



THE DUKERIES
ACADEMY

Year 7 Careers

Name:

Tutor group:

Lesson 1 - Who am I?

This or that?

Read each statement, then **highlight** or circle which option you prefer (A or B).

	OPTION A		OPTION B
1.	Listening to music 	OR	 Watching videos
2.	Playing video games 	OR	 Playing board games
3.	Going camping 	OR	 Staying in a hotel
4.	Maths 	OR	 English
5.	Ice cream 	OR	 Cake
6.	Swimming 	OR	 Cycling
7.	Dogs 	OR	 Cats
8.	Summer 	OR	 Winter

1. Are the things you like an important part of who you are? Explain your answer.	2. Write at least one benefit of spending time with people who like different things to you.

Describing who I am

1. **Pick** the format you'd like to use to create your 'Who am I' poster.

A. Text only

1. I'm happy when I'm...
going camping with my family and friends.

2. If I'm sad, or need help, I reach out to... my mum and my auntie.

3. I look up to and admire... Serena Williams because she won more than any other woman or man during the open era!

4. My favourite subjects are... sport, geography and history.

Who am I?

5. In my free time, I like... playing tennis and being outdoors.

6. A challenge I've overcome is... moving house and starting a new school where I didn't know anyone.

7. The food I enjoy the most is... my mum's homemade dumplings or pizza!

8. My favourite family/cultural tradition is... Chinese New Year!

B. Text and icons

1. I'm happy when I'm...
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C. Images

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3. I look up to and admire... Serena Williams because she won more than any other woman or man during the open era!

4. My favourite subject is...

Who am I?

5. In my free time, I like...

6. A challenge I overcame is...

7. The food I enjoy is...

8. My favourite tradition is...

I want to pick option ... because ...

2. **Select** the digital [template](#) and load it up on your screen.

These **eight questions** match the eight boxes on your 'Who am I' poster [template](#).

1. What makes me happy?

2. If I'm sad, or need help, who do I reach out to?

3. Who do I look up to or admire?

4. What are my favourite subjects?

Who am I?



5. What do I like doing in my free time?

6. What is the biggest challenge I've overcome?

7. What food do I enjoy the most?

8. What is my favourite family/cultural tradition?

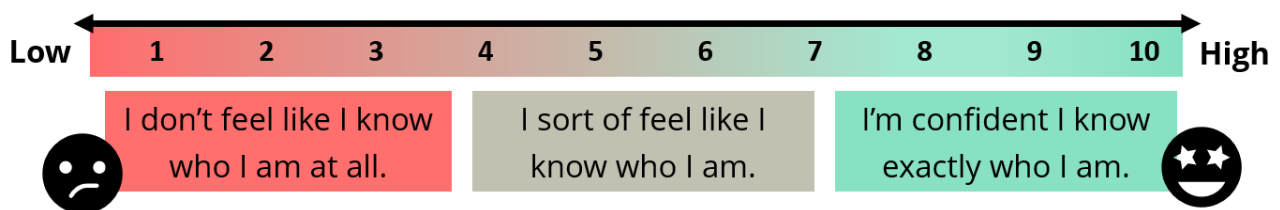
Continue this task using the [template](#) or complete by hand on the next page.

Facing discrimination

Write down at least **one** reason why countries decide to protect people by law.

Having self-awareness

1. On a scale of 1 – 10, **rank** how well you think you know yourself.



I rank myself ... because ...

Being able to understand yourself really well is called 'self-awareness'.

1. Write down at least **one** reason why it's important to have self-awareness.

It's important to have self-awareness because...

Lesson 2 - Exploring possibilities: dream jobs

Your dream job

If you could have **any** job in the world, what would it be and why?

Think about what appeals to you about this job, such as the...

Skills you'd develop

Responsibilities you'd have

Life it would allow you to live

Flexibility it would give you

Day-to-day tasks you'd do

People you'd work with

Salary you'd earn

Opportunities it would give you

If I could have any job, I'd be a....
because...

What makes a dream job appealing?

Read this example of Emily's dream job:

*'If I could have any job, I'd be a **chocolatier** because making chocolate masterpieces would combine my love of chocolate with being creative and artistic. I'd travel all over the world to run chocolate-making workshops for aspiring chocolatiers.'*



The job requires the following skills:

Practical skills

Creativity / innovation

Artistic skills

The job covers the following themes:

Making things

Travel

Helping people

Highlight the parts of Emily's quote that demonstrate these skills and themes.

