

# Careers Scotland

Careers Scotland is part of Skills Development Scotland. As a national organisation operating throughout Scotland, Careers Scotland delivers high quality career guidance and employability services to people of all ages. So how can we help you here in school?

You might feel overwhelmed by the number of choices open to you. Every prospectus bulges with courses; newspapers advertise pages of jobs; there are numerous websites devoted to job hunting – so where do you start?

That's where your Careers Adviser from Careers Scotland can help. Your Careers Adviser is Elaine Downs and she is in school on a regular basis throughout the year. Elaine can help you by:

- Advising which school subjects are most important and how subject choices can affect the range of career options open to you
- Helping you to assess your strengths and weaknesses and then provide guidance on the most suitable career options
- Helping you with your career decision if you are not sure what to do
- Providing information on possible careers, including training available and qualifications required for entry

- Providing information on college and university courses including course requirements and career progression

There are also useful resources which you can access yourself.

- The Careers Scotland website, [www.careers-scotland.org.uk](http://www.careers-scotland.org.uk), has lots of information on different occupations, training options and routes into employment. There is also information on Higher and Further Education with links to university and college websites as well as information on finance, taking a gap year and voluntary work. There is also a section aimed at parents.
- In the library there is a whole section dedicated to careers with useful information from professional bodies/employers as well as books on topics such as writing your CV, preparing covering letters and finding gap year opportunities.

Elaine will have a 1:1 interview with you when you are in 5th and 6th year. If you would like to speak to her at any other time you can contact Mrs Sheerin or Ms Edwards to arrange an appointment. You will also see Elaine throughout your time in school during class sessions on topics such as subject choice and options on leaving school.

What you do when you leave school is up to you; no-one will make the decision for you. Identifying your skills and interests as you progress through school and using the resources and help available to you will assist you in making the choice which is right for you.

## Greta Weir



Let me introduce myself. Based in Perthshire, and working in schools throughout North and Central Scotland, I work for ISCO (Independent Schools Careers Organisation) which is part of the Inspiring Futures Foundation. I particularly enjoy my involvement in supporting QVS pupils from S4 onwards in their Career and Higher/Further Education planning. We usually begin with the Futurewise

Profiling session in S4 when all pupils take a series of assessments which measure a range of different aptitudes and interests. This identifies strengths and preferences for each pupil, and in their individual follow up interview, future options (such as S5 subject choices, college or university courses and careers) are considered in the context of their profile.

In S5/6 I offer a drop-in clinic for pupils who have any questions about university/college options in particular and in S6 I lead an all day 'hands-on' session for all pupils on Applications, Interview Skills and the entry process to Higher/Further Education. Some pupils are even brave enough to tackle a mock interview with me in front of their peers! I also attend events such as Parents meetings by request.

QVS pupils additionally receive regular support from Skills Development Scotland which complements what we do. Therefore, by the time they leave school, pupils should be well prepared for their next steps in life!

*Greta Weir, Regional Director, ISCO*

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[www.myfuturewise.org.uk](http://www.myfuturewise.org.uk)

[www.inspiringfutures.org.uk](http://www.inspiringfutures.org.uk)