



THE DUKERIES
ACADEMY

Year 8 Careers

Name:

Tutor group:

Lesson 1 - What are my interests?

What are you proud of?

Write down at least three things you're really proud of.

Use the examples to help you.



Performing in the school play



Baking my sister's birthday cake



Winning 100m in Sports Day



Singing my first solo at school



Being awarded a certificate in Art



Making friends at a new school



Growing plants from seeds



Learning how to code

- 1.
- 2.
- 3.

My interests collage

1. **Pick** the format you'd like to use to create your 'interests collage'.

A. Text only

1. Outside of school, I like... reading books and watching documentaries like 'The Imagining Story' on how they designed and built Walt Disney World.	2. My favourite subjects are... Art and Maths. In my spare time, I'm always doodling and completing maths puzzles.	3. I lose track of time when I'm... colouring Mandala patterns. I spent nearly a whole day coming up with different colour patterns.
4. I'm involved in... the school football team. I like playing with my friends and going to other schools to compete.	My interests collage	
5. If you had to launch a podcast, it would be about... how famous buildings in the world were built.	6. The most interesting place I've visited is... a castle on a school History trip. We learned how they were built and the tools they used.	7. The skills I enjoy using are... practical and creative skills. I like working with my hands and using my imagination.
8. When I'm with my family, I enjoy... going camping in the school holidays. I enjoy putting up the tent and being outdoors.		
An interest I'd like to explore in the future is... attending a summer school or club in maths or engineering. I've seen a few but would need help applying.		

B. Text and icons

1. Outside of school, I like... reading books and watching documentaries like 'The Imagining Story' on how they designed and built Walt Disney World.	2. My favourite subjects are... Art and Maths. In my spare time, I'm always doodling and completing maths puzzles.	3. I lose track of time when I'm... colouring Mandala patterns. I spent nearly a whole day coming up with different colour patterns.
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C. Images

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An interest I'd like to explore in the future is... attending a summer school or club in maths or engineering. I've seen a few but would need help applying.		

I want to pick option ... because

2. **Use these nine questions** to plan your 'My interests collage' poster [template](#).

1. What do you find interesting outside of school?	2. What are your favourite school subjects?	3. What are you doing when you lose track of time?
4. Are you involved in any clubs?	My interests collage	5. If you launched a podcast, what would it be about?
6. What is the most interesting place you visited?	7. What skills do you enjoy using?	8. What kind of activities do you enjoy doing with family?
9. What interest would you like to find out more about in future?		

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

Career connections

1. Look at your interests' collage and write down at least **three** keywords. Use the example to help

My interests collage

1. Outside of school, I like... reading books and watching documentaries like 'The Imagineering Story' on how they designed and built Walt Disney World.
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An interest I'd like to explore in the future is... attending a summer school or club in maths or engineering. I've seen a few but would need help applying.

Art

Buildings

Practical

Creative

Math

- 1.
- 2.
- 3.

2. Next, come up with at least **two** careers or jobs you've heard of that might link with the keywords.
Use the example to help.

- 1.
- 2.
- 3.

3. Choose **one** career profile you think is suited to you and complete the sentence below.

One thing I already know about being a is....
.....

Repeat this activity with another career profile if you have time.

One thing I already know about being a is....
.....

Recording an activity

1. Log on to Unifrog and go to [Activities](#).
 2. Click 'Add an activity'.
 3. Choose one thing you wrote down in this lesson to add to the tool.
- Use the example to help.

Your role: Designed art project

Activity type: Independent Academic Work

Description: I created a 3D model of an imaginary island. I sketched my island design on paper. Then, I used modelling clay to create the basic shape and left it to dry. I used acrylic paints to add colour. I used fake grass and moss. I added additional structures such as trees, houses, boats, animals and bridges. I was awarded an academic excellence award in Art and Design for my model, and it is on display in the Art building.

Select skills: Creativity

Date started / finished: January 2023 – April 2023

Referee: Miss McDonald

Lesson 2 - Job applications: superhero CVs

Recruitment processes

Write down at least **three** examples of how a business or employer might recruit or hire someone.

Use the icons to help you think of answers.



What goes into a CV?

Write down at least **two sections** you think you'd find in a CV.

(If you think you know all **seven**, write them below).



Discuss:

Why do you think a CV should not be longer than two pages?

Superhero CV writing

Open the digital CV template and follow the instructions on the slides.