*'If I could have any job, I'd be a **chocolatier** because making chocolate masterpieces would combine my love of chocolate with being creative and artistic. I'd travel all over the world to run chocolate-making workshops for aspiring chocolatiers.'*

What makes your dream job appealing?

Read the explanation of your dream job from the starter task on page one.

Then note down the **key skills** you'd need for the job, and any job '**themes**' that are relevant from the lists below:

Key skills you'd need for the job, such as:

- Teamwork
- Problem solving
- Creativity / innovation
- Leadership
- Writing
- Numeracy
- Digital literacy
- Technical skills
- Artistic skills
- Communication
- Independence

Any job 'themes' that are relevant:

- Digital nomad
- Green jobs
- Helping people
- Helping society
- Travel
- High salary
- Making things
- Something different

Key skills you'd need for the job	Job themes that are relevant to the job
• • •	• • •

Based on the skills and themes you've just identified, answer the following two questions:

What other jobs would use the same <u>skills</u> as your dream job?	What other jobs would relate to the same <u>themes</u> as your dream job?
• • •	• • •

Describing your dream company

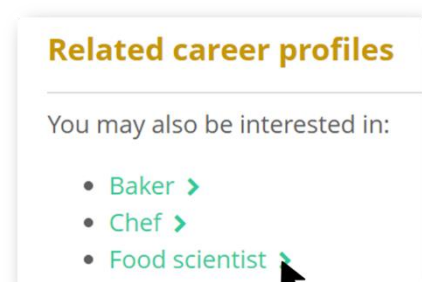
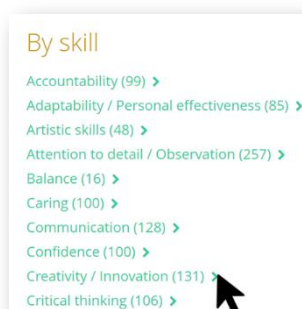
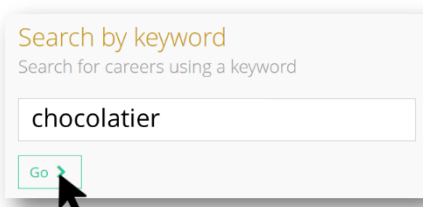
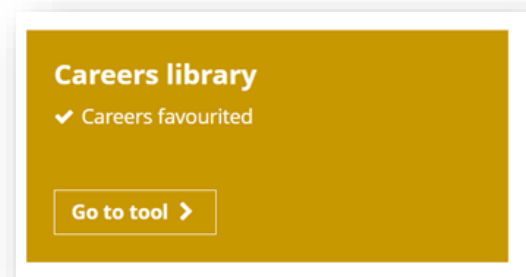
For this activity, imagine you're in charge of setting up your **dream company** and answer the questions below.

1. What's the company called?	
2. What's the company like? <i>Describe it in one sentence</i>	
3. What does the company value?	

4. What's the work environment like?	
5. What benefits does the company offer their employees?	
6. What's the work environment like?	

Exploring the Unifrog Careers library

- Log in to your Unifrog account and open the [Careers library](#) tool.
- *You might see the **Careers Sectors library** instead – you can still follow the same set of instructions.*
- Use the **keyword** search function to see if your dream job is in the Careers library.
- Or scroll down to search '**by skill**' or '**by theme**' to explore careers that use similar skills or have similar themes to your dream job.
- When you're viewing a career profile, scroll down to '**related career profiles**' to explore other jobs that match your interests.



Exploring a career or sector profile

- **Select one of the careers / sectors** you've favourited. This might be your dream job, or a new related career you've discovered today.
- Then, **read the profile** to help you answer the questions below.

1. What do you think you'd enjoy the most about this career / sector and why?	
2. What do you think you'd enjoy the least about this career / sector and why?	
3. What do you like or dislike about the working hours and environment for this career / sector and why?	
4. What are the entry requirements and annual median salary for this career / sector?	

Based on your research, rate the career / sector out of 10 by **highlighting** a number below.

- **1** = I think I'd hate it!
- **10** = I think I'd love it!

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

I rated this career as ____ out of 10 because...

Having a dream job vs. exploring other careers

Discuss the questions below with the person next to you and write down at least two benefits for each.

1. What are the benefits of identifying a dream job ?	2. What are the benefits of exploring other careers as well?
• •	• •

Lesson 3 - What is a career?

How do you define a career?

Write down which definition you prefer and why.



1. "A career is where you stay in the same type of job for a long time."



2. "A career is when you move up a career ladder and gain more money or responsibility."



3. "A career is where you progress forward on a clear career path within one industry."



4. "A career is a journey through life, learning and work. You can change direction into different jobs or industries."

