



Hall Park Academy

Hall Park Careers

CAREERS NEWSLETTER
Summer 2021



Somehow we have made it to the last half term of the school year! In honour of this I have resurrected my 'Stay Cool' image to offer you some seasonal inspiration as the sun has finally arrived...

This term we say our goodbyes to years 11 & 13 as they leave to take the next step in their career journey. For some they will return in our Sixth Form, but for others they will move on to college, apprenticeships or university after completing Y13. Have you ever thought about how your career journey might look? See what you make of the ideas below, and have a great Summer!

What is a 'career'?

We talk about the word 'career' but have you ever stopped to think about what it actually means? I can hear you shouting 'job' or 'occupation' that you do to earn money, but there is also a broader definition. Here I have included one from the job recruitment site indeed.com, which refers to, '... the progress and actions you have taken throughout the working years of your life, especially as they relate to your occupation. It is comprised of the different jobs you have held, titles you have earned and work you have accomplished over a long period of time. When viewed in this context, a career includes everything related to your career development, including your choice or profession and advancement. Your single career could include a variety of different paths.'

Reading this you can see that career is not only lifelong, but involves all the big decisions and directions you might take. It also emphasises the need for you to think about how best to prepare yourself for this journey.

So, what's in your career rucksack? Can you think of anything that you would need, or what might benefit you as you manage your career throughout your life?

Recent research has looked at what young people should cover in order to be develop a successful career. Can you see how each area would be useful?

Developing a successful career...

1. **Learn about yourself** and your background, understanding strengths and weaknesses
2. **Explore the full range of possibilities** open to you and learn about different recruitment methods and workplaces
3. **Learn how to manage your career well**, and how to learn from setbacks
4. **Learn how to create your own opportunities** by being pro-active and developing connections with others
5. **Learn how to balance life and work** to help maintain well-being
6. **Pay attention** to how the economy, politics and society connect with your own life and career. Understand the impact!

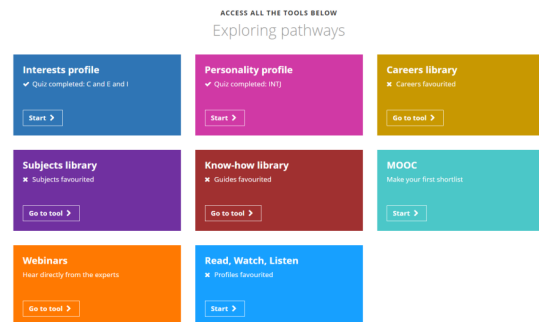
It's never too early to start the journey, give yourself time to explore and decide what is right for you!



Exploring the possibilities

Starting your career journey involves the need to explore the full range of opportunities so that you can make an informed decision. This might involve looking at information on career sectors and the qualifications you might need to enter your chosen area. It can also mean investigating different learning pathways so you have an idea of the level of education you might need.

At HPA, we have a number of different ways to help you explore all of this, starting with **Unifrog!** When was the last time you logged in?! The screenshot is a reminder of all the options it has to help you explore all sorts of useful information, why not re-visit and see!



As well as Unifrog, the **HPA Careers Webpage** [click [here](#) to access] also has tools such as the Careerometer which allows you to compare roles. In the example below you can see that it includes information on wages, hours worked and the projected change in the workforce which is especially useful for planning your future career journey - will the job you want to do be in demand? Why not have a look?!

Design and development engineers		Chartered and certified accountants	
Weekly Pay £820	Annual Pay £42,640	Weekly Pay £720	Annual Pay £37,440
Hours/Week 37h	Hourly Pay £22	Hours/Week 33h	Hourly Pay £22
Workforce Change (projected)		Workforce Change (projected)	
Growth 5.1%	Replacement 39.9%	Growth 5.7%	Replacement 56.1%
<small>The workforce is projected to grow by 5.1% over the period to 2027, creating 4,100 jobs. In the same period, 39.9% of the workforce is projected to retire, creating 32,300 job openings.</small>		<small>The workforce is projected to grow by 5.7% over the period to 2027, creating 13,600 jobs. In the same period, 56.1% of the workforce is projected to retire, creating 133,400 job openings.</small>	
You might find this job in Architectural & related Machinery, etc Specialised construction Other trans. equipment Motor vehicles, etc		You might find this job in Legal & accounting Wholesale trade Retail trade Health Membership organisations	
More info	Clear card	More info	Clear card

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Happy exploring!

In the Spotlight - Work / Life Balance



It is important to understand the need to balance your work life with a happy and healthy lifestyle, particularly as a career can stretch across many decades. By the time you get older it is likely that the **UK retirement age will be 68 or even higher** and so it is even more important for you to work out how you might cope with a long working life.

In looking at this, I read an article (see [here](#)) by the Mental Health Foundation which highlights work-life balance as a huge challenge in the modern workplace. In fact, it mentions that stress-related work absence is already costing the UK **10.4 million** work days a year!

It also covers sign of an 'unhealthy balance' as well as looking at ways that you can help yourself minimise stress. See what you think of the tips below:

- ⇒ Take personal responsibility for your work-life balance and make your employer aware if stresses are too much
- ⇒ Think of ways in which you can work 'smarter', i.e. making better use of the time you have rather than working longer
- ⇒ Make sure you have a proper break when you are at work - sometimes it is tempting to work through your lunch break, but this is time for you to stop during the working day
- ⇒ Try and leave your work at work... Being able to draw a line between work and home is important if not always possible!
- ⇒ Seek ways of reducing stress - this could be exercise / hobbies or other interests
- ⇒ Talk to employers about work concerns so that it doesn't build up

Can you think of anything else that might help you balance life and work? Do you think it is easier to achieve in some jobs more than others? Do you think it might be a factor when you are considering what sort of career you might want?

Creating Opportunities

Modern careers often have an element of 'chance' in them, the idea that you might be in the right place at the right time, or that you might make connections with people who could help your career progress. Part of managing your career is to think about how you might develop the skills to do this... Have a think about the questions below...

WHO do you know that could help you to create opportunities?

HOW can you make connections with people who might have opportunities you can benefit from?

Have a think! Ever thought about using the internet and specifically social media to help? Can you follow relevant people to demonstrate your interest?

Creating a useful network can show you are pro-active and keen to be involved...



Links for Career Exploration

I have linked to many of these before but I think it is sometimes good to give you a reminder! Do let me know if you find any more sites that are worth a mention...

[National Careers Service](#) - lots of career profiles and much more!

[BBC Bitesize](#) - Careers information section

[icould.com](#) - Careers interview clips and lots of information about different roles



Don't forget [Unifrog](#) too!



"Whoever is happy will make others happy too"

Anne Frank