

# CAREERS

#### **PROGRAMME**

2025-26













Year 7		
Term	Activity	Description
All	Morning Careers Buzz	Short form-time sessions introducing a range of jobs and employers, helping students explore interests and gain insight.
All	Careers Referral	One-to-one or small group careers guidance available on request.
All	Careers in the Curriculum	Links made between lessons and careers, highlighting skills and future job opportunities.
All	Unifrog Platform	Online tool with job profiles, subject information, labour market data and activity recording.
Autumn 1	PSHE Unifrog Curriculum	Students explore identity, strengths, dream jobs, what careers and entrepreneurs are, work-life balance, and the changing world of work.
Autumn 1/2	Into University	Selected students attend <i>Choosing Success</i> , focusing on transition to secondary school and setting personal goals.
Spring 2	UEA Assembly	Talk from the University of East Anglia on higher education pathways.
Spring 1/2	Into University	Selected students attend <i>Becoming an Independent Learner</i> , developing strategies for managing homework effectively.
Summer 1	UEA Future Stars	Up to 15 students join workshops and a campus visit to experience student life at UEA.



Year 8		
Term	Activity	Description
All	Morning Careers Buzz	Short form-time sessions introducing a range of jobs and employers, helping students explore interests and gain insight.
All	Careers Referral	One-to-one or small group careers guidance available on request.
All	Careers in the Curriculum	Links made between lessons and careers, highlighting skills and future job opportunities.
All	Unifrog Platform	Online tool with job profiles, subject information, labour market data and activity recording.
Autumn 1/2	Into University	Selected students attend <i>Maximising Memory</i> , focusing on learning and revision techniques to build confidence.
Autumn 2	Find My Future	Optional visit to the John Innes Centre for a STEM careers conference.
Spring 1	PSHE Unifrog Curriculum	Students explore interests, create a "superhero CV," reflect on challenges and rewards of work, set goals through vision boards, consider success, and link careers to climate change.
Spring 1/2	Into University	Selected students attend <i>Pathways to Success</i> , exploring GCSE option choices and future pathways.
Spring 2	UEA Assembly	Talk from the University of East Anglia on higher education pathways.



Year 9		
Term	Activity	Description
All	Morning Careers Buzz	Short form-time sessions introducing a range of jobs and employers, helping students explore interests and gain insight.
All	Careers Referral	One-to-one or small group careers guidance available on request.
All	Careers in the Curriculum	Links made between lessons and careers, highlighting skills and future job opportunities.
All	Unifrog Platform	Online tool with job profiles, subject information, labour market data and activity recording.
Autumn 1/2	Into University	Selected students attend Transferable Skills and Careers, linking learning and skills to future opportunities.
Autumn 1/2	Into University Buddy	Selected students attend a full day trip to a university, experiencing the university environment, meeting real students, touring the campus and taking part in activities.
All	GCSE Options	Assemblies, Options Evening, subject information and guidance for students and families to support KS4 option choices and career pathways.
Spring 1	PSHE Unifrog Curriculum	Students reflect on skills, explore post-school pathways, develop decision-making, learn about managing money, and understand the labour market.
Spring 1/2	Into University	Selected students attend Introduction to University Life, exploring courses, study options and student finance.
Spring 2	UEA Assembly	Talk from the University of East Anglia covering GCSE choices, future pathways and an introduction to university, with workbook and Q&A.
Summer 2	Bringing Scientists to You	Students visit a local sixth form college for hands-on experiments and to explore career pathways in STEM.



Year 10		
Term	Activity	Description
All	Morning Careers Buzz	Short form-time sessions introducing a range of jobs and employers, helping students explore interests and gain insight.
All	Careers Referral	One-to-one or small group careers guidance available on request.
All	Careers in the Curriculum	Links made between lessons and careers, highlighting skills and future job opportunities.
All	Unifrog Platform	Online tool with job profiles, subject information, labour market data and activity recording.
All	GCSE Options	Assemblies, Options Evening, subject information and guidance for students and families to support KS4 option choices and career pathways.
All	Educational Visits	Educational visit enrichment activities, often within their Options subjects e.g. UEA Sport Taster, ARU Computing Taster
Autumn 1/2	Into University	Selected students explore <i>entrepreneurship</i> , learning what makes entrepreneurs successful and how to apply these skills.
Spring 1	PSHE Unifrog Curriculum	Students reflect on their career journey, explore different types of careers and employer profiles and prepare for work experience.  They also learn about wellbeing in the workplace and consider which work environments suit them best.
Spring 1/2	Into University	Selected students attend <i>Communication</i> in the Workplace, focusing on communication skills, applications, and interview techniques.
Spring 2	UEA Assembly	Talk from the University of East Anglia covering post-16 and 18 pathways, GCSEs, A Levels, T Levels, BTECs, apprenticeships, and university.
Spring 2	Festival of Knowledge	Whole-year visit to a major careers event with over 100 local employers and education providers.
Summer 2	Work Experience	Opportunity to organise a Work Experience placement and encounter the world of work.



