

**The Parents' Guide to**

# **NCW 2024**

**For National Careers Week**

## **HIGHLIGHTS:**

- Options at 16 and 18
- T Levels and Apprenticeships
- Other vocational routes
- Work experience

**THE  
PARENTS'  
GUIDE TO**

National Careers Week

**NCW**



**NatWest  
Group**

# The Parents' Guide to National Careers Week

4 - 9 March 2024

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**THE PARENTS' GUIDE TO**

# Welcome to NCW 2024

## From National Careers Week:

National Careers Week is a celebration of careers guidance and free resources in education across the UK. The aim is to provide a focus for careers guidance at an important stage in the academic calendar to help support young people leaving education.

National Careers Week, this year from 4th - 9th March 2024, is the perfect platform to advise and inspire the next generation as they enter the world of work. It encourages education providers to bring together students, local employers and advisers through careers events and activities.

During National Careers Week every school, academy and college can offer careers advice and guidance to their students, with support from us with free resources, information on current career opportunities and advice on activities and exercises to run.

And access doesn't stop at the end of #NCW2024! Our dedicated websites are available throughout the year!

## National Careers Week:



## From The Parents' Guide to:

National Careers week (NCW) is a great opportunity for parents to get familiar with routes their teens can take into the workplace. There are lots of different ways your teen can get on track for great career pathways, no matter how they learn best. In this guide we'll give you an overview of what's available for teens at 16, 18 years' old and beyond.

The Parents' Guide to is dedicated to supporting parents of teens. We provide a variety of resources for parents about choices teens face after GCSE and sixth form, as well as advice on health and wellbeing.

We specialise on parent needs through Years 10-13 as it's a time when teens face many important decisions and look to their parents for support.

## SUBSCRIBE

Get our free fortnightly parent newsletter packed with ways you can help your teens throughout GCSE and sixth form

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# How to talk to your teen about their future

It can be tricky getting teens to talk about anything, especially what they might want to do after school. That doesn't mean to say they're not coming up with their own plans!

Give yourself the best chance of finding out what they're thinking with our eight tips on making conversations about next steps easier.



1

## Accept their idea of success may be different to yours

*Their dreams and ambitions might not align with your ambitions for them. This can be disappointing, but let them walk their own path.*

2

## It's OK if they're not sure on a career route yet

*They don't need to make that decision right now. They do need to develop skills that will help them progress, and that should be their focus.*

3

## Encourage them to turn passions into money-makers

*They're more likely to be successful (and happier) pursuing a career in something they enjoy.*

4

## Help them navigate their limitations

*Not being academic should not be a barrier to success and there is usually more than one way to reach a destination.*

5

## It's OK if they change their mind!

*Reassure them that if they tell you they have their heart set on one direction, then later change their minds, you won't get cross about it.*

6

## Encourage them to explore all their options

*Help them plan out a route that focuses on their strengths. Different educational routes can often provide entry points into the same industry.*

7

## Help them if they are struggling to look far ahead

*Setting short-term, achievable goals will help them strive towards a long-term ambition.*

8

## Empower them: they have control over their future

*The decisions they take and what they do matters.*

# The Parents' Guide to ... career pathways


Options after GCSE:
<b>Full time study</b>
<b>A levels</b> <i>(level 3)</i>
<b>T Levels</b> <i>(level 3)</i>
<b>BTECs</b> <i>(levels 1,2,3)</i>
<b>Other technical qualifications</b> <i>(levels 1,2,3)</i>
<b>Exam retakes</b>
<b>Work and study</b>
<b>Apprenticeships</b> <i>(levels 2,3)</i>
<b>Supported internships</b>
<b>Traineeships</b>

Options after sixth form:
<b>Full time study</b>
<b>University</b> <i>(levels 4,5,6,7)</i>
<b>Higher technical skill courses</b> <i>(levels 4,5)</i>
<b>Work and study</b>
<b>Apprenticeships</b> <i>(levels 3,4,5,6,7)</i>
<b>School leaver programmes / Internships / Traineeships</b>
<b>Work</b>
<b>Employment</b>
<b>Start a business</b>
<b>Other</b>
<b>Gap Year</b>
<b>Exam retakes</b>

Options after Higher education:
<b>Full time study</b>
<b>Postgraduate study e.g Masters degree or PHD</b> <i>(levels 7,8)</i>
<b>Work / work and study</b>
<b>Graduate jobs or paid employment</b>
<b>Apprenticeships</b> <i>(levels 6,7)</i>
<b>Internships / work experience</b>
<b>Non-paid employment / volunteering</b>
<b>Start a business</b>
<b>Other</b>
<b>Gap Year / travel</b>

Strengthen job applications with:
<b>Work experience</b>
<b>Volunteering</b>
<b>Travel/gap years</b>
<b>Hobbies and interests demonstrating soft skills</b>
<b>Academic enrichment opportunities</b>
<b>Testimonials and references</b>

**Find out more:**



*If you're interested in other ways you can help your teen gain the competitive advantage, mostly by doing things they enjoy - check out The Parents' Guide to standing out*

[Click here](#)





## Vocational routes at 16

The main options for your teen are for them to continue in full time education or take an apprenticeship/ training. They cannot go into the workplace without some educational component to the role. Things they should consider are the type of qualification they are going to study; what type of learning suits them best (classroom or practical); and what they enjoy. Options can include:

### BTEC Nationals

Study takes place over a two year period and is a combination of both practical and theory. Knowledge is tested through course work and a final examination (comprising 40% of the total grade).

