



# Careers Guide for Parents and Carers

Helping your child navigate their career path



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# WELCOME

## Welcome to the Lancashire Career Hub's Career Guide for Parents and Carers

As a parent or carer, you play a vital role in guiding your child through important decisions about their future. Planning your career can feel overwhelming, especially with the wide range of education, employment, and training options available after age 16. This guide is designed to support you in having meaningful conversations about your child's interests, strengths, and aspirations.



**Kay Vaughan**  
Careers Hub Lead

Whether they're considering A Levels, T Levels, Apprenticeships, vocational training, or supported internships, your encouragement and understanding can make a significant difference. Careers education becomes part of the curriculum from the age of 11, so it's never too early to start exploring pathways together.

By using trusted resources, staying open to new opportunities, and talking through their goals, you'll help your child feel confident and prepared to take their next steps toward a fulfilling career.

# CONTENTS

- 01 Welcome
- 03 Interesting Information About Careers Education
- 04 Career Progression Routes
- 05 Career Pathways
- 07 Financial Planning
- 08 The Modern Workplace
- 09 Career Readiness
- 10 Preparing for Interviews
- 11 Final Thoughts
- 12 Useful Links and Resources

# Interesting Information About Careers Education

Over the past decade, careers education has evolved significantly across schools, colleges, SEND settings, and alternative provision. Here's a brief overview of the current landscape:

- **Careers Leaders** are responsible for managing their institution's careers programme, with details typically available on the school or college website.
- **Career Advisers** are responsible for providing guidance to young people regarding their education, training and employment options. They help young people make informed decisions about their future options by offering information, advice and support
- **Careers Programmes** are reviewed each term against the **Gatsby Benchmarks** to ensure they provide high-quality, inclusive career guidance and support.

## The Eight Gatsby Benchmarks

1

A stable careers programme

2

Learning from careers and labour market information

3

Addressing the needs of each student

4

Linking careers to the curriculum

5

Encounters with employers and employees

6

Experiences of workplace

7

Encounters with further and higher education

8

Personal guidance

## Did you know...

Your child is supported by professionals committed to positively influencing their future, benefiting from their expert guidance, which includes:

- **Local business representatives** who provide practical experiences, such as budgeting lessons in math classes, workplace tours, and internship opportunities.
- **Volunteer Enterprise Advisers and Coordinators** who enhance connections with employers and elevate the quality of careers education.
- **Access to current labour market insights** and job opportunities available in Lancashire. Visit: <https://lancashirecareershub.co.uk/resource/portal-lancashire-careers-information> for more information.

Become a volunteer Enterprise Adviser/ Coordinator - visit: [www.lancashireskillshub.co.uk/lancashire-skills-pledge](http://www.lancashireskillshub.co.uk/lancashire-skills-pledge)

# Career Progression Routes

Planning their future can be challenging for a young person, especially with so many options to choose from. But understanding what's out there is a key step toward building the career they want.



# Career Pathways

## Understanding Post-16 and Post-18 Pathways

After the age of 16, young people in the UK can choose from a range of education and training options that suit their interests, learning styles, and career goals. These pathways continue after age 18, offering further opportunities for progression.



# Post 16 Education and Training options

## Vocational Courses

A new qualification combining classroom learning with industry placements, ideal for students seeking practical experience.

## A-Levels

Academic qualifications typically studied over two years, leading to university, higher education or Apprenticeships

## T-Levels

A qualification combining classroom learning with industry placements, ideal for students seeking practical experience.

## Apprenticeships

Earn while you learn through paid work and study, including degree apprenticeships. Parents may need to help their child find an employer to get started.

## Foundation Courses

A new qualification combining classroom learning with industry placements, ideal for students seeking practical experience.

## Supported Internships

A new qualification combining classroom learning with industry placements, ideal for students seeking practical experience, age 16-24.

## Post-18 Options

### University Degree

Academic study leading to a bachelor's degree and beyond.

### Higher and Degree Apprenticeships

Combine university-level study with employment.

### Further Vocational Training

Academic study leading to a bachelor's degree and beyond.

# Financial Planning

Whether young people are heading to college, university, or starting an Apprenticeship, understanding how to manage money is a vital skill that will serve them for life. From student loans to budgeting apps, there are plenty of tools and support available to help them take control of their finances with confidence.



