

## The Ursuline Academy Ilford – CEIAG Programme 2023-24

| Year | Autumn   | Spring   | Summer  |
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| 7    | <p><a href="#">Careers library treasure hunt - 1</a><br/>What is Unifrog? Introduce the platform to students, get all students logged on, and complete the Careers library treasure hunt</p> <p>Skills Builder Lesson: Aiming High</p> <p><a href="#">What are skills?</a><br/>Introduce students to skills and why they matter. They can then use this knowledge to identify their own skills!</p> <p>Skills Builder Lesson: Teamwork</p> | <p><a href="#">Interests profile</a><br/>Students complete the Interests quiz on Unifrog and find out which jobs might be of interest to them.</p> <p>Skills Builder Lesson: Listening</p> <p>Skills Builder Lesson: Problem Solving</p> | <p><a href="#">Recording activities</a><br/>Students find out how to identify their activities and record them for future use.</p> <p>Skills Builder Lesson: Speaking</p> <p><a href="#">What's your dream job?</a><br/>Students explore dream jobs on the Careers library and how to choose them.</p> <p>Skills Builder Lesson: Creativity</p>   |
| 8    | <p><a href="#">What does success mean to you?</a><br/>Success means something different to everyone. Students will find out what it means to them in this session!</p> <p>Skills Builder Lesson: Staying Positive</p> <p><a href="#">Career terminology</a><br/>Students get to grips with words from the world of work they might not know</p> <p>Skills Builder Lesson: Speaking</p>   | <p><a href="#">Careers library treasure hunt 2</a><br/>Take your class on a treasure hunt around the Careers library!</p> <p>Skills Builder Lesson: Teamwork</p> <p>Skills Builder Lesson: Listening</p>                                 | <p><a href="#">GCSEs - Choices, Choices</a><br/>Help students make informed GCSE decisions, whether they know what they want to do in future or not</p> <p>Skills Builder Lesson: Aiming High</p> <p><a href="#">Activities and competencies bingo</a><br/>Use a game of bingo to explore competencies and practise identifying them!</p> <p>Skills Builder Lesson: Problem solving</p> |
| 9    | <p><a href="#">What makes a great leader?</a><br/>Lead the way to identifying what makes a great leader and how students can be great leaders too!</p> <p>Skills Builder Lesson: Leadership</p>  | <p><a href="#">Subjects library treasure hunt</a><br/>Take your class on a treasure hunt around the Subjects library!</p> <p>Skills Builder Lesson: Aiming High</p>  | <p><a href="#">Identifying interests</a><br/>Students discover the interests and skills that make them unique, and link them to potential careers!</p> <p>Skills Builder Lesson: Listening/Creativity</p>   |