### T Levels

T Levels are a vocational alternative to A levels and involve a mix of classroom learning (about 80%) and practical experience (about 20%) including a 45 day on-the-job placement in a genuine business.

### Other technical qualifications

Other qualifications available include Cambridge Technicals, City and Guilds, National Vocational Qualifications and Tech Bac (similar to the International Baccalaureate). They are vocational

driven courses – i.e. centred around jobs and are well suited to students who prefer a more practical working style but still want to include classroom learning in their education.

### Apprenticeships

Apprenticeships are real jobs which include learning elements which might take place at university, college or an education provider. Apprenticeships were developed to help address the skills shortage in UK businesses. Sixteen year olds can start an apprenticeship at Level 2 or 3.

### Supported Internships

Internships are usually short term arrangements without a formal qualification. They do offer an insight into business, networking opportunities, the possibility of job offers afterwards and the ability to learn practical, transferable skills.

### Traineeships

Traineeships are short-term work placements lasting up to a maximum of six months. The work experience element includes at least 100 hours on the job training to help provide the necessary experience to undertake apprenticeships or other employment.



## Your teen's choices at 16, including:

- What qualifications are on offer
- Where they can study – the pros and cons of different learning environments
- Considerations in making the right choices
- GCSE results day – what to do if they don't get the results they need.

[Click here](#)





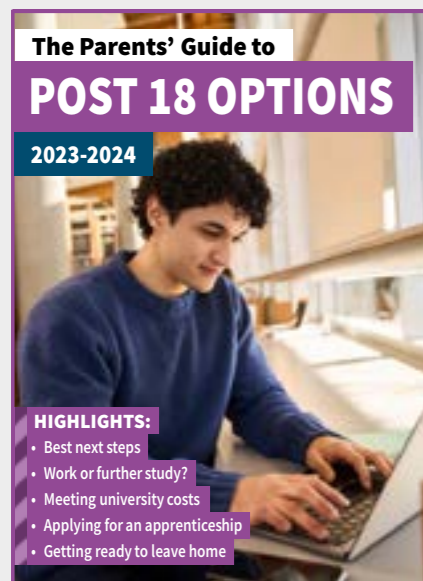
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### Your teen's choices at 18, including:

- University
- Apprenticeships and degree apprenticeships
- Higher education courses at college
- Traineeships
- Jobs with training
- Gap Years
- Starting their own business

[Click here](#)

## Vocational routes at 18

Important considerations include whether they want to include some form of studying, how they will finance living expenses and course fees (and whether you can afford to help them), whether they're happy to move away from home or stay close by and what they enjoy.

### Apprenticeships

Apprenticeships are real jobs which include learning elements which might take place at university, college or an education provider. Apprenticeships were developed to help address the skills shortage in UK businesses. Apprenticeships can range from level 2 to level 6/7 (degree apprenticeship).

### Employment

Going straight into a job offers work experience but not a qualification. However, it is possible to create a personal training plan if desired.

### Gap Year

Traditionally, this is a year spent travelling overseas, but it needn't focus exclusively on that. Volunteering and work experience can also be incorporated.

### School Leaver Programmes

School leaver programmes offer opportunities to join the workplace

straight after sixth form studies and commence skills development and career progression through experience as well as studying to obtain a nationally recognised qualification. Entry requirements vary from employer to employer.

### Internships

Internships are usually short term informal arrangements with an employer and do not result in a formal qualification. They do offer an insight into business, networking opportunities, the possibility of job offers afterwards and the ability to learn practical, transferable skills.

### Traineeships

Traineeships are short-term work placements lasting up to a maximum of six months to help young people become "job ready". The work experience element includes at least 100 hours on the job training to help provide the necessary experience to undertake apprenticeships or other employment.

### Starting a business

If your teen has the enthusiasm and ability, starting a small business needn't be costly and could give them an edge over others when it comes to interviews. This doesn't mean full-time commitment – it's something they could fit around studies or part-time work.

Level	Qualification / educational routes				
8	Doctorate (PhD)		NVQ 8		
7	Masters degree (MA)		Degree apprenticeship / NVQ 5, 6, 7		
6	Bachelors degree BA or BSc				
5	Foundation degree FdA or FdSc	Higher National Diploma (HND)	Higher apprenticeship / NVQ 4		
4	Higher National Certificate (HNC)				
3	A levels Grades A-E	International Baccalaureate	T Levels	BTEC (extended) diploma BTEC certificate	Advanced apprenticeship / NVQ 3
2	GCSE Grades 4- 9 (C, B, A or A*)		BTEC first diploma	Intermediate apprenticeship / NVQ 2	
1	GCSE Grades 1- 3 (D, E, F or G)		Foundation diploma / entry level qualifications	Traineeship / NVQ 1	
	Academic route		Vocational route	Applied / work route	

### Levels of Education

In England, Wales and Northern Ireland there are 8 qualification levels (1 - 8) plus an entry level qualification for those just starting. Generally, the higher the level, the more difficult the qualification is. Levels 1-3 are typically taught in schools and colleges.