I prefer option 1 / 2 / 3 / 4 because....

What makes up a career journey?

1. Make a list of at least **five** experiences that can help you build a career.
Use the prompts to help come up with ideas.



- 1.
- 2.
- 3.
- 4.
- 5.

2. Finish the sentences.

Two things I'm doing now to support my career journey are ...

1.

2.

Two things I hope to do in the future to support my career journey are...

1.

2.

Searching for careers on the Careers library

Log on to Unifrog and go to the Careers library. Complete the table below.

Write <u>three</u> career sectors you're interested in:	Write at least <u>two</u> jobs for each career sector:	
	1.	1.
	1.	2.
	1.	2.

Pick one sector. For each job you've chosen, write down:

	Job 1:	Job 2:	Job 3:
One skill you need for this job			
One reward for doing this job			
One challenge for doing this job			

Reflecting on what you've written down, finish the sentences:

I think I would be suited to a career as a _____ because....
I can find out more information about this by...

Adapting to career trends

1. Complete the table:

Career trends	Why do you think these four career trends are particularly relevant now?
1. Remote working Working from anywhere, not just traditional office	
2. Artificial intelligence Using computers or technology to do things humans do	
3. Protecting the environment Companies have policies that help protect the planet	
4. Upskilling Employers are providing opportunities for workers to learn new skills	

2. Which of these career trends are you most interested in and why?

I'm interested in the career trend..... because....

Plenary

Imagine you’re talking to a primary school student about careers. They ask you:



Complete the table below:

How would you describe a career?	Where could they get more information about career choices?

Lesson 4 - What is an entrepreneur?

What is a role model?



A **role model** is someone we 'look up to' and want to be like.

Role models could be people in your life like friends or family members, or people you've learned about at school or through the media.



1. Create a list of at least three people who you think are positive role models.

-
-
-

Then, select at least one of the following tasks to complete next:

2. Explain why having a role model can be useful.	3. Write a brief job description for 'being a good role model' in 30 words or less.

What is an entrepreneur?



An **entrepreneur** is someone who sets up their own business or company, taking on financial risk in the hope of making a profit.

This means that entrepreneurs are self-employed.

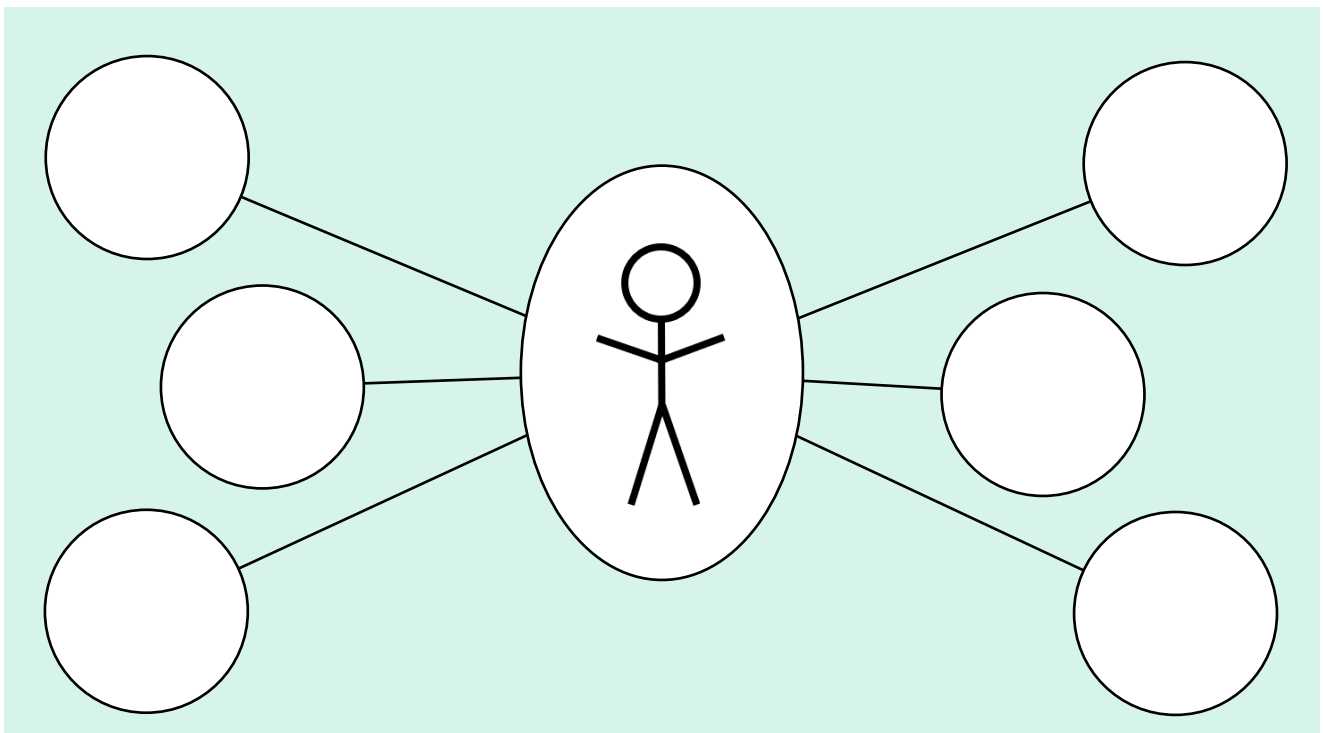
Look over your list of example role models.