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|    | <p><a href="#">Talking about your activities</a><br/>Students learn to talk about the activities they have taken part in and the all-important competencies they've learned along the way.</p> <p>Skills Builder Lesson: Speaking</p>   | <p><a href="#">Wellbeing - Being kind to yourself</a><br/>Students understand self-compassion and how to incorporate self-care into their weekly routines.</p> <p>Skills Builder Lesson: Staying Positive</p> <p>Year 9 Careers workshop with Career Adviser</p>   | <p><a href="#">Your skills, your team, your future</a><br/>Students work together to create super teams that can tackle any scenario with their set of competencies!</p> <p>Skills Builder Lesson: Teamwork/Problem Solving</p>  |
| 10 | <p><a href="#">Personality profile</a><br/>Students use the Unifrog Personality quiz to discover their personality type</p> <p><a href="#">How to research possible placements</a><br/>Students learn how to find work experience that fits their interests!</p> <p>Skills Builder Lesson: Aiming High</p> <p><a href="#">How to contact employers</a><br/>Contacting employers can be nerve-racking! But this lesson will give students the confidence to do just that.</p> <p>Skills Builder Lesson: Speaking/Listening</p> | <p><a href="#">Careers library treasure hunt - 4</a><br/>The last in a series of four, students use the Careers library to explore skills, salaries, and entry requirements.</p> <p>Skills Builder Lesson: Teamwork</p> <p><a href="#">CVs and cover letters</a><br/>What's the difference between a CV and a cover letter? And how do you write them? Find out in this lesson!</p> <p>Skills Builder Lesson: Creativity</p>                       | <p><a href="#">What makes a great team player?</a><br/>We know teamwork makes the dream work, but are students great team players?</p> <p>Skills Builder Lesson: Teamwork/Speaking</p> <p><a href="#">Unifrog Escape room</a><br/>Save Sally from a life of boredom! Students take part in a fun escape room activity which will test their teamwork and communication skills.</p> <p>Skills Builder Lesson: Problem Solving</p> |
| 11 | <p><a href="#">Post 16 - Choices, choices</a><br/>Students learn about the opportunities available to them post-16. This is a great time to ask students to record their intentions for the end of this academic year!</p> <p><a href="#">Busting BTEC myths</a><br/>How much do your students know about BTECs? They might be surprised by our pop quiz!</p> <p>Skills Builder Lesson: Aiming High</p>   | <p><a href="#">Introduction to apprenticeships in England and Wales</a><br/>Students have so many options when it comes to choosing an apprenticeship! This lesson will help them research and make choices that suit them.</p> <p>Skills Builder Lesson: Aiming High</p> <p><a href="#">Wellbeing: Recognising and managing stress and anxiety</a><br/>Students gain an insight into the difference between stress and anxiety. They'll learn</p> | <p><a href="#">Coping with changes: Leaving secondary school</a><br/>Students gain an awareness of the changes ahead of them and develop coping strategies in preparation for this change!</p>   |

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|    | <p><a href="#">A level choices</a><br/>Students use the Unifrog platform to research potential careers, degree subjects, and interests that will help them to identify A-Level options.</p> <p>Skills Builder Lesson: Aiming High</p> <p>Career appointment with Careers Adviser</p>   | <p>techniques to help manage them and places to go for support.</p> <p>Skills Builder Lesson: Problem Solving</p> <p><a href="#">Revision techniques - Good vs bad</a><br/>Students review their current revision techniques and choose two new revision techniques to try out!</p> <p>Skills Builder Lesson: Staying Positive</p> <p>Career appointment with Careers Adviser</p>   |  |
| 12 | <p><a href="#">Post 18 - Choices, choices</a><br/>Students learn about the exciting opportunities available to them post-18!</p> <p>Skills Builder Lesson: Aiming High</p> <p><a href="#">Student year plan: Goal setting</a><br/>How do you set a goal and actually stick to it? Students can find out in this lesson and create their own goal-setting action plans!</p> <p>Skills Builder Lesson: Aiming High</p> | <p><a href="#">Student year plan: Geeking out</a><br/>When you find something you're really interested in, it can be great to geek out! Learn in this lesson how it's also helpful in preparing for applications.</p> <p>Skills Builder Lesson: Aiming High</p> <p><a href="#">Apprenticeships - finding the best fit</a><br/>Students learn about different apprenticeship levels, research apprenticeship opportunities, and start logging key competencies required by employers.</p> <p>Career appointment with Careers Adviser</p> | <p><a href="#">Acing your Personal Statement</a><br/>This lesson doesn't just introduce students to the UCAS personal statement. It shows them how to smash it!</p> <p>Skills Builder Lesson: Aiming High</p> <p><a href="#">Discovering MOOCs</a><br/>Students learn more about MOOCs, what they can study, and why it's beneficial to do so. They then research three MOOCs to study over the summer break.</p> <p>Career appointment with Careers Adviser</p> |
| 13 | <p><a href="#">How to - Applications list</a><br/>Students learn how to use the Applications list tool on Unifrog!</p>   | <p><a href="#">Assessment centres</a><br/>Assessments centres are a common part of recruitment processes. Get students prepared using this lesson!</p> <p>Skills Builder Lesson:<br/>Teamwork/Listening/Problem Solving</p> <p><a href="#">Wellbeing - Managing stress and anxiety</a></p>  |  |

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|  |  | <p>Students will learn some techniques to cope with the stress and anxiety that can come with exams and applications.</p> <p>Skills Builder Lesson: Staying Positive</p> |  |
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