With so many different qualifications, it can be hard to know what they mean and where they might lead to next. To help you understand, we've created a summary of what the levels mean comparing the different routes to higher education.

### School membership

School membership enables you to share any of our specialist guides and resources with your parents free of charge.

[Discover more](#)



# Artificial Intelligence and the future of work

Ever since ChatGPT was launched in November 2022, AI has dominated the headlines and divided opinion on whether this latest industrial revolution is a cause for celebration or dread. Will it positively transform our lives by providing quicker and more widely available access to complex information or will it embody Terminator's skynet and outsmart us all, overtaking humankind's ability to manage it and decimating the job market in its wake?

## What is AI?

Artificial intelligence ("AI") is technology where machines can quickly complete routine tasks AND improve their scope and performance by recognizing patterns in the data they analyse. In other words, unlike "automation" or previous technology that was limited in what it could achieve by the human programming defining its parameters, AI can "learn" on the job; improving and expanding its functionality through its own experience rather than human intervention. The more it does, the smarter it gets.



## AI in the world today

You've probably already come across AI through ChatGPT, chatbots and Amazon recommendations to name a few simple examples. AI is already being used in cyber security to identify fraud and block threats; customer services to automate routine enquiries thereby freeing-up customer service operators to resolve more complex issues; and in logistics to streamline complex transportation routes.

## Potential of AI

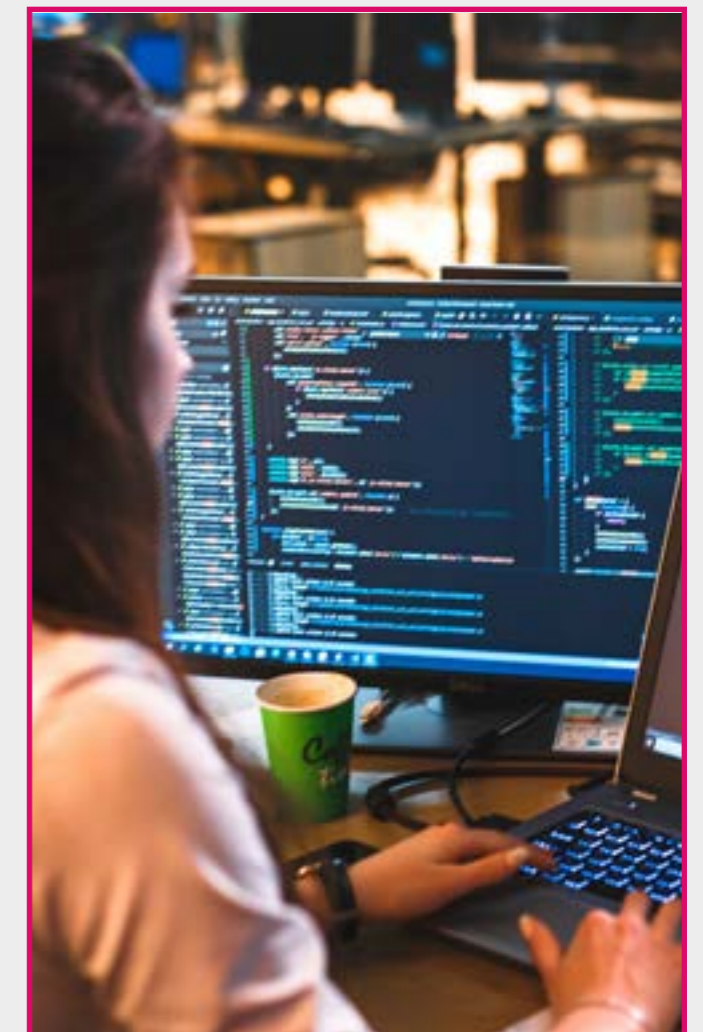
There's valid excitement about the potential impact of AI in many areas of our lives. It will improve productivity enabling workers to avoid routine tasks and concentrate on more complicated issues. It will enable companies to provide services 24/7 without hefty employment costs. Extensive and far-reaching analytics will be completed in a fraction of the time it takes now enabling rapid advancements in our most challenging research areas.

## Worries about AI

But with such fast, cost-effective ability, will AI displace vast numbers of jobs? Could the benefits of more time off be outweighed by reduced living standards if employees are paid less because they need to spend less time at work? If the data analysed by AI is biased, won't the results and AI's "learning" be flawed – and how easy would it be to recognize this?

## The realistic view

Like computers and word processing before it, AI is another advancement in technology that will bring significant improvements and no doubt some challenges too. It will progress by working alongside the workforce rather than replacing it. However, there's bound to be an impact on the job market as the technology advances. This shouldn't be interpreted as negative. AI will doubtless replace some roles, but it will open up new roles too. And tech-savvy teens could use this to their advantage.



## AI and qualifications

According to the Department for Education[1], because AI has a more significant role in cognitive tasks, exposure is more likely to be greater for those with higher level qualifications.

