

CAREERS BULLETIN



Welcome to Rossett School Careers Bulletin

With spooky season upon us, this week's careers bulletin looks at some of the things that scare students when thinking about their next steps.

In careers meetings, many students tell us that they are afraid of failure, of making a mistake, of stepping into the unfamiliar, of being no good, of choosing something that is out of reach or too competitive.

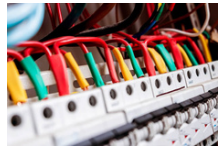
Some students have already internalised the idea that not trying is preferable to failure. Many more students choose the familiar, the thing they already know they are capable of, rather than trying the thing that makes their eyes shine and their heart beat that little bit faster.

Part of our careers work at Rossett is to challenge and reframe the way students think about trying and about 'failing'. Turning the negative what-ifs into positive ones can help to disrupt the negativity bias.

The negativity bias is a brain habit that helped to keep cave dwellers alive, but now leaves us reacting to a stern email or a difficult conversation as if our life were in danger. An avalanche of stress hormones is then released, leaving us fixated on potential obstacles, unable to see the bigger picture.

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So what can we do?



Notice

The first step is noticing the habit, and helping students to recognise it, so that they can catch themselves slipping into self-doubt, worry, and worst-case scenarios.

Shift

Noticing the habit opens space in the brain to think differently and to shift to a more productive mindset. This shift allows students to fill the space with a positive focus of attention; thinking of past wins, celebrating their strengths, and seeing life as a series of opportunities, not threats.

Rewire

Rewiring the brain to stop overlooking the positives takes time, effort, and daily practice on the part of the student, but we can all help.

Next time you hear your child talking about worst-case scenarios, try asking them a different what-if question:

- What if the best happens?
- What if it doesn't work out, but you are OK?
- What if you already know the answer?
- What if you saw yourself as capable?
- What if we looked at what you can learn from this?
- What if you could overcome your biggest fear?
- What if you woke up tomorrow and everything were perfect? What would that look like?

CAREERS AROUND SCHOOL



Careers Information Advice and Guidance at School

Notice Boards - Students can find information about:

- Possible next steps after school
- How subjects link to careers and further learning opportunities
- Work Experience
- Labour Market information
- Finding a job
- CVs and cover letters
- Enterprise and Entrepreneurship
- Apprenticeships
- Inclusive employers and more

Students can request any of the resources they spot on the noticeboards by email, and many can be found in the [Resources section of the Rossett Careers page](#)

All students in Year 11 have access to a 1:1 personal careers guidance session to talk about their ideas for the future. Students then receive a careers summary, highlighting the key discussion points, and providing links to further information and resources. Please ask your child to share the summary with you so that you can also discuss ideas at home.

If you have any questions about any aspect of your child's future ideas, please email wainwrighte@rs.rklf.co.uk

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Webinars, Tasters, Apprenticeships and Entry-Level Roles

Time for Change: Powering-up opportunities through green apprenticeships

5th November 2024, 1PM

The employer demand for **green skills** is on the rise, and this is being matched by a growing interest from young people wanting to pursue roles that contribute positively to the environment.

[BOOK YOUR PLACE](#) to find out more

Apprenticeships with EDF

26th November 2024, 4PM

Learn more about EDF's amazing apprenticeship opportunities and the exciting range of vacancies opening in **December 2024**.

[BOOK YOUR PLACE](#) to find out more

Explore 2,300 Higher and Degree apprenticeship vacancies in the October edition of the Higher & Degree listing 2024.

Discover vacancy details from over 75 employers. [Download here](#)

Allied Health Professions Careers Webinar

27 November 13:00 – 14:20

Focus on Art, Drama, and Music Therapists.

[Register here](#)

Routes into Nursing & Midwifery Webinar

2 December 1pm - 2.30pm

Register for this webinar to find out about midwifery roles, adult, child, learning disability and mental health nursing roles.

[Register using this link](#)

'GET IN' TASTER EXPERIENCES with the BBC offer you the chance to explore the different career paths the BBC has to offer and to find out if their organisation is somewhere you'd like to work in the future. Click [here](#) to register **your interest** and find out more.

Your Route into the Screen industries

Find your ideal entry-level role in film, TV, animation, visual effects or games. Select the thing you enjoy the most. Then select something else you really enjoy. Keep selecting until two or three roles that combine your passions are displayed. These are your ideal roles. Click on the pictures to learn more about them [here](#)