Return to this worksheet when you've finished.



Superhero CV writing (feedback)

It's time to share your superhero CV. While reviewing another CV, consider:

- How effectively does it meet the job advert?
- What skills, qualities and attributes might an employer value in this CV?
- Is there anything else they should have included?

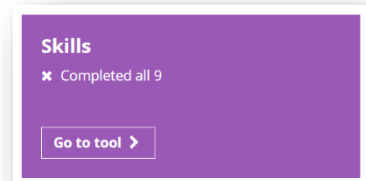
Group	Feedback comments
Group 1	•
Group 2	•
Group 3	•
Group 4	•

Plenary: what skills have I used?

Log on to Unifrog and go to the [Skills tool](#).

A) Pick one skill you've identified.

B) Write about your skill using the CAR method.



Context: What was the situation or task?

I delivered a presentation on our superhero CV to the whole class.

Action: What did you do?

I spoke about what our group wrote for the seven sections on the CV.

Result: What was the outcome?

The class agreed that our superhero CV matched the skills in the job ad.

Lesson 3 - Challenges and rewards of work

The challenges and rewards of school



Challenge: something you find difficult / something that requires a high amount of effort.



Reward: a benefit / positive outcome.

Write down at least three **challenges** and at least three **rewards** of your day-to-day life at school.

Complete **section one** of the table below. You will complete section two in the next activity.

SECTION ONE	SECTION TWO	
Challenges of school	Does this challenge apply to the workplace? <i>Delete one of the two icons in each row</i>	
•	✓	✗
•	✓	✗
•	✓	✗
Rewards of school	Does this reward apply to the workplace? <i>Delete one of the two icons in each row</i>	
•	✓	✗
•	✓	✗
•	✓	✗

The challenges and rewards of working

Think about what your day-to-day life at **work** might be like and complete **section two** of the table on the previous page:

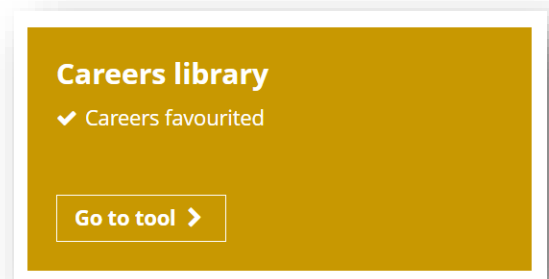
- **Tick** any challenges and rewards you think might also apply in the workplace.
- **Cross** any challenges and rewards you think might **not** also apply in the workplace.

Then, note down at least three new **challenges of working** and at least three new **rewards of working** in the table below.

Challenges of working	Rewards of working
• • •	• • •

Challenges and rewards of work: a career of your choice

- Log in to your Unifrog account and open the [Careers library](#).
- Find and favourite at least one career profile of interest to you.
- Read the career profile and use this information to help you complete the table on the next page.



Career selected:	
One challenge you might experience in this career is...	One reward you might experience in this career is...

Features of youth employment



Youth employment means having a job when you're under 18.

For each feature of youth employment, discuss and note down what would be the associated **challenges** and/or **rewards**.

You might decide some of the features only have challenges or only have rewards.

Feature	Challenges and/or rewards
1. Balancing work with being a school student	
2. Earning a regular salary	
3. Being entitled to breaks	
4. Limiting the number of hours you can work	
5. Having to act responsibly	

The growth mindset

A **growth mindset** is the belief that skills and abilities can **improve** with effort and practice.



A **fixed mindset** is the belief that skills and abilities are **fixed**. You're either good at something, or bad at something.

1

Jamal spent his evening studying for a test by reading his textbook. The next morning, he found the test really difficult and he didn't achieve the score he'd hoped to achieve. Jamal now thinks that there's no point trying to study for tests.

Jamal has a **fixed** / **growth** (*delete one option*) mindset because...

2

Leanne was talking to her very first customer, whilst her new manager was watching. She felt really nervous and accidentally told the customer some incorrect information about a car. She made some notes about the car and next time she talks to a customer, she plans to take the notes with her in case she needs them.

Leanne has a **fixed** / **growth** (*delete one option*) mindset because...

3

Natalia submitted her first essay and her tutor returned it to her with lots of annotations of ways it could have been better. Natalia felt really disappointed with her grade. When writing her next essay, Natalia reviews the suggestions from her first essay. She feels confident that her second essay is an improvement on the first.