## AI and jobs

AI is certainly bringing many new roles for those with tech skills and for those with skills that AI can't provide – such as emotional intelligence. Outside of that, according to the Department for Education, jobs most likely to be exposed to AI are analytics; clerical

Figure 4: Exposure to AI by highest level of attainment for early-career employees

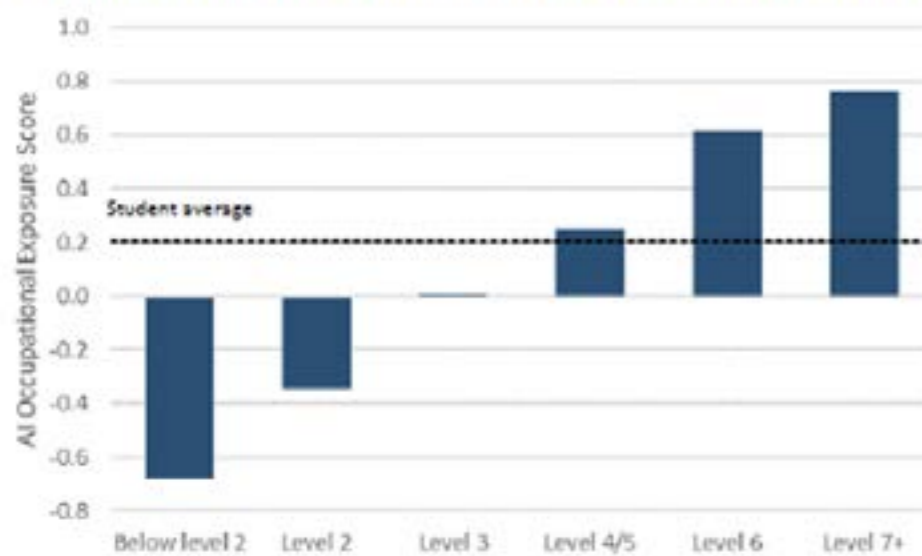
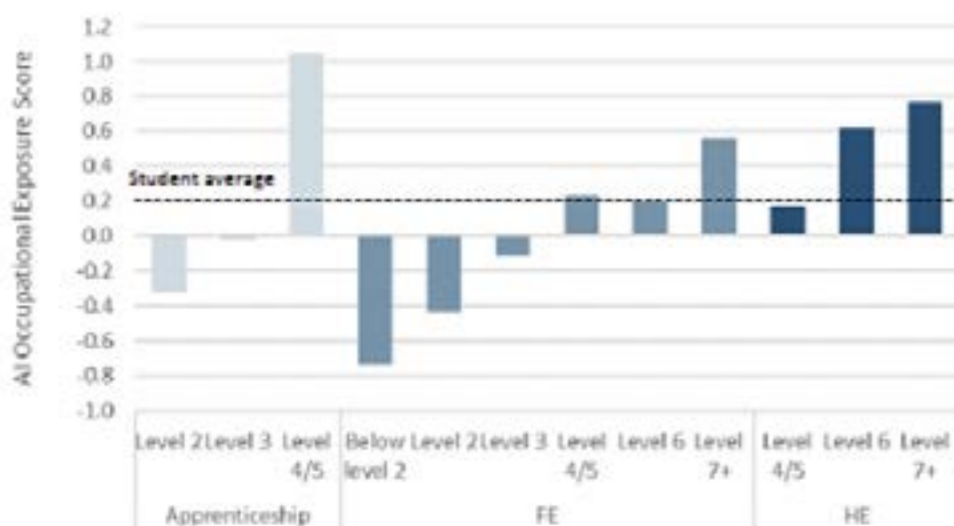


Figure 5: Exposure to AI by training route<sup>29</sup> for early-career employees



[1] "The impact of AI on UK jobs and training" published in November 202

roles across finance, law and business management; information and communications (i.e. roles that involved collating and analysing lots of data) and jobs least exposed to AI will be those involving significant physical intervention such as nursing (patient care), professional traders (i.e. roofers, plumbers, electricians, construction), and gardeners.

## Skills to hone

There's a lot of nuances to human thinking that AI can't emulate (yet!), so it could be worthwhile your teen focusing on developing these unique

skills, such as:

- Creativity
- People management
- Emotional intelligence
- Critical thinking and problem solving

## Final thoughts

AI is here to stay and we're at the beginning of an exciting journey to unlock its powerful potential. Get your teen to keep an eye on where they spot AI already embedded in everyday life, then they can think about where it might lead in the future and whether they'd like a role within the cutting edge of its development.



**Written by Vanessa and Darius,**  
*founders of The Parents' Guide to*

We set up **The Parents' Guide to** to help parents support their teens through GCSE and sixth form studies. We provide career advice, strategies on personal development, and ways to improve teenage well-being.

## Write for us:

Is there something you'd like to help parents understand regarding supporting their teens through years 10-13? We'd love to get your message across and accept guest posts to feature on our website. All guest posts are fully accredited to the author and/or their organisation.

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# A spotlight on T Levels

T Levels are an exciting new option in sixth form education that provide a recognized qualification tailored to industry needs and skills. It's a great choice for students that want to learn practical skills relevant to certain jobs, regardless of whether they want to go on to study for a degree, take alternative further education or go straight into the workplace.