## Setting your child up for financial independence

Helping your child learn how to manage money is one of the most valuable life lessons you can give. It's not just about pounds and pence, it's about building confidence, independence, and smart decision-making.



## Smart habits start early

Encourage your child to: Track their spending and income. Prioritise needs over wants, and use budgeting apps to stay on top of things.



## Learn to spot scams and stay safe online

As teens start managing their own money, it's important they know how to protect it. Teach them to recognise phishing emails, avoid sharing personal details with unknown sources, and use secure passwords. Staying alert helps prevent fraud and keeps their finances safe.

[Staying vigilant of Smishing scams - Student Smishing Scams on the Rise - GOV.UK](#)



## Banking that works for students

Opening a student bank account -with perks like fee-free overdrafts- can make a big difference. And teaching habits like saving regularly, avoiding unnecessary debt, and planning ahead helps them feel in control of their future.



## Support is available

If your child is aged 16-19, they may be eligible for financial help like bursaries or travel assistance, depending on their situation. And for those heading to university, student loans cover tuition and living costs, with repayments only starting once they earn above a certain threshold, which is currently £32,745.

Useful reading: [Funding University](#) | [MoneySavingExpert](#) and [SFE - Student Finance England](#)

## 5 Top-Tips on Money Management

# The Modern Workplace

## Helping your child navigate a changing world of work

The world of work is changing faster than ever, driven by technology, global shifts, and new priorities around sustainability and wellbeing. Today's workplace is more flexible, digital, and connected, with remote and hybrid roles becoming the norm.

## What this means for your child

Your child isn't just preparing for a job, they're preparing for a career journey. Transferable skills like communication, digital literacy, and resilience will help them thrive in any path they choose. By supporting their growth now, you're helping them build a future full of possibilities.

## Where the opportunities are

Exciting careers are emerging in fields like: Artificial intelligence, Renewable energy, Cybersecurity and Health technology. Even traditional sectors are being reshaped by automation and data-driven tools.



To find out more about Labour market information look here!

## What employers are looking for

It's no longer just about technical know-how. Employers now value adaptability, creativity, and emotional intelligence just as much as qualifications. Many jobs span multiple disciplines, and lifelong learning is key as industries continue to evolve.



To understand more about the skills employers are looking for look here!

# Careers Readiness

As a parent, you play a vital role in helping your child prepare for life beyond school. By staying informed and encouraging curiosity, you can help them build the confidence and skills they'll need to thrive in a rapidly changing landscape.

## Preparing your child for a bright future

Career readiness isn't just about getting good grades; it's about helping your child develop the confidence, skills, and mindset to thrive in the real world. Today's employers look for more than academic success. They value qualities like communication, teamwork, problem-solving, digital know-how, and resilience; skills that open doors across industries from healthcare and engineering to business, education, and the arts.

## Encourage career exploration:

Talk with your child about their interests and strengths and help them explore different career paths using online tools, open days, employer talks, and meaningful work experience\*. Look into local businesses and labour market information to understand which industries are growing in your area, this can help your child make informed choices and discover real opportunities close to home.

\*A meaningful experience is planned and purposeful, helping young people explore careers, build skills, and understand the world of work.

## Support practical steps

Guide your child through key tasks like writing a CV, preparing for interviews, and applying for opportunities such as apprenticeships, volunteering, or part-time jobs. You may also need to help them research and reach out to employers or training providers, especially if the opportunity requires finding a placement independently.



**It's about giving them the tools to succeed-not just today, but in a future full of possibilities.**

# Preparing for Interviews

Interviews can be daunting, especially for individuals who are just entering the workforce. During this period, it's crucial to provide support to your child. Here are some ways you can help them:

- Practice mock interviews
  - Talk about your own interview experiences - both good and bad
  - Encourage them to research and prepare
  - Sign-post them to helpful resources
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## The STAR Method

One effective strategy is the STAR method, which stands for Situation, Task, Action, and Result. This technique helps interviewees structure their responses in a way that clearly demonstrates their problem-solving skills and achievements.