Year 11		
Term	Activity	Description
All	Morning Careers Buzz	Short form-time sessions introducing a range of jobs and employers, helping students explore interests and gain insight.
All	Careers Referral	One-to-one careers guidance appointments offered to support decisions about their next steps.
All	Careers in the Curriculum	Links made between lessons and careers, highlighting skills and future job opportunities.
All	Unifrog Platform	Online tool with job profiles, subject information, labour market data and activity recording.
All	Destination Tracking	Destination tracking and support to ensure each student has a clear learning pathway suitable to their needs for when they finish Year 11.
Autumn 1	Sixth Form Open Evening	·Sixth Form Open Evening and Induction.
Autumn 1	Post 16 Applications	Students are given training and support to complete online application forms for colleges, sixth forms or apprenticeships.
Autumn 1	PSHE Unifrog Curriculum	Students explore their employability skills, make decisions about post-16 pathways and research volunteering and paid work opportunities. They also compare apprenticeships and higher education and consider the impact of AI on future jobs.
Autumn 1	UEA Assembly	Talk from the University of East Anglia covering post-16 and 18 pathways, GCSEs, A Levels, T Levels, BTECs, apprenticeships, and university.



Year 12		
Term	Activity	Description
All	Morning Careers Buzz	Short form-time sessions introducing a range of jobs and employers, helping students explore interests and gain insight.
All	Careers Referral	One-to-one careers guidance appointments offered to support decisions about their next steps.
All	Careers in the Curriculum	Links made between lessons and careers, highlighting skills and future job opportunities.
All	Unifrog Platform	Online tool with job profiles, subject information, labour market data and activity recording.
All	Social Action	Volunteering experience either within or outside of school.
All	Higher Aspirations Scheme	Range of HE, careers and employer engagement activities including taster days, fairs, workshops, application support and events with universities, employers and partner organisations.
All	University Visits	Visits to universities and subject taster sessions, offered in a range of sector e.g. UOS Psychology, Business, UEA Health
All	Into University	Targeted support for specific student groups through our partnership with IntoUniversity to raise aspirations and support progression into further and higher education.
Autumn 1	UEA Assembly	Talk from the University of East Anglia covering post 18 pathways, student finance, apprenticeships and university.
Summer 2	UCAS Fair	Visit to a higher education fair to explore universities and higher apprenticeships.
Summer 2	Work Experience	Opportunity to organise a Work Experience placement and encounter the world of work.







Year 13		
Term	Activity	Description
All	Morning Careers Buzz	Short form-time sessions introducing a range of jobs and employers, helping students explore interests and gain insight.
All	Careers Referral	One-to-one careers guidance appointments offered to support decisions about their next steps.
All	Careers in the Curriculum	Links made between lessons and careers, highlighting skills and future job opportunities.
All	Unifrog Platform	Online tool with job profiles, subject information, labour market data and activity recording.
All	Higher Aspirations Scheme	Range of HE, careers and employer engagement activities including taster days, fairs, workshops, application support and events with universities, employers and partner organisations.
All	Into University	Targeted support for specific student groups through our partnership with IntoUniversity to raise aspirations and support progression into further and higher education.
All	Destination Tracking	Destination tracking and support to ensure each student has a clear learning pathway suitable to their needs for when they finish Year 13.
Autumn 1	UEA Assembly	Talk from the University of East Anglia covering post 18 pathways, student finance, apprenticeships and university.
Autumn 1/2	UCAS Support	Support from the sixth form team with completing applications for university through the UCAS process.