One T Level is equivalent to three A levels and the course lasts for two years. T Levels involve a mix of classroom learning (about 80% of the course time) and practical experience (about 20% of the course time) including a 45 day

on-the-job placement in a genuine business. Afterwards, students may go on to university, alternative higher education, another job, an apprenticeship or they may be offered an opportunity with the company where they were placed.

T Levels are a vocational alternative to A levels (because they focus on industry) and include practical study as well as classroom learning. They differ from apprenticeships because the study and working time is reversed. Unlike BTECs, T Level courses were developed with businesses and offer an industry placement.

## FIND YOUR NEAREST T LEVEL

Search for colleges and schools who start delivering T Levels in 2020 and 2021

<input type="text" value="Enter your postcode"/>	<input type="text" value="All T Level courses"/>	<input type="button" value="Search"/>
--	--	---------------------------------------

### Find out all about T Levels, including:



- What's involved and where they might lead afterwards
- The subject choices available as of 2023
- What they'll learn on the course
- The qualifications needed to take them The industry placement - why it's a winner
- A summary of alternative options if T Levels are not right for them

[Click here](#)

# Apprenticeships - a great pathway to career success

Apprenticeships are a fantastic choice for many students, either straight after GCSE or after sixth form. They provide a way of getting qualifications while doing a real job and are a great alternative to full-time study for those students that prefer practical experience over classroom learning.

Apprenticeships help build solid, professional skills transferable from one organisation to another. Employers pay a salary and tuition fees are covered by the employer and the government. Apprenticeships can last from one to five years – and result in a professional qualification.

## Qualifications

Apprenticeships offer students versatility. Depending on their age, experience and qualifications already achieved, there are different entry levels for apprenticeships, starting at Level 2 (straight after GCSE for those that have few or no GCSE passes) through Level 6/7 (degree level). The qualifications obtained at each level range from GCSE/BTEC equivalent, A/T Level, diploma/foundation right through to masters degree. Qualifications are nationally recognized.

## Length of study

Apprenticeships can last for just one year or as long as seven (or more) depending on the final qualification. If your teen isn't comfortable with committing to several years of further study, they can take one- or two-year options and still gain recognized, valuable qualifications. Better still, if they change their mind later on and decide they wish to extend the apprenticeship to gain higher level qualifications, this is often possible. This means they don't have to make decisions about long-term commitment when they are young or unsure of their future direction, but needn't miss out on getting higher level qualifications if they decide later that's what they want to do.

## Work and study

As well as doing the job itself, apprentices will get dedicated time during the working week to study the education element of the apprenticeship. This usually takes place at a college, university or other education centre. However, it may also be necessary to spend personal time completing projects and keeping on top of studies, so just like being in full-time education, there may be "homework" during evenings and weekends.

## Finance

Tuition fees for apprenticeships are paid by the government/employer. Apprentices are also paid a wage for their time, so they will usually complete their apprenticeship debt free. However, there will be costs for education materials, travel to and from work and possibly living expenses (if they are not based at home).

## After the apprenticeship

Many apprentices are offered full-time roles with the company where they have served their apprenticeship. However, if your teen wants to try a different company, or even a different industry, they'll have first-hand experience in the workplace. This can provide a significant edge over those that have obtained qualifications through full time education, when applying for other jobs elsewhere.

## Find out all about apprenticeships, including:



- Types of apprenticeship - the qualifications needed at each entry stage
- The pros and cons - why apprenticeships are ideal for some teens but not for others
- Degree apprenticeships - how they differ from full-time university degrees
- How to research an apprenticeship
- The application process
- How you can help them prepare for interview to make the best impression
- What you can do to help them get them ready for life at work

[Click here](#) 





**Typical length**

12-18 months

**Entry requirements:**

None or few

**Qualifications obtained:**

GCSE, BTEC or equivalent

**Who's it for?**

Mostly for 16-year-olds with limited or no academic qualifications.



**Typical length**

3-5 years

**Entry requirements:**

A levels or equivalent

**Qualifications obtained:**

Higher national diploma / foundation degree

**Who's it for?**

Mostly for those who want to qualify for professional career paths without attending university or college.



**Typical length**

12-24 months

**Entry requirements:**

Usually 5 GCSEs

**Qualifications obtained:**

A levels or equivalent

**Who's it for?**

Mostly for 16-year-olds with reasonable academic achievements but who don't want to study in sixth form.



**Typical length**

3-7 years

**Entry requirements:**

At least 2 A levels or equivalent

**Qualifications obtained:**

A BA or BSc degree or higher

**Who's it for?**

Mostly for those with excellent sixth form results that want to study for a degree or similar whilst working.

# Finding an apprenticeship

There's a wide range of ways to seek out apprenticeships and we recommend using a selection of options rather than relying on one.

## Government website

Most apprenticeships are posted on the Government's website. By creating an account, your child can set up alerts and filters to see opportunities that are of most interest to them and to be emailed when new opportunities arise. However, not all apprenticeships will appear.

