

# The Parents' Guide to **CAREERS**

**For National Careers Week 2025**



## **HIGHLIGHTS:**

- Options at 16 and 18
- Career pathways
- NCW - day by day
- Work experience

THE  
PARENTS'  
GUIDE TO

**NCW**



NatWest  
Thrive

# The Parents' Guide to CAREERS

## For National Careers Week 2025

### About us

*The Parents' Guide To* helps parents and carers with clear, unbiased advice on post-school options, study and exam revision, and wellbeing. Created in partnership with National Careers Week, this guide supports young people in talking about their futures.

### School membership

If you represent a school or college, our school membership package may be of interest to you. It offers a year-round solution for significantly enhancing parental engagement. [Click here to discover more.](#)

### Sponsorship opportunities

If you'd like to feature your university or apprenticeship in future editions of this guide, please contact us on [info@theparentsguideto.com](mailto:info@theparentsguideto.com) for advertising/marketing opportunities.

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### Be part of our family:



# Contents





## IS YOUR TEEN IN YEARS 9-13?

If you want to help your teen get the most out of GCSE and sixth form – join our parent club! Everything you need, just when you need it.



# Welcome to NCW 2025

## From The Parents' Guide to:

National Careers Week (NCW) is a week long celebration shining a light on career pathways. It's an ideal time for parents to find out more about what choices your teen has after GCSE and sixth form. There's plenty of options, so how do you know what's right for your child? In this guide, we'll highlight some of the options available and suggest different ways you can help your teen decide what suits them best.

The Parents' Guide to is here to support parents of teens. We provide parents with advice on all the options after GCSE and sixth form, as well as teenage health and wellbeing.



## From National Careers Week:

NCW is a celebration of careers guidance and free resources in education across the UK. The aim is to provide a focus for careers guidance at an important stage in the academic calendar to help support young people leaving education.

NCW, this year from 3rd - 8th March 2025, is the perfect platform to advise and inspire the next generation as they enter the world of work.

During NCW every school, academy and college can offer careers advice and guidance to their students, with support from us with free resources, information on current career opportunities and advice on activities and exercises to run.

And access doesn't stop at the end of **#NCW2025**! Our dedicated websites are available throughout the year!



# Educational Routes

## Levels of Education

In England, Wales and Northern Ireland there are 8 qualification levels (1 - 8) plus an entry level qualification for those just starting. Generally, the higher the level, the more difficult the qualification is. Levels 1-3 are typically taught in schools and colleges.

With so many different qualifications, it can be hard to know what they mean and where they might lead to next. To help you understand, we've created a summary of what the levels mean comparing the different routes to higher education.

## School membership

School membership enables you to share any of our specialist guides with your parents at no cost to them. Discover more

[Discover more](#)

| Level | Qualification                       |                               |                                                    |                                             |                                     |
|-------|-------------------------------------|-------------------------------|----------------------------------------------------|---------------------------------------------|-------------------------------------|
| 8     | Doctorate (PhD)                     |                               |                                                    | NVQ 8                                       |                                     |
| 7     | Masters degree (MA)                 |                               |                                                    | Degree apprenticeship /<br>NVQ 5, 6, 7      |                                     |
| 6     | Bachelors degree<br>BA or BSc       |                               |                                                    |                                             |                                     |
| 5     | Foundation degree<br>FdA or FdSc    | Higher National Diploma (HND) |                                                    |                                             |                                     |
| 4     |                                     |                               | Higher National Certificate (HNC)                  | Higher apprenticeship / NVQ 4               |                                     |
| 3     | A levels<br>Grades A-E              | International Baccalaureate   | T Levels                                           | BTEC (extended) diploma<br>BTEC certificate | Advanced apprenticeship / NVQ 3     |
| 2     | GCSE<br>Grades 4- 9 (C, B, A or A*) |                               | BTEC first diploma                                 |                                             | Intermediate apprenticeship / NVQ 2 |
| 1     | GCSE<br>Grades 1- 3 (D, E, F or G)  |                               | Foundation diploma /<br>entry level qualifications |                                             | Traineeship / NVQ 1                 |
|       |                                     | Academic route                |                                                    | Vocational route                            | Applied / work route                |

# Talking to Your Teen

It can be tricky to get teens to talk about anything, especially what they might want to do next.