Discuss:

- Did you include an **entrepreneur** in your list?
- Do you think entrepreneurs are good **role models**?

Label the stick person with the skills you think are required to be a good **entrepreneur**.



Do I have entrepreneurial skills?

Copy five entrepreneurial skills from your mind map into the table below. Then, for each one, rate **yourself** out of three.

1 = This is a skill I'd like to develop

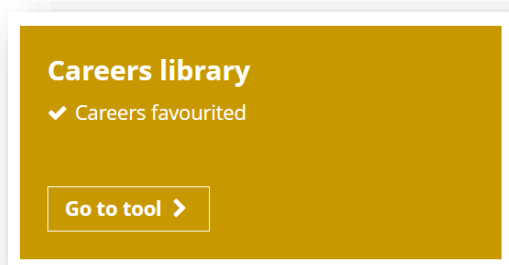
2 = I sometimes use this skill

3 = This skill is one of my strengths

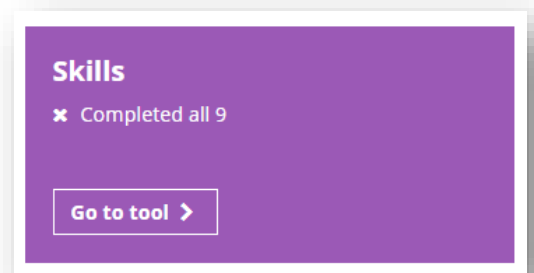
Entrepreneurial skill	Rating out of three
1.	
2.	
3.	
4.	
5.	
6.	

Using the Unifrog Careers library and Skills tools

- Log in to your Unifrog account and open the [Careers library](#) tool.
- Search for the entrepreneur career profile and scroll down to 'skills required.'



- Open the '[Skills tool](#)' then click 'Add a skill.'
- Record an example of a situation when you have used one of the entrepreneurial skills.



An entrepreneur in action



Problem solving is the ability to find a solution to a challenge.

Entrepreneurs usually identify a problem that people experience and use their entrepreneurial skills to find a solution.

For example, Josephine Cochrane...

Problem: Washing dishes takes too long!



Solution: The dishwasher



In pairs or small groups, think about a problem that you and your peers experience at school. Then think about a way you could overcome this problem.

Problem: 	Solution:
---------------------------------	----------------------------------

Now that you've decided on your solution, complete the table below:

One barrier you might experience to putting your solution in place	One role model who might be able to help you achieve your solution	One benefit of putting your solution in place

What is taking initiative?



Initiative is the ability to achieve something by taking action yourself.

Ryan is a 12-year-old school student.

A

Ryan has been set a group task at school where he must work with four other people to put together a presentation. Ryan decides to allocate the group members specific roles in the presentation.

Dean is working full time as a recruitment consultant.

B

Dean notices that his colleague is struggling with their workload, and they seem stressed. Dean offers to help his colleague by helping them reprioritise their tasks.

Bethan is a freelance content creator.

C

Bethan notices that one of her blog posts has been read many more times than her other posts. She decides to analyse what makes this blog post different to the rest.

