



## How You Can Provide Help And Support For Career Plans

As their parent or carer, you are likely to be the single biggest influence on your child's thoughts and feelings about their future and turning this into a positive and supportive experience.

- Listen carefully to your child's views and be open to new ideas and possibilities
- Talk about the importance of doing a job that you will enjoy
- Encourage interest in the occupations and work experiences of family and friends
- Encourage participation in work experience
- Have a good general understanding of the options available and encourage exploration
- Help explore possible employers, apprenticeship providers and further education courses available in your local area
- Help explore the wide range of information available on The National Careers Service Website ([www.nationalcareersservice.direct.gov.uk](http://www.nationalcareersservice.direct.gov.uk)) and The Apprenticeship, Traineeship and Internship Website ([www.gov.uk/education/apprenticeships-traineeships-andinternships](http://www.gov.uk/education/apprenticeships-traineeships-andinternships))
- Discuss jobs that are advertised in your local area
- Keep an eye out for, and arrange to go to open day/ evenings at colleges and training organisations in your local area
- Attend The Pilgrim School Careers Fair
- Discuss career options in reviews
- Encourage out of school activities as these are not only valuable in themselves but give a good impression to people like employers or course tutors
- Gives support to prepare and attend interviews