It's important they think about their future, what they might like to achieve and what they need to do now so they can get themselves on the right track.

You don't have to have all the answers! Just listening is often enough.

To help make these conversations more productive, here are some of our favourite tips to keep in mind when talking to your teen about their future.



1

## Accept their idea of success may be different to yours

*Their dreams and ambitions might not align with your ambitions for them. This can be disappointing, but let them walk their own path.*

2

## It's OK if they're not sure on a career route yet

*They don't need to make that decision right now. They do need to develop skills that will help them progress, and that should be their focus.*

3

## Encourage them to turn passions into money-makers

*They're more likely to be successful (and happier) pursuing a career in something they enjoy.*

4

## Help them navigate their limitations

*Not being academic should not be a barrier to success and there is usually more than one way to reach a destination.*

5

## Help them if they are struggling to look far ahead

*Setting short-term, achievable goals will help them strive towards a long-term ambition.*

6

## It's OK if they change their mind!

*Reassure them that if they tell you they have their heart set on one direction, then later change their minds, you won't berate them for it.*

7

## Encourage them to explore all their options

*Help them plan out a route that focuses on their strengths. Different educational routes can often provide entry points into the same industry.*

8

## Empower them: they have control over their future

*The decisions they take and what they do matters.*

# Explore our Full Range of Parent Guides:

The Parents' Guide to  
**Post 16 Options**  
2024-2025



**HIGHLIGHTS:**

- A levels
- BTECs
- Apprenticeships
- The EPQ
- Other options

www.theparentsguideto.co.uk

The Parents' Guide to  
**Post 18 Options**  
2024-2025



**HIGHLIGHTS:**

- Best next steps
- Work or further study?
- Meeting university costs
- Applying for an apprenticeship
- Getting ready to leave home

www.theparentsguideto.co.uk

The Parents' Guide to  
**Apprenticeships**  
2024-2025



**HIGHLIGHTS:**

- Covers all entry levels - from 2-7
- How to apply
- Getting interview ready
- Degree apprenticeships
- Where apprenticeships lead

www.theparentsguideto.co.uk

The Parents' Guide to  
**University**  
2024-2025



**HIGHLIGHTS:**

- What's the right course
- Questions for open days
- UCAS explained
- Personal statements
- Results Day 2025

www.theparentsguideto.co.uk

## For parents:

Our range of interactive guides provide you with easy to follow advice, hyperlinks to reliable sources and the most up-to-date information.

**Shop now**

The Parents' Guide to  
**Homelife & Study**  
(GCSEs)  
2024-2025



**INCLUDING:**

- Why the basics aren't basic
- Creating routines
- How to help them revise
- Managing exam nerves
- Setting them up for success

www.theparentsguideto.co.uk

The Parents' Guide to  
**Homelife & Study**  
(sixth-form)  
2024-2025



**INCLUDING:**

- Why the basics aren't basic
- Creating routines
- How to help them revise
- Managing exam nerves
- Setting them up for success

www.theparentsguideto.co.uk

The Parents' Guide to  
**Helping your teen stand out**  
2024-2025



**HIGHLIGHTS:**

- Hobbies and passions matter
- Most sought after skills
- How to get work experience
- Which hobbies develop which skills
- Play to their strengths

www.theparentsguideto.co.uk

The Parents' Guide to  
**Teenage stress & anxiety**  
2024-2025



**HIGHLIGHTS:**

- Spotting the signs
- Quick-fix solutions
- Building their resilience
- Why the basics aren't the basics
- Where to get support

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## For schools:

Licence our guides and personalise them with your school logo. You can then share them with parents in any way you prefer—on your website, Intranet, by email, or in a newsletter.