Natalia has a **fixed** / **growth** (*delete one option*) mindset because...

4

Frankie received a negative review on his website from a customer who wasn't happy with his service. Frankie now feels like a failure and he's nervous about networking with potential new customers.

Frankie has a **fixed** / **growth** (*delete one option*) mindset because...

Now, select one of the individuals with a **fixed** mindset and draft a message to them, to encourage them to bounce back from the setbacks they've experienced.

Overcoming challenges

Think about a situation when you experienced a challenge and **overcame** it.



Discuss with your partner:

- What was the challenge?
- How did you overcome it?
- What were the benefits of overcoming the challenge?
- What would you do differently next time?

Rewards of work

Taking everything from this lesson into account, what is the one thing about working that you're looking forward to the most, and why?

I'm most looking forward to...

because...

Lesson 4 - Creating the life you want

Would you rather...?

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

	OPTION A		OPTION B
1.	be a leader and make decisions	OR	let someone else make decisions
2.	have a high-paying job you hate	OR	a low-paying job you love
3.	live in a big city	OR	live in the middle of nowhere
4.	drive everywhere	OR	walk or cycle everywhere
5.	be known for your intelligence	OR	be known for your creativity
6.	have three friends who know you really well	OR	20 friends who don't know you very well
7.	work for yourself	OR	work for someone else
8.	travel around the world for work	OR	work in one place close to home
9.	work on your own	OR	work with lots of other people
10.	learn through practical experience	OR	through reading and studying

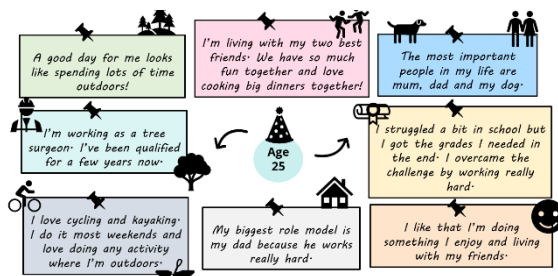
Which options were easy to choose between?	Which options did you struggle to choose between?

Imagining your future

1. Choose one of the ages below:



2. Create a **vision board** of what you'd like your life to look like at your chosen age. You can use the [template](#) document or create your own!



3. Write down at least **one** reason why creating a vision board is helpful when thinking about what we want our lives to look like in the future.

Setting RAM goals

Log on to Unifrog and go to the Know-how library. Then:

1. **Read** the guide called '[Goal-setting: how to set good goals.](#)'
2. **Summarise** how to use 'RAM goals' in no more than **three** sentences.

1.

2.

3.

Pick at least **one** thing from your vision board and write a **RAM goal**:

My RAM goal is...

Write down at least **two** milestones you need to achieve to meet the RAM goal:

Milestone 1:

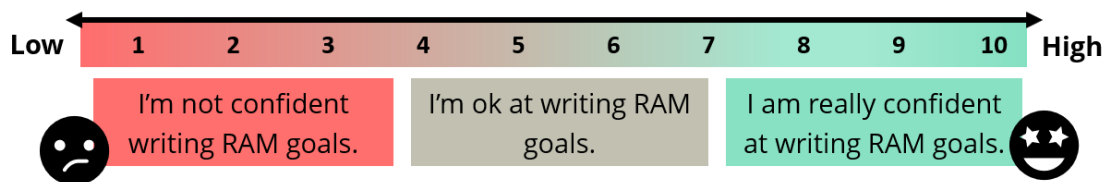
Milestone 2:

Pick the **first milestone** and come up with at least **two** steps you can take to help reach this milestone.

Step 1:

Step 2:

Reflect on how you feel about making RAM goals. **Rank** your confidence level on the scale below.



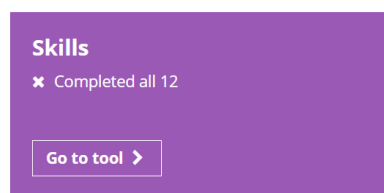
I rank myself ... because ...

Plenary: what skills have I used?

Log on to Unifrog and go to the [Skills tool](#).

A) Pick one skill you've identified.

B) Use the CAR method to write about your skill.



Lesson 5 - What does success mean to me?

What does success mean to me?

Complete the three sentences:

To me, being successful **at school** means...

To me, being successful **in employment** means...

An example of when I have experienced success is...