### How to use the STAR method in an interview:

- 1. Prepare:** Before the interview, encourage your child to take some time to think about specific examples of times when they have demonstrated the skills and experience that the job requires. For each example, identify the situation, task, action, and result.
- 2. Listen carefully:** Remind your child that when the interviewer asks an interview question, to listen carefully and identify the specific skills or experience they are asking about.
- 3. Use the STAR method to answer the question:** Advise your child to answer interview questions using this method. This is where they begin by briefly describing the situation they faced. Then, explain the task and the specific actions they took. Finally, they describe the result of their actions.

# Final Thoughts

Supporting your child's career journey is one of the most powerful and lasting gifts you can offer. As the world of work evolves with new industries, technologies, and pathways emerging, your encouragement, curiosity, and open-mindedness remain timeless strengths.

## 5 simple but meaningful ways to guide your child with confidence:

- 1 Be open to all pathways**  
University is just one route. Apprenticeships, T Levels, vocational training, and digital careers are equally valuable. Encourage your child to explore what fits their learning style, interests, and goals.
- 2 Stay curious together**  
Explore career options side by side. Attend open days, watch career insight videos, or dive into virtual reality job simulations. Sharing these experiences helps your child feel supported and less overwhelmed by choices.
- 3 Focus on strengths and passions**  
Help your child reflect on what lights them up, whether it's creativity, problem-solving, or working with others. These natural strengths can point towards fulfilling and future-ready career paths.
- 4 Use trusted tools**  
Reliable UK-based platforms like the National Careers Service, UCAS, and CareerPilot offer up-to-date guidance. Many schools also use interactive tools like Start Profile or CareerLabsVR to help students explore careers in engaging ways.
- 5 Keep the conversation flowing**  
Career thinking isn't a one-time chat—it's an ongoing journey. Regular, relaxed conversations can help your child feel safe to ask questions, shift direction, or celebrate progress.

## Remember...

Career paths are rarely straight lines. With your steady support, your child will feel more confident navigating the twists, turns, and exciting opportunities ahead.

# Useful Links to Resources:

## LMI & WORK READY

- **Work Ready: Lancashire Careers Hub** <https://lancashirecareershubs.co.uk/work-ready-lancashire>
  - **Local Labour Market: Lancashire Portal** <https://lancashirecareershubs.co.uk/resource/portal-lancashire-careers-information/>
  - **Local Labour Market: Lancashire LMI** <https://lancashire.startprofile.com/page/home-page#students>
  - **National Careers Service: Post 18 Options** <https://nationalcareers.service.gov.uk/careers-advice/career-choices-at-18>
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## PATHWAYS

- **Parents Advice for Career Conversations - Talking Futures:** <https://www.talkingfutures.org.uk/>
  - **A-levels and AS-levels, explained - The Uni Guide:** <https://www.theuniguide.co.uk/advice/a-level-choices/how-are-my-as-and-a-level-studies-structured>
  - **Careers Advice for Young Adults | Youth Employment UK:** <https://www.youthemployment.org.uk/careers-advice-help/>
  - **T Levels:** <https://www.tlevels.gov.uk/>
  - **Vocational Training | Qualifications | City & Guilds:** <https://www.cityandguilds.com/qualifications-and-apprenticeships#fil=uk>
  - **Foundation Degree Information And Advice | UCAS:** <https://www.ucas.com/applying/you-apply/what-and-where-study/choosing-course/foundation-degrees>
  - **A Guide to Inclusive Apprenticeships for Careers Leaders, Parents and Guardians:** <https://essexfamilyforum.org/wp-content/uploads/2022/09/FINAL-A-Guide-to-Inclusive-Apprenticeships.pdf>
  - **Supported internships:** <https://www.gov.uk/government/publications/supported-internships-for-young-people-with-learning-difficulties/supported-internships>
  - **Amazing Apprenticeships:** <https://www.amazingapprenticeships.com/>
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## FINANCIAL PLANNING & CAREER READINESS

- **Visit Student Finance England:** <https://studentfinance.campaign.gov.uk/>
- **Visit UCAS Student Finance Guide:** <https://www.ucas.com/money-and-student-life/money/student-finance/student-finance-england>
- **Visit UCAS Financial Support Overview:** <https://www.ucas.com/money-and-student-life/money/student-finance> or <https://education.careershubs.cumbria.co.uk/finances/>



[www.lancashirecareershubs.co.uk](http://www.lancashirecareershubs.co.uk)



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