**Learn more**

# Career Pathways

## Options after GCSE:

### Full time study

**A levels**  
(level 3)

**T Levels**  
(level 3)

**BTECs**  
(levels 1,2,3)

**Other technical qualifications**  
(levels 1,2,3)

**Exam retakes**

### Work and study

**Apprenticeships**  
(levels 2,3)

**Supported internships**

**Traineeships**

## Options after sixth form:

### Full time study

**University**  
(levels 4,5,6,7)

**Higher technical skill courses**  
(levels 4,5)

### Work and study

**Apprenticeships**  
(levels 3,4,5,6,7)

**School leaver programmes /  
Internships / Traineeships**

### Work

**Employment**

**Start a business**

### Other

**Gap Year**

**Exam retakes**

## Options after Higher education:

### Full time study

**Postgraduate study e.g Masters  
degree or PHD**  
(levels 7,8)

### Work / work and study

**Graduate jobs or paid employ-  
ment**

**Apprenticeships**  
(levels 6,7)

**Internships / work experience**

**Non-paid employment /  
volunteering**

**Start a business**

### Other

**Gap Year / travel**

## Strengthen job applications with:

**Work experience**

**Volunteering**

**Travel/gap years**

**Hobbies and interests  
demonstrating soft skills**

**Academic enrichment  
opportunities**

**Testimonials and references**

# Kick Start Your Career

City of Westminster  
CollegeCollege of  
North West London

Discover your future at our upcoming  
Open Events and explore the exciting courses  
waiting for you!

SCAN TO  
REGISTER

**30** APRIL 2025  
WED 5pm - 7pm

City of Westminster College – [www.cwc.ac.uk/openevents](http://www.cwc.ac.uk/openevents)SCAN TO  
REGISTER

**10** MAY 2025  
SAT 10am - 1pm

College of North West London – [cnwl.ac.uk/openevents](http://cnwl.ac.uk/openevents)

**BOOK NOW**

## Vocational Options After GCSE

The main options for your teen are for them to continue in full time education or take an apprenticeship/training. They cannot go into the workplace without some educational component to the role. Things they should consider are the type of qualification they are going to study; what type of learning suits them best (classroom or practical); and what they enjoy. Options can include:

### ◆ BTEC Nationals

Study takes place over a two year period and is a combination of both practical and theory. Knowledge is tested through course work and a final examination (comprising 40% of the total grade).

### ◆ T Levels

T Levels are a vocational alternative to A levels and involve a mix of classroom learning (about 80%) and practical experience (about 20%) including a 45 day on-the-job placement in a genuine business.

### ◆ Other technical qualifications

Other qualifications available include Cambridge Technicals, City and Guilds, National Vocational Qualifications and Tech Bac (similar to the International Baccalaureate).

They are vocational driven courses – i.e. centred around jobs and are well suited to students who prefer a more practical working style but still want to include classroom learning in their education.

### ◆ Apprenticeships

Apprenticeships are real jobs which include learning elements which might take place at university, college or an education provider. Apprenticeships were developed to help address the skills shortage in UK businesses. Sixteen year olds can start an apprenticeship at Level 2 or 3.

### ◆ Internships

Internships are usually short term arrangements without a formal qualification. They do offer an insight into business, networking opportunities, the possibility of job offers afterwards and the ability to learn practical, transferable skills.

### ◆ Traineeships

Traineeships are short-term work placements lasting up to a maximum of six months. The work experience element includes at least 100 hours on the job training to help provide the necessary experience to undertake apprenticeships or other employment.

# Discover University for Parents and Supporters

We understand how important it is for parents and supporters to be well equipped to support their young person's journey to higher education. Our dedicated Discover University webpages, newsletters and social media feeds will provide the key information

needed at each stage of the journey. We host online webinars throughout the year specifically for supporters covering topics such as financing higher education, applying to university, making the most of an open day and becoming a student.



To attend any of our free virtual events or sign up to receive our dedicated parent and supporter newsletter visit: [exeter.ac.uk/supporter](https://exeter.ac.uk/supporter)



## Vocational Options at 18

Important considerations are whether they want to include some form of studying, how they will finance living expenses and course fees (and whether you can afford to help them), whether they're happy to move away from home or stay close by and what they enjoy.

### ◆ University

University offers the opportunity to gain an academic qualification, usually a degree, in a subject of interest while building critical thinking, research, and transferable skills. It provides a pathway to careers requiring advanced qualifications and often includes additional opportunities such as placements, internships, and the chance to study abroad.