Complete this table for at least one of the scenarios:

Scenario	Where have they shown initiative?	What is an advantage of them showing initiative?
Scenario A: Ryan		
Scenario B: Dean		
Scenario C: Bethan		

Being self-employed

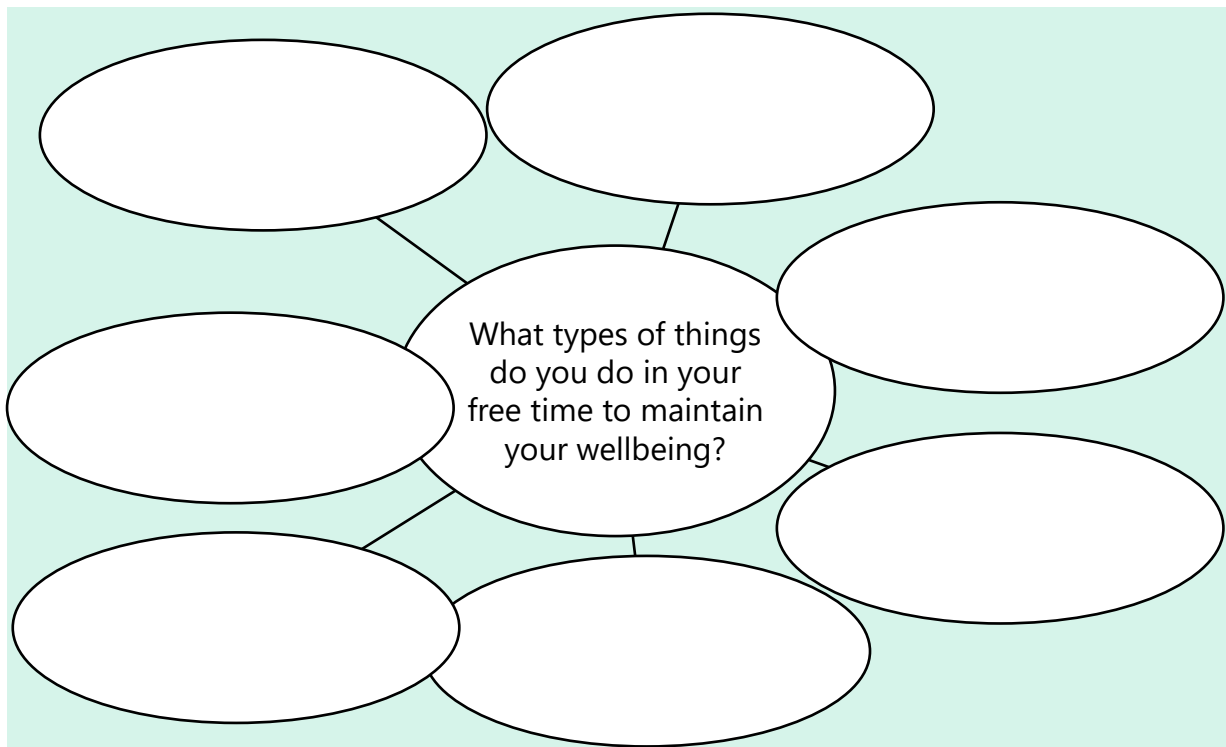
Complete the following two sentences:

I think that an advantage of being self-employed is...	I think that a disadvantage of being self-employed is...
---	---

Lesson 5 - What is a work-life balance?

Work-life balance and wellbeing

1. Create a mind map of things **you** do to maintain your wellbeing.



2. Highlight any activities that you think would still be important to do when you're an **adult**.
3. In another colour font, add in other ways that **adults** could maintain their work-life balance.

What's the point in work-life balance?

Select one of the options below to define 'having a work-life balance.'

1. Excelling at work and taking care of your personal wellbeing outside of work.

2. Bending work around your own individual list of priorities.

3. Prioritising your career demands and personal life demands equally.

4. Not worrying about work when you're at home.

5. Being happy with the balance between the time you spend doing your job and the time you spend with loved ones or pursuing interests.

I chose definition ____ because...

What's important to me?

Use the letters to rank the statements from **most** to **least** important to you, for maintaining a work-life balance when in employment.

a) Flexible working hours



b) Maintaining mental wellbeing



c) Not working long hours



d) Being able to work from home



e) Having enough time to complete goals at work



f) Not feeling high levels of stress



g) Having time to enjoy hobbies / interests



h) Having time to spend with friends / family



i) Not having to work at the weekend



1.			← Most important
2.		3.	
4.	5.	6.	
7.		8.	
9.			← Least important

I rated statement _____ as **most** important for work-life balance because...

I rated statement _____ as **least** important for work-life balance because...

Work-life balance: part-time employment

Next to each statement, write down whether you think it's **true** or **false**.

Restriction in place for young employees	True or false?
2. The youngest age you can work part time is 12.	
3. As a school-age employee, you can't work after 7pm.	
4. As a school-age employee, you can work up to 3 hours on school days during term time.	
5. As a school-age employee, you're entitled to at least an hour break after five hours work.	
6. As a school-age employee, you can work up to 12 hours a week during term time.	

I think these restrictions are in place for young employees because...