## Industry sector

It's smart to check apprenticeships directly on company, university or college websites. If your child doesn't know which of these sites to select, then they should first do some research on which industry sector may be of interest, and then find companies within this sector.

## Job boards

National job agencies will also advertise apprenticeships and options can be narrowed to review within local distances from home or specific job types. This might be a particularly good way to seek out apprenticeships in level 3-5 range.

## Companies direct

Another alternative is for them to identify companies that are of interest and check those websites for apprenticeships.

Be warned! Applications to well-known international companies (such as Amazon, Coca-Cola, Facebook, Google, Virgin) will be highly competitive; however, it might be a good starting point for identifying what's included in the apprenticeship and seeking out other companies that provide similar content.

## School careers advisor

If your child is still at school or college, then getting them to speak with their careers adviser is a good move. Careers advisers are often the first to hear from companies advertising new apprenticeships.

## School membership

Our school membership package gives you access to a unique members' area with our yearly calendar of upcoming events, our most popular online articles and a referral directory of reliable websites for more resources.

[Discover more](#)

# Top 10 apprenticeship employers: 2023

- |    |   |     |   |
|----|---|-----|---|
| 1. |    | 6.  |    |
| 2. |    | 7.  |    |
| 3. |   | 8.  |   |
| 4. |  | 9.  |  |
| 5. |  | 10. |  |

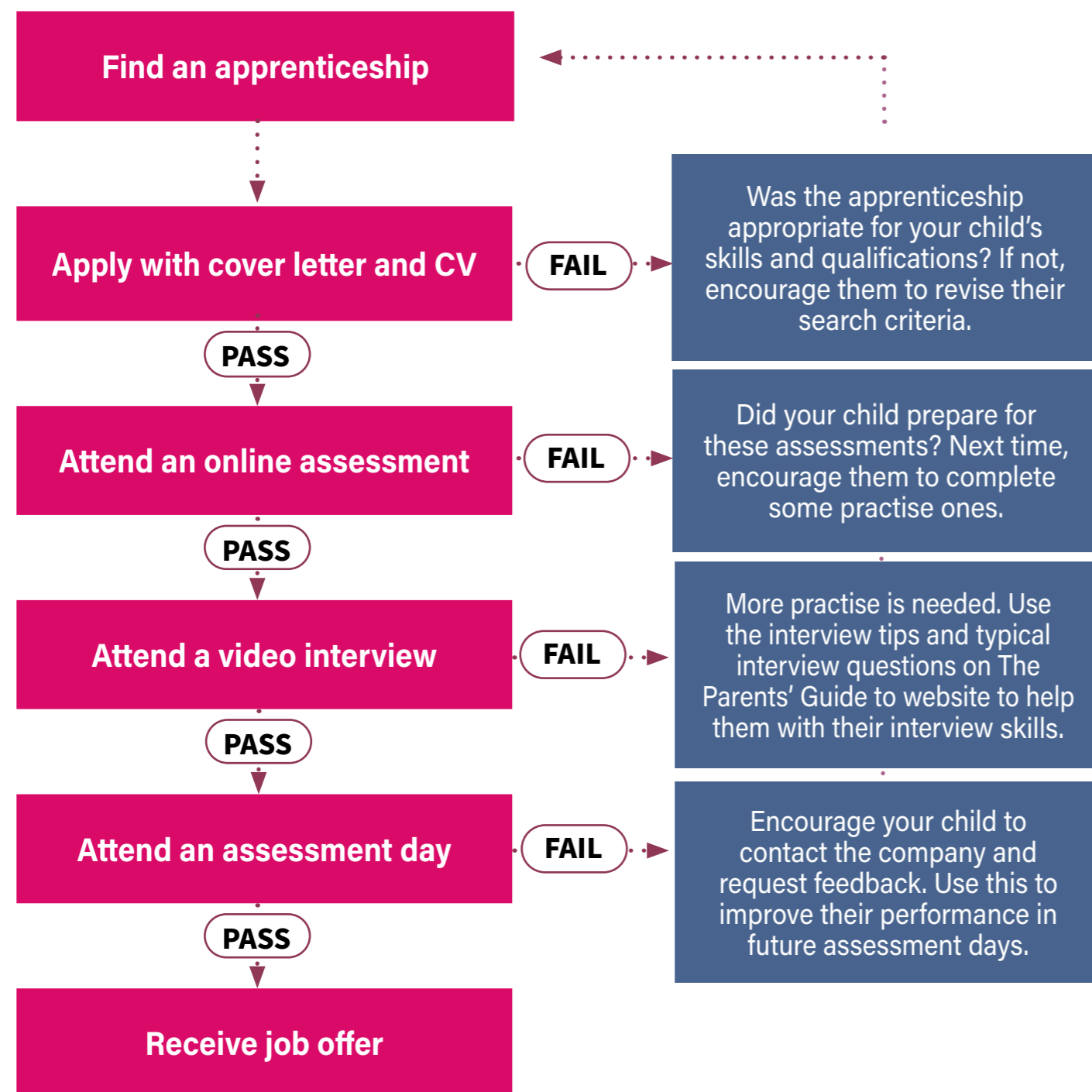
Based on 6,816 reviews - statistics compiled by [www.ratemyapprenticeship.co.uk](http://www.ratemyapprenticeship.co.uk)  
For the most up-to-date version, [click here](#).