### ◆ Apprenticeships

Apprenticeships are real jobs that combine work with learning, which might take place at a university, college, or other education provider. They were developed to address the skills shortage in UK businesses and offer a practical pathway to gaining qualifications while earning a salary. Apprenticeships range from Level 2 (equivalent to GCSEs) to Level 6/7 (degree or master's level), providing opportunities for various career stages and industries.

### ◆ Employment

Going straight into a job offers valuable work experience but doesn't usually provide a formal qualification. However, some employers offer on-the-job training or the chance to gain certifications. It's also possible to take part-time courses alongside work to develop skills. This option can help build independence and financial security while gaining practical experience.



# Vocational Options at 18 (cont.)

## ◆ School Leaver Programmes

School leaver programmes offer opportunities to join the workplace straight after sixth form studies and commence skills development and career progression through experience as well as studying to obtain a nationally recognised qualification. Entry requirements vary from employer to employer.

## ◆ Internships

Internships are typically short-term, informal arrangements with an employer and do not lead to a formal qualification. However, they provide valuable insights into a business, opportunities to build professional networks, the potential for job offers, and a chance to develop practical and transferable skills.

## ◆ Traineeships

Traineeships are short-term work placements lasting up to a maximum of six months to help young people become “job ready”. The work experience element includes at least 100 hours on the job training to help provide the necessary experience to undertake apprenticeships or other employment.

## ◆ Gap Year

Traditionally, this is a year spent travelling overseas, but it needn't focus exclusively on that. Volunteering and work experience can also be incorporated.

## ◆ Starting a business

If your teen has the enthusiasm and ability, starting a small business needn't be costly and could give them an edge over others when it comes to interviews. This doesn't mean full-time commitment – it's something they could fit around studies or part-time work.



## Learn more about your teen's options at 16:



- What qualifications are on offer;
- Choosing the right qualifications;
- Where they can study – the pros and cons of different learning environments;
- Considerations in making the right choices;
- GCSE results day – what to do if they don't get the results they need.

[Click here](#)

## Learn more about your teen's options at 18:



- University
- Apprenticeships
- Degree apprenticeships
- Higher education courses at college
- Traineeships
- Jobs with training
- Gap Years
- Starting their own business

[Click here](#)



## FIND YOUR NEAREST T LEVEL

Search for colleges and schools who start delivering T Levels in 2020 and 2021



## A Spotlight on T Levels

**T Levels are an exciting new option in sixth form education that provide a recognized qualification tailored to industry needs and skills.**

It's a great choice for students that want to learn practical skills relevant to certain jobs, regardless of whether they want to go on to study for a degree, take alternative further education or go straight into the workplace.

One T Level is equivalent to three A levels and the course lasts for two years. T Levels involve a mix of classroom learning (about 80% of the course time) and practical experience (about 20% of the

course time) including a 45 day on-the-job placement in a genuine business. Afterwards, students may go on to university, alternative higher education, another job, an apprenticeship or they may be offered an opportunity with the company where they were placed.

T Levels are a vocational alternative to A levels (because they focus on industry) and include practical study as well as classroom learning. They differ from apprenticeships because the study and working time is reversed. Unlike BTECs, T Level courses were developed with businesses and offer an industry placement.

### Find out all about T Levels, including:



- What's involved and where they might lead afterwards
- The subject choices available as of 2023
- What they'll learn on the course
- The qualifications needed to take them The industry placement - why it's a winner
- A summary of alternative options if T Levels are not right for them

[Click here](#)



# Virtual Careers Fair!

Every year since 2020, we've delivered a multi-room Virtual Careers Fair (VCF) and this year's no different.

We'll have rooms sponsored by our headline sponsors, partners and friends across all types of organisations in loads of sectors:

- business,
- industry,
- charity,
- government,

- health,
- education,
- manufacturing,
- logistics
- and loads and loads of others.

**Click on the graphic below to go through to the VCF page, find the countdown clock and the video guide to what you can expect from Day One of #NCW2025 onwards!**

# #NCW2025

VIRTUAL CAREERS FAIR.

