their CV for feedback.

Employer Links

Throughout your son/daughter's time at SJR they will be invited to attend career events, talks and webinars to inform them of the range of career pathways that are available to them. In addition to this, SJR hosts an annual Careers Fair which will introduce students to leading employers and training providers in the UK, enabling them to gain valuable and up-to-date insights into the local, regional and national workplace context and labour market information. If you are an employer and would like to build links with SJR and other agencies please contact careers@sjr.ac.uk

SJR Employer Enterprise Adviser – Stuart Melling

Job Title: Local Division Manager (UK) - ABB Ltd

Role: Leading the UK Drives business for ABB - a global technology company. Managing around 100 employees across the UK providing energy saving solutions to a wide range of customers across many industries. This includes sales, engineering and services.

Education: Masters Degree in Business Administration (MBA)
Apprenticeship in Electronic Engineering with formal qualifications.

Parent/Carer – Employer Opportunity

[Click here](#) to find out which Employers and Training Providers are working with SJR to support our students.

If you are a Parent/Carer who is also an Employer, it would be amazing if you could work with SJR too! If you are interested please email careers@sjr.ac.uk



University & Degrees

For most students, their Parents or Carers play an important role when it comes to the university process. This section focuses on areas specifically of interest to those who help their children make one of the biggest steps in their lives. We're here to help you help them!

The Application Process

At SJR students will cover most of this through their Tutorial Sessions and the Futures Programme at key points throughout the academic year, but you can help to ensure that the process runs as smoothly as possible. Here's what you can do: [The Application Process – Guide for Parents/Carers](#)

Personal Statement Writing

A personal statement supports your child's application to study at a university or college. It's a chance for them to articulate why they'd like to study a particular course or subject, and what skills and experience they possess that show passion for their chosen field. [Personal Statement Writing – Guide for Parents/Carers and Students](#)

University Open Days

At SJR your child will be given the opportunity to attend Universities as part of their level 3 programme in addition to a whole year group visit at the end of Y12. However, it is recommended, where possible, that students visit as many universities as possible with friends or family members. You can learn more about a university by visiting it on open day rather than looking through a prospectus. [University Open Days – Guide for Parents/Carers](#)

Student Finance

You may be able to borrow money to help pay for university or college tuition fees and to help with living costs. You might also get extra money on top of this, for example if you're on a low income, are disabled or have children.

Please visit the websites below for more information. Students can also speak to their Progress Tutor for guidance.

<https://www.gov.uk/student-finance>

<https://www.ucas.com/student-finance-england/student-finance-guidance-parents-and-partners>

<https://www.savethestudent.org/student-finance/parents-guide-tips-university.html>

<https://www.thecompleteuniversityguide.co.uk/preparing-to-go/advice-for-parents>

Useful websites:

[Have a look at the latest University League tables](#)

[Accommodation at Uni](#)

[Choosing a Course](#)

[Fees and Financial Support](#)

[Choosing the right University](#)

[Stay Safe at University](#)



Work Experience, Volunteering & Part-time Jobs

Work experience is a valuable opportunity for developing employability skills for your CV and job applications. It helps to provide some evidence of skills, and examples of how you have used them. There are many voluntary opportunities that you can get involved with and email addresses below provide information about some local opportunities.

Some ideas from how former students have gained work experience are by shadowing a family member in their workplace; helping at scout or brownies; air/army/sea cadets; St John Ambulance cadets; police cadets; gaining a work placement through sending their CV to local companies and part-time jobs. You can also become a St John Rigby Ambassador and help at open evenings and taster days. Some larger companies also have summer holiday work experience opportunities that you can apply for via their website.



Local volunteering opportunities

www.wigan.gov.uk/Council/The-Deal/Volunteering/index.aspx

www.do-it.org

www.greenslatefarm.org.uk/volunteering/

www.thebrick.org.uk/volunteers/

www.book-cycle.org/volunteer/volunteer-with-book-cycle/

ALUMINI - Hear from some of our past Students:



Upon leaving SJR Lauren initially studied Zoology at Liverpool John Moores University where she achieved a 2:1. Following her childhood dream, she went on to do a further degree at the University of Liverpool in Veterinary Science. Lauren graduated in summer 2019 (with First Class Honours) and is currently a Veterinary Surgeon specialising in small animal care.

'Dreams will come true if you have the courage to pursue them.'



After completing his studies at SJR Scott went to work for the BBC on the TV programme Waterloo Road as a lighting technician. His role involves working in venues all across the world, setting up and operating various lighting equipment for events ranging from sporting events to concerts and festivals to film and television shows.

"Get involved in everything! All of my extra-curricular activities led me towards my current career!"



After completing her A Levels Sophie had the hard decision to choose between Law, Philosophy or Religious Studies. She eventually opted to study for a degree at Liverpool University in Philosophy. Graduating with a 2:1 qualification. Upon graduation Sophie revisited Law and is now working for the Police as part of a graduate scheme.

"Take time to make decisions and don't rush into things, there's so much time to do the best thing for you."



Robert is going into the third year of his training, studying for a Masters in Nursing at the University of Central Lancashire. Prior to this, on graduation from York University, he worked as an ODA in hospital operating theatre. Alongside his studies Rob maintains his commitment to work and research at a Level 7 standard. In the near future Rob intends to take up a position as a Staff Nurse in Intensive Care and become a Critical Care Outreach Practitioner over the coming years.

"Never regret what you do, and be proud. You will always gain something from it, even if it's a stepping stone or a leap to something completely different - it certainly was for me!"