Work-life imbalance

Scenario 1: Elliot is 23, and he has a full-time job at an accountancy firm. He has been working late every evening this week, after his contracted end time. He doesn't get paid for the additional hours he is working, but he feels like he needs to work the extra hours to get his daily to-do lists finished.

What could be the negative consequences if Elliot's work-life imbalance continues?	What action could Elliot take to improve his work-life balance?

Scenario 2: Zena is self-employed and her personal phone number is listed as the contact number on her company's website. She works up to 4:00pm, but she gets multiple phone calls in the evening about work, up to as late as 11:00pm.

What could be the negative consequences if Zena's work-life imbalance continues?	What action could Zena take to improve her work-life balance?

Scenario 3: Tilly has an important presentation at work next week. Her manager tells her that if the presentation doesn't go well, the company might lose a valuable deal. She is finding it difficult to get to sleep at night, because she's worrying about the presentation.

What could be the negative consequences if Tilly's work-life imbalance continues?	What action could Tilly take to improve her work-life balance?

Scenario 4: Beth and Noel joined their company at the same time. They have the same job title, the same qualifications, and they work the same scheduled hours. Beth knows that Noel gets paid more money for doing the same work as her. Beth is spending her weekends and evenings working extra (unpaid) hours in hopes that her employer will value her more.

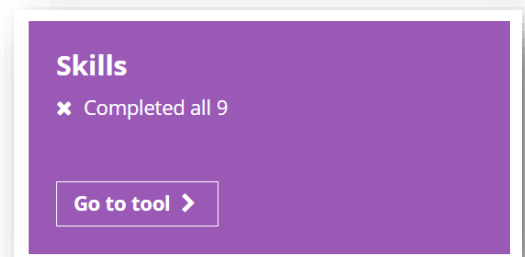
What could be the negative consequences if Beth's work-life imbalance continues?	What action could Beth take to improve her work-life balance?

Scenario 5: Wendy’s colleague has just left the company and hasn’t been replaced. Wendy has been asked to take on their colleague’s workload, on top of their own workload. Wendy hasn’t been offered any additional paid hours of work.

What could be the negative consequences if Wendy’s work-life imbalance continues?	What action could Wendy take to improve their work-life balance?

Using the Unifrog Skills tool

- Log in to your Unifrog account and open the [Skills tool](#).
- Click ‘Add a skill’ and select ‘Balance’ as the skill type.
- Describe a situation when you’ve demonstrated **balance**.



Lesson 6 - Careers and the future

The future of careers

Read the statements below and finish the sentences next to each one.

1. 65% of students will be employed in careers that don't exist yet.	This fact makes me feel...
2. Digital literacy is an important skill that will be valuable in lots of future careers.	I think digital literacy will be important in my future career because...
3. Creativity, problem-solving, and critical thinking are core skills that will be needed across a range of future careers.	I think these skills are going to be needed in lots of future careers because...

Popularity of careers and subjects

In 2022-2023, what do you think were the top five most favoured **career profiles** in Unifrog's **Careers library**? Write down your predictions in the boxes below.

1	2	3	4	5

In 2022-2023, what do you think were the top five most favoured **subject profiles** in Unifrog's **Subjects library**? Write down your predictions in the boxes below.

1	2	3	4	5

What do you think will be the most popular **careers** and **subjects** in the future?

In 2040, I think the most popular career will be... because...	In 2040, I think the most popular subject will be... because...
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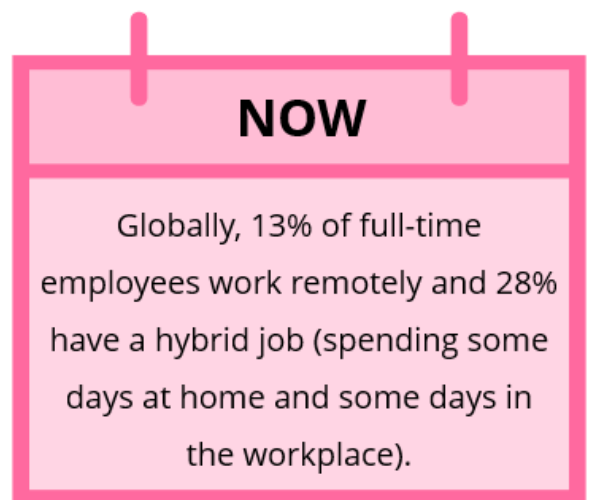
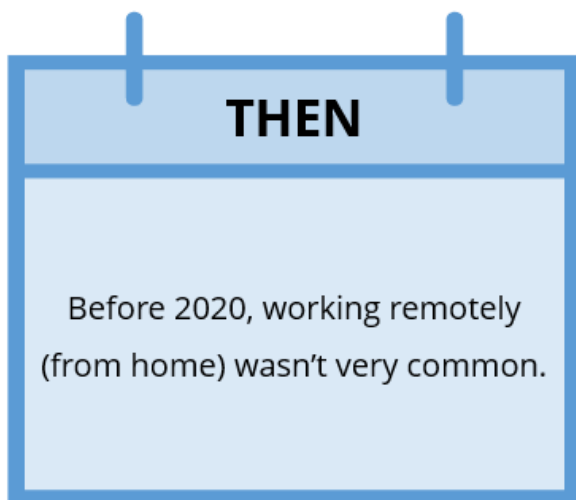
Then and now