Headline Partner:



[www.ncw2025.co.uk](http://www.ncw2025.co.uk)

## A Spotlight on Apprenticeships

Apprenticeships are a fantastic choice for many students, either straight after GCSE or after sixth form. They provide a way of getting qualifications while doing a real job and are a great alternative to full-time study for those students that prefer practical experience over classroom learning.

Apprenticeships help build solid, professional skills transferable from one organisation to another. Employers pay a salary and tuition fees are covered by the employer and the government. Apprenticeships can last from one to five years – and result in a professional qualification.

### Qualifications

Apprenticeships offer students versatility. Depending on their age, experience and qualifications already achieved, there are different entry levels for apprenticeships, starting at Level 2 (straight after GCSE for those that have few or no GCSE passes) through Level 6/7 (degree level). The qualifications obtained at each level range from GCSE/BTEC equivalent, A/T Level, diploma/foundation right through to masters degree. Qualifications are nationally recognized.



# A Spotlight on Apprenticeships (cont.)

## Length of study

Apprenticeships can last for just one year or as long as seven (or more) depending on the final qualification. If your teen isn't comfortable with committing to several years of further study, they can take one- or two-year options and still gain recognized, valuable qualifications. Better still, if they change their mind later on and decide they wish to extend the apprenticeship to gain higher level qualifications, this is often possible. This means they don't have to make decisions about long-term commitment when they are young or unsure of their future direction, but needn't miss out on getting higher level qualifications if they decide later that's what they want to do.



## Work and study

As well as doing the job itself, apprentices will get dedicated time during the working week to study the education element of the apprenticeship. This usually takes place at a college, university or other education centre. However, it may also be necessary to spend personal time completing projects and keeping on top of studies, so just like being in full-time education, there may be "homework" during evenings and weekends.



## Finance

Tuition fees for apprenticeships are paid by the government/employer. Apprentices are also paid a wage for their time, so they will usually complete their apprenticeship debt free.

However, there will be costs for education materials, travel to and from work and possibly living expenses (if they are not based at home).

## After the apprenticeship

Many apprentices are offered full-time roles with the company where they have served their apprenticeship. However, if your teen wants to try a different company, or even a different industry, they'll have first-hand experience in the workplace. This can provide a significant edge over those that have obtained qualifications through full time education, when applying for other jobs elsewhere.

## Find out all about apprenticeships, including:



- Types of apprenticeship
- The pros and cons
- Degree apprenticeships - how they differ from full-time university degrees
- How to research an apprenticeship
- The application process
- How you can help them prepare for interview to make the best impression
- What you can do to help them get them ready for life at work

[Click here](#)





## LEVEL 2

### Intermediate apprenticeships

#### Typical length

12-18 months

#### Entry requirements:

None or few

#### Qualifications obtained:

GCSE, BTEC or equivalent

#### Who's it for?

Mostly for 16-year-olds with limited or no academic qualifications.



## LEVEL 4/5

### Higher apprenticeships

#### Typical length

3-5 years

#### Entry requirements:

A levels or equivalent

#### Qualifications obtained:

Higher national diploma / foundation degree

#### Who's it for?

Mostly for those who want to qualify for professional career paths without attending university or college.



## LEVEL 3

### Advanced apprenticeships

#### Typical length

12-24 months

#### Entry requirements:

Usually 5 GCSEs

#### Qualifications obtained:

A levels or equivalent

#### Who's it for?

Mostly for 16-year-olds with reasonable academic achievements but who don't want to study in sixth form.



## LEVEL 6/7

### Degree apprenticeships

#### Typical length

3-7 years

#### Entry requirements:

At least 2 A levels or equivalent

#### Qualifications obtained:

A BA or BSc degree or higher

#### Who's it for?

Mostly for those with excellent sixth form results that want to study for a degree or similar whilst working.

# How to Find an Apprenticeship

There's a wide range of ways to seek out apprenticeships and we recommend using a selection of options rather than relying on one.

## ◆ Government website

Most apprenticeships are posted on the Government's website. By creating an account, your child can set up alerts and filters to see opportunities that are of most interest to them and to be emailed when new opportunities arise. However, not all apprenticeships will appear.

## ◆ Industry sector