# Applying for an apprenticeship

The application process is very similar to applying for a conventional job and, with the exception of degree apprenticeships, opportunities can arise at any time of the year.

Your child will need a CV, to be able to complete an application form, be interview ready and may need to complete aptitude tests. Plenty of practise is a good way to prepare.



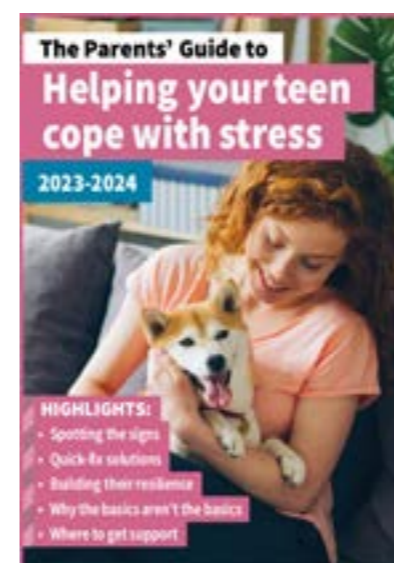
## Dealing with rejection

As apprenticeships continue to grow in popularity, so too have the number of student applications. For some of the larger company names, places can be highly competitive.

Bear in mind that letters of decline are likely to happen in the lead up to examinations. Try your best to prevent this from having a negative impact on your child's study or revision efforts by following some of these strategies.

1. Try to encourage your child to research and apply for more than one apprenticeship scheme. Aim for at least five apprenticeships - just like university applications - choosing five helps your child to avoid placing all their eggs in one basket.
2. Encourage your child to request feedback from the company. Whilst not all companies offer this, many do. Feedback will help your child understand the reasons for not being successful and will help them improve for future interviews. Companies have a lot of experience in providing feedback of this kind and it is likely to be sensitive and constructive.
3. Be there. Listen carefully to their feelings and reassure them that in the long-run, things will work out.
4. Apprenticeships are available all year round. If they have not been successful yet and have already finished school, encourage them to take on an internship or some additional work experience to help strengthen future applications.

## Help your teen cope with stress, including:



- How to spot the signs of anxiety and stress
- Ways to help right away
- Long term strategies to build their resilience
- Coping with rejection
- Encouraging healthy routines
- Looking after the basics
- Habits that can make stress worse
- Where and when to get help and support

[Click here](#)

# Unlock your **child's future** potential with NatWest CareerSense!



NatWest

There's no such thing as one career pathway, and we've all got our own unique combination of skills, interests and values that drive our decisions. To help join the dots, CareerSense Find Your Potential supports young people aged 13–24 to explore where their skills and passions could lead to, whatever their stage in career planning.

In the 10 minutes it takes to complete the online questionnaire which generates a personalised report, young people can discover their strengths and skills and how to develop them further, along with suggesting jobs that could be a good match for them. Discover your child's strengths and uncover their skills for the world of work with our Find Your Potential tool and receive a personalised report.

[Click here](#) to Launch Find Your Potential tool:

[Learn more](#) about CareerSense.

TOMORROW BEGINS TODAY



## Work Experience

Work experience is important for getting into any career. It provides your teen with first-hand experience of what it's like to work; dealing with colleagues and the public; working to deadlines and how it feels to do things "for real".

Whilst any work experience is great, if your teen has ambitions to do a particular job, it's worth trying to get the experience within that sector. It can help your child discover more about the industry and may help them realise whether it is or isn't for them. A lesson much better learned sooner than later!

Work experience is also great to demonstrate passion for a subject where qualifications in sixth form or college aren't usually offered such as architecture, medicine, law, accountancy and so on.

### How to find work experience

1. Speak to your own contacts to see if they can help - friends, family, colleagues and neighbours
2. Encourage your child to speak with the careers team at school. They often have excellent connections with local and national employers
3. Contact employers directly and ask - either in person or by email

4. Get them to apply for a job (Saturdays, evenings, holidays) - it may not be their aspirational job, but it's work experience and they'll learn a lot from it (as well as earning some money)

If your child is struggling to find a suitable one or two week work placement, try looking at taking a different approach. Perhaps they could ask employers if they could visit for a day, support on a particular project, volunteer or work remotely. It's better for your teen to accept a virtual or non-paying role rather than not get any experience at all.





# Virtual Work Experience

Virtual work experience, also referred to as online, remote or digital, is a broad term that includes any opportunity which provides young people with an insight into what it's like to work in an industry or job role while at home.

Opportunities expanded during lockdown and proved so successful they look set to stay. Most virtual work experiences range from half a day to one week, but some may last longer depending on the nature of the work experience and the age of your child.

Not all virtual work experience is the same. Some are open to everyone and provide a platform for students to discover more about the job, view

pre-recorded videos on what it's like to work with the organisation and go on virtual tours. Others may require your child to go through an application process and offer regular online meetings with a supervisor, individual project work, networking sessions, training opportunities and video tutorials.