Career trends have changed significantly in the past and they'll continue to change in the future!

1 Get into pairs	2 Read the 'then' and 'now' statements	3 Discuss and write down the answer to the question	4 Discuss and write down your prediction for the future
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Example one:



Why do you think more people work remotely today compared to in the past?

What is your prediction for the future and why?

Less people will work remotely

A

Things will stay about the **same**

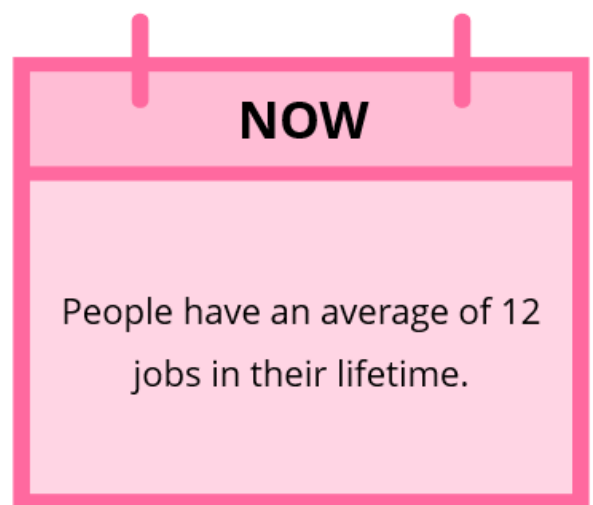
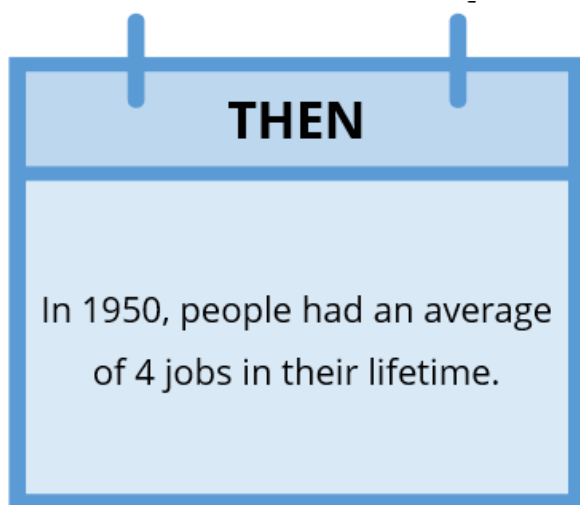
B

More people will work remotely

C

I think A / B / C (*highlight one option*) because...

Example two:



Why do you think people have more jobs in their lifetime compared to in the past?

What is your prediction for the future and why?

People will have **less** jobs in their lifetime

A

Things will stay about the **same**

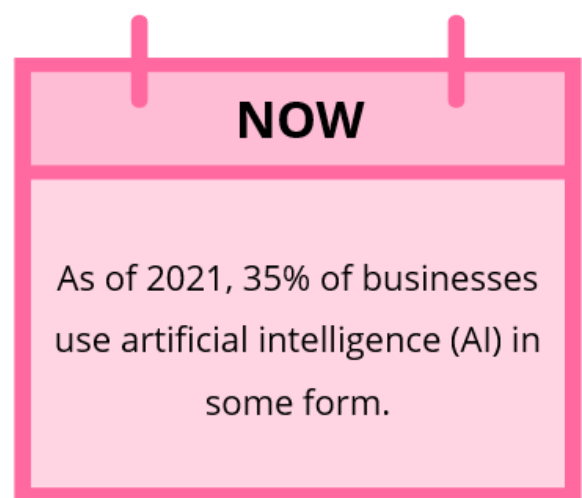
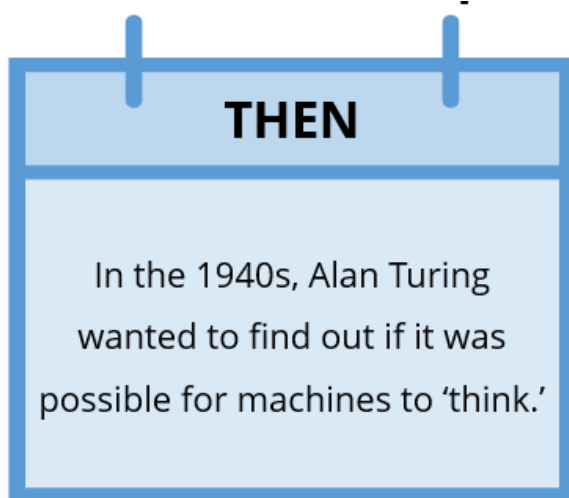
B

