

## My World of Work

**My World of Work has the help you need for the career you want. Our award-winning career information and advice web service can support with:**

- **information for parents:** the parents and carers section of My World of Work has information and advice to support you to support your child through career decisions
- **subject choices:** everything young people need to consider when choosing their subjects; from understanding what they're good at, to how their strengths are right for different jobs and careers
- **leaving school:** straight into a job or onto further learning? Help to find the right job, training or further education opportunity
- **exam results:** help to plan their next steps after exams - whatever their results
- **preparing for a job:** discover Scotland's industries, search for jobs, build a CV and practise for interviews
- **apprenticeships:** find out what apprenticeships are available in Scotland and how they work. More information on apprenticeships, including Foundation Apprenticeships which begin at school, can be found at [apprenticeships.scot](http://apprenticeships.scot)

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**"I have used the web service to develop a draft CV and I also have used the strengths and interview tools. These are all really helpful, and definitely helped me to identify my skills and what I need to improve upon."**

Callum, My World of Work Ambassador, Age 17

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## Our Careers Service

**Skills Development Scotland has qualified Careers Advisers working in every state secondary school in Scotland. We work with pupils in group discussions, drop-in clinics and one-to-one interviews to develop their Career Management Skills.**

Our comprehensive service includes:

- intensive one-to-one career coaching
- group sessions every year
- drop-in clinics
- availability at school events like parents' evenings.

We're here to help you too. You can:

- talk to your young person's school Careers Adviser at parents nights or school events
- join the one-to-one interview at subject choice stage with your young person and their Careers Adviser
- use the parents and carers section of My World of Work which has specific information to help you at [myworldofwork.co.uk/parents](http://myworldofwork.co.uk/parents)

We're working hard with a number of organisations that provide information and services to parents and carers including the National Parent Forum of Scotland, the Scottish Parent Teacher Council and Education Scotland.

There is also help and support if your young person has additional support needs:  
[myworldofwork.co.uk/learn-and-train/additional-support-needs-learning](http://myworldofwork.co.uk/learn-and-train/additional-support-needs-learning)

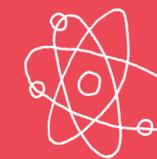
Visit  
[myworldofwork.co.uk/parents](http://myworldofwork.co.uk/parents)

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Skills  
Development  
Scotland

# A guide to careers services in school

Information for parents



**Remember** Careers advice isn't just for school pupils! Skills Development Scotland has a network of careers centres across Scotland ready to help you with your career. Heading back to work after a break? Need advice on redundancy? Want support with CVs or interviews? Find your local Skills Development Scotland careers centre at [myworldofwork.co.uk/centres](http://myworldofwork.co.uk/centres)

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**"Before the one-to-one meeting my daughter was set on a career path. Following the meeting she has explored different options. She seems to have taken ownership for her future."**

Julie, parent

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**"I really liked the one-to-one meeting and I wouldn't change anything about it. It helped me see what subjects I was good at. It confirmed the subjects I wanted to do and now I can focus on what I want to do in the future. It's good to be able to see a careers adviser before your subject choices, it really helps."**

Rebecca, 13

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**We'll support your young person to identify and develop Career Management Skills.** These skills come under four themes of Self, Strengths, Horizons and Networks. These skills will help to ensure young people are successful career planners in school and throughout their lives.



**“I would urge all parents and carers to make the most of the expertise SDS offers in person and online via My World of Work. Good careers advice is invaluable.”**

Joanna Murphy, Chair, National Parent Forum of Scotland

**Our expert Careers Advisers offer Career Information, Advice and Guidance in every state secondary school in Scotland.**

**Our work supports the delivery of Curriculum for Excellence, the Career Education Standard and the outcomes of Developing Scotland's Young Workforce.**

Young people	<p>My World of Work</p> <ul style="list-style-type: none"> <li>• three engaging, interactive tools for pupils to use with their teachers in class</li> <li>• My Interests, Skills Builder and Animal Me help pupils learn about skills and how to develop them</li> <li>• beginning of young person's career management skills journey.</li> </ul>	<p>The SDS Careers Adviser in your school will be involved in the support of your child as they move from primary to secondary school:</p> <ul style="list-style-type: none"> <li>• all pupils will have a group session with their Careers Adviser on transition days or early in their first year</li> <li>• the session will raise awareness of big decisions ahead, build on their career management skills and ensure they're registered on My World of Work</li> <li>• drop-in sessions open to all pupils from first year.</li> </ul>	<ul style="list-style-type: none"> <li>• opportunity of a one-to-one interview with a Careers Adviser ahead of subject choices</li> <li>• group sessions introducing My World of Work subject choices tool, further developing Career Management Skills and preparing for key decision making</li> <li>• drop-in sessions open to all pupils</li> <li>• enhanced support in third year for those with the greatest need. This can include additional one-to-one time and group sessions.</li> </ul>	<ul style="list-style-type: none"> <li>• intensive 1:1 and coaching support for those with the greatest need. This relationship will continue after the young person leaves school if they have been unable to secure a positive destination and they will continue to be supported through SDS Centres</li> <li>• group engagements continue through the senior phase of school</li> <li>• My World of Work, especially the skills pathways tools, CV builder, searching for opportunities and interview preparation</li> <li>• events including Higher Education Exhibitions, Scottish Apprenticeship Shows and Skills Scotland</li> <li>• Exam Results Helpline</li> <li>• drop-in sessions open to all pupils.</li> </ul>	Young people		
P5-P7		P7-S1		S2-S3		S4-S6	
Parents/carers	<p>My World of Work</p> <ul style="list-style-type: none"> <li>• packed with information to support your career journey</li> <li>• a dedicated parent and carer area with information to help you support your young person.</li> </ul>	<p>The SDS Careers Adviser in your school will attend parent/carers events to:</p> <ul style="list-style-type: none"> <li>• outline the support on offer</li> <li>• demonstrate My World of Work and how it can help you</li> <li>• My World of Work's dedicated parent and carer area with information to help you support your young person.</li> </ul>	<ul style="list-style-type: none"> <li>• opportunity to join the one-to-one interview at subject choice stage with your young person and their Careers Adviser</li> <li>• SDS Careers staff in your school will attend parent/carers events that focus on subject choices to help you understand the decisions your young person is making</li> <li>• My World of Work's dedicated parent and carer area with information to help you support your young person.</li> </ul>	<ul style="list-style-type: none"> <li>• SDS Careers staff in your school will attend parent/carers events</li> <li>• My World of Work's dedicated parent and carer area with information to help you support your young person.</li> </ul>	Parents/carers		

Careers Information, Advice and Guidance doesn't stop at the school gates – find your local careers centre at [myworldofwork.co.uk/centres](http://myworldofwork.co.uk/centres) and come talk to us.