What is a successful career?

You can recognise success within a career in lots of different ways.

Here are some examples:

A

'I am successful because I am able to balance working a job that I enjoy with taking care of my family.'

B

'I am successful because I have a career that makes me happy – I enjoy what I do every day!'

C

'I am successful because I have overcome a lot of barriers to get to where I am in my career today.'

D

'I am successful because I am making a positive contribution to the community – I am helping people every day at work. I'm proud of what I do.'

E

'I am successful because I have a great work-life balance. I perform well within my job and I also have free time to spend doing things I enjoy.'

F

'I am successful because I've been promoted, this means that other people recognise my accomplishments and value my potential.'

G

'I am successful because I earn a high salary. This allows me to buy things I want without worrying about the cost.'

Order the quotes from the **best** measure of success (1st) to the **worst** measure of success (7th) using the accompanying letters. *E.g. 1st = B.*

Rank	Quote about success
1 st	
2 nd	
3 rd	
4 th	
5 th	
6 th	
7 th	

I chose quote _____ as the **best** measure of success because...

I chose quote _____ as the **worst** measure of success because...

What is a successful career path?

Hugh used to work full time as a teacher. Since having his first child, Hugh now works three days a week at school and spends the other days caring for his toddler.

Because he shares childcare responsibilities with his partner, Hugh can enjoy spending lots of quality time with his son.

How has Hugh demonstrated success in his career journey?

Lyndall worked as a property developer for 30 years and she then decided to change career paths. Lyndall attended an evening course at a college as a mature student, to gain a qualification in carpentry. She then set up her own furniture design business and she is currently self-employed. She's enjoying having a flexible work schedule, around her other commitments.

How has Lyndall demonstrated success in her career journey?

Penny was recruited as an HR assistant after they graduated from university. They got promoted to HR officer after a few years. They moved to a new company to become an HR manager, after completing some additional training. Penny is now Head of the HR department for a large technology company.

How has Penny demonstrated success in their career journey?

Since leaving school, Ava has been working part time at a hotel and she's been enjoying the customer service aspects of her role. Ava is volunteering part time at a local retirement home, as she wishes to pursue a career in the social care sector. Ava has also been completing MOOCs relating to health and social care.

How has Ava demonstrated success in her career journey?

After reading the four example career journeys, answer this question:

Why isn't there one specific career path that leads to success for everyone?

What about success outside of work?

Other than employment, in what **other areas of life** could someone demonstrate success?

-
-
-
-
-
-
-

What would **you** like to achieve within the next couple of months?

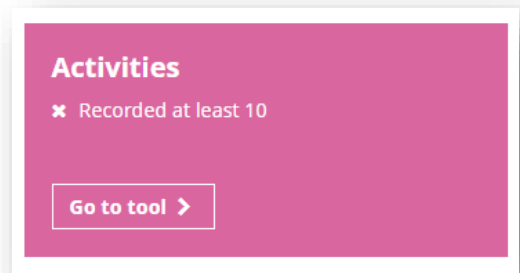
Try to make sure your goal is:

- *Relevant*
- *Achievable*
- *Measurable*



Using the Unifrog Activities tool

- Log in to your Unifrog account and open the [Activities tool](#).
- Click 'Add an activity.'
- Record an example of a **success** you've experienced recently.



What does success mean to me? Revisited

- Revisit your definitions from the beginning of the lesson, on page 1 of the workbook.
- Select at least one definition to improve, based on the discussions about success you've had in today's session.

To me, being successful **at school** means...

To me, being successful **in employment** means...

Lesson 6 - Careers and the climate

How are careers and the climate linked?



Climate change refers to the long-term change in weather patterns around the world. It's a serious threat to our planet: water supplies are shrinking, extreme weather events are increasing, forests are burning, and coral reefs are dying.

Think about the world of work and answer the two questions below:

1. What careers might help to reduce the negative impact of climate change?	2. What careers might contribute to the negative impact of climate change?
• •	• •

What are green jobs and sustainable degrees?

Green job: A career that helps to protect and restore the environment.



Sustainable degree: A subject that prepares us to protect the environment for future generations.