## What are the benefits?

**Think global** - Virtual work placements are open to everyone and location does not need to be a limiting factor. This opens many possibilities for your child to explore new jobs and industries in areas that may not be possible face to face.



**Transferable skills** - It's not always easy working from home and taking part in virtual work experience placements will help your child develop those soft skills that all employers are seeking.

**It's free** - The majority of virtual work placements are free and working from home will also mean your child will not incur any travel related costs.

**Future proof** - Remote working is likely to be important to many businesses in the future and learning how to work online will develop extremely valuable skills for the modern workplace.

**Knowing what's right (or what isn't)** - Understanding what a job or a career entails might help your child make decisions about whether or not that role is right for them in the future.

## Where to find virtual work placements?

Many placements can be found online. Here are some recommended sites to help your teen get started:

- [Forage](#)
- [FutureLearn](#)
- [Speakers for schools](#)
- [Springpod](#)
- [Virtual internships](#)

## Help your teen stand out:



- Self-development and increasing confidence through reading, audiobooks and podcasts
- Getting work experience
- How different hobbies impact mental and physical health – and what transferrable skills they develop
- Recommendations for non-curricular online courses

[Click here](#)



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2023-2024



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- School or college?
- Qualification routes
- How to make the right choice
- Options if they're not academic

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- What's available
- Doors they open
- Links to industry
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- Getting interview ready
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- Creating routines
- How to help them revise
- Managing exam nerves
- Setting them up for success

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**HIGHLIGHTS:**

- Why the basics aren't basic
- Creating routines
- How to help them revise
- Managing exam nerves
- Setting them up for success

**The Parents' Guide to**  
**Helping your teen stand out**  
2023-2024



**HIGHLIGHTS:**

- Hobbies and passions matter
- Most sought after skillsets
- How to get work experience
- Which hobbies develop which skills
- Play to their strengths

**The Parents' Guide to**  
**Helping your teen cope with stress**  
2023-2024




**HIGHLIGHTS:**

- Spotting the signs
- Quick-fix solutions
- Building their resilience
- Why the basics aren't the basics
- Where to get support

**Parent Guides:**

Our range of interactive guides provide you with easy to follow advice, hyperlinks to reliable sources and the most up-to-date information.

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# Resources

## Parent newsletter

Are you a parent of a teenager aged 14-19 years' old? Do you live in England, Wales or Northern Ireland? Subscribe to our fortnightly parent newsletter and receive up-to-date and reliable advice, resources and the latest news and information about your child's education straight to your inbox.

Sign up here:  
[theparentsguideto.co.uk/join-us](https://www.theparentsguideto.co.uk/join-us)

Parent homepage:  
[theparentsguideto.co.uk/parents](https://www.theparentsguideto.co.uk/parents)

## Future of work guide

Navigating the future of work can be daunting and overwhelming, especially when there is so much uncertainty about it. This guide has mainly been created to help careers advisers and teachers to better navigate and understand the future of work, so in turn they can help students to better prepare for it, but parents/carers may also be interested.

The Future of Work Guide focuses on the changes to the world of work which are expected to happen due to the Fourth Industrial Revolution and resulting automation.

Download it here:  
[nationalcareersweek.com/2022fow/](https://nationalcareersweek.com/2022fow/)



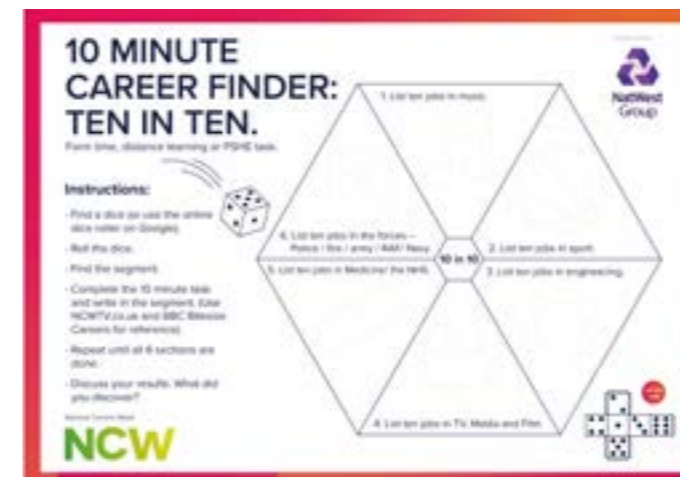
## CareerSense

Understanding all the different paths your teen could take can be overwhelming. NatWest are here to help them understand their options, and give them tips to help them when they're ready for their next steps.

[www.mycareersense.com](https://www.mycareersense.com)

## 10/15 minute careers games

We designed these three dice-inspired games to task young people to find out about themselves, their skills, their career options and their futures. Ideal to play at home - you just need a dice or online number generator.  
[nationalcareersweek.com/download/25381/](https://nationalcareersweek.com/download/25381/)



## Careers board game

To help you talk to your teen about their future, we've created a board game that saves you worrying about which questions to ask. You can play too!

By playing the game together you create a two-way conversation, with them finding out more about you, as well as you finding out more about them:

[www.theparentsguideto.co.uk/post/talking-to-your-teen](https://www.theparentsguideto.co.uk/post/talking-to-your-teen)



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