People will have **more** jobs in their lifetime

C

I think A / B / C (*highlight one option*) because...

Example three:



How could AI be used in a career you'd like to have in the future?

What is your prediction for the future and why?

AI will lead to **less** job vacancies

A

Things will stay about the **same**

B

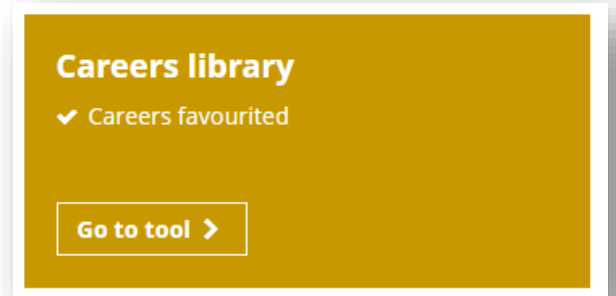
AI will lead to **more** job vacancies

C

I think A / B / C (*highlight one option*) because...

Using the Unifrog Careers library

- Log in to your Unifrog account and open the [Careers library](#).
- Open the [Computer games developer](#) profile.
- Read the profile and answer the two questions below.



This is an example of a relatively 'new' career that has seen a lot of **growth**. This means there are many more computer games developers than there used to be, and it's predicted there will be even more in the future.

1. Select one of the required skills and explain why you think it's important for a computer games developer.	
2. Why do you think there is growth in this career sector?	

Preparing for the careers of the future

Select one of the following **skills** that future employers might value and note down an example of how you could develop this skill **now**.

Digital literacy

Creativity / innovation

Critical thinking

Problem solving



*Could you develop
this skill at home?*



*Could you develop
this skill at school?*



*Could you develop this
skill through a hobby?*

I could develop my _____ skills by...

Creating a better work-life balance

Imagine you're CEO of a new company and you're in charge of creating a work-life balance policy.

- What initiatives would you put into place?
- What advice would you give to your employees?

My policy would include...

Careers in the curriculum - 1

Discuss what you've learned and completed in a subject.

What activity have you really enjoyed or are you proud of?

Reading a book

Watching a
documentary

Group work

Independent work

Something else?

In this space make notes on what you did

Turn your notes into a star statement

Situation	Task	Action	Result
• Introduce the situation to the employer and set the context	• Describe the task you had to complete, including the expectation and challenges it would involve	• Explain what you did, and how you did it	• End with the results of your efforts, including accomplishments, rewards, and impact
Situation	Task	Action	Result
• In Geography we were studying tectonic hazards	• I had to work as a part of a group to do a presentation to my class	• I was responsible for making the powerpoint, making sure it was laid out well.	• The students in my class said they enjoyed the powerpoint and learnt something about Tectonic Hazards.

S

T

A

R

Careers in the curriculum - 2

Discuss what you've learned and completed in a subject.

What activity have you really enjoyed or are you proud of?

Reading a book

Watching a
documentary

Group work

Independent work

Something else?

In this space make notes on what you did

Turn your notes into a star statement

Situation	Task	Action	Result
• Introduce the situation to the employer and set the context	• Describe the task you had to complete, including the expectation and challenges it would involve	• Explain what you did, and how you did it	• End with the results of your efforts, including accomplishments, rewards, and impact
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S

T

A

R

Careers in the curriculum - 3

Discuss what you've learned and completed in a subject.

What activity have you really enjoyed or are you proud of?

Reading a book

Watching a
documentary

Group work

Independent work

Something else?

In this space make notes on what you did

Turn your notes into a star statement

Situation	Task	Action	Result
• Introduce the situation to the employer and set the context	• Describe the task you had to complete, including the expectation and challenges it would involve	• Explain what you did, and how you did it	• End with the results of your efforts, including accomplishments, rewards, and impact
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T

A

R