1. Create a list of careers you think could be described as **green jobs**.

2. Create a list of subjects you think could be described as **sustainable degrees**.

Green jobs	Sustainable degrees
• • •	• • •

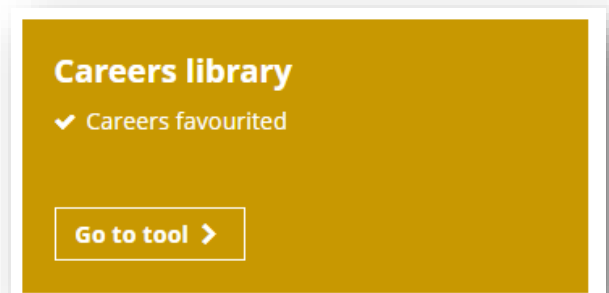
Review the list of suggestions shown on the PowerPoint slide.

Can you think of any links these careers or subjects might have with climate change, the environment, and sustainability?

Write down your ideas in the box below.

Exploring green careers

- Log in to your Unifrog account and open the [Careers library](#).
- Scroll down to filter by '**Green jobs.**'
- Select a career that you didn't expect to be listed as a green job and click '**Read the profile.**'



Selected career:	
My rating of the career, out of 10:	

I don't think I'd enjoy this career

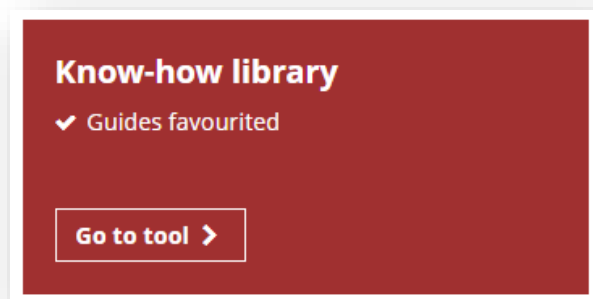
I think I'd really enjoy this career

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

I think this career can be described as a 'green job' because...
--

Exploring sustainable degrees

- Log in to your Unifrog account and open the [Know-how library](#).
- Open the '[Sustainable degrees](#)' series.
- Select a subject that you didn't expect to be listed as a sustainable degree and click '**Read the guide.**'



Selected subject:	
My rating of the subject, out of 10:	

I don't think I'd enjoy this subject

I think I'd really enjoy this subject

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

I think this subject can be described as a 'sustainable degree' because...

Skills for the future



Green skills are described as the knowledge, abilities, values, and attitudes needed to develop a sustainable society.

Read the facts below and guess the missing statistic by **highlighting** an answer.

Between 2022 and 2023, the share of job adverts requiring green skills grew by __%.

A. 3%

B. 13%

C. 23%

D. 33%



Discuss:

- Why do you think there are increasingly more jobs that require green skills?

People with at least one green skill are __% more likely to gain employment than the average job seeker.

A. 14%

B. 19%

C. 24%

D. 29%



Discuss:

- Why do you think people with green skills are more likely to receive job offers?

Worldwide, 1 in ___ workers have one or more green skills.

A. 2

B. 4

C. 8

D. 16



Discuss:

- Why is it a problem that not many people have green skills?

Review the list of skills below:

Teamwork	Problem solving	Creativity / innovation	Planning / Aiming high	Technical skills
Practical skills	Networking	Critical thinking	Risk-taking / Courage	Principles / Ethical judgement

Select one of the skills and answer the question below, using the prompts to help you.

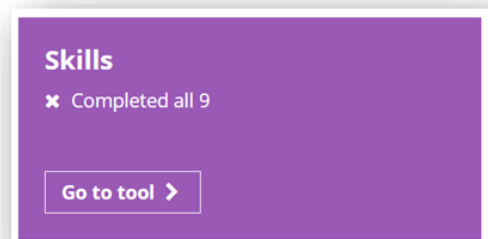
Selected skill:

- How could it help you in a green job?
- How could it help you study a sustainable degree?
- How could it help you to protect the environment?
- Can you give an example of how this skill could be used to benefit the planet?

How could this be described as a green skill?

Reflecting on your green skills

- Log in to your Unifrog account and open the [Skills tool](#).
- Select a skill you could use in a green job or whilst studying a sustainable degree.
- Record an example of a situation when you've used this skill.



Example: **Teamwork**

Context

What was the situation or task?

Action

What did you do?

Result

What was the outcome?

In eco club, we were asked to come up with a strategy to encourage recycling at school.

My role in the team was to design questionnaires for students in each year group about how much they currently recycle.

This helped us to know which year groups to target with our recycling strategy.

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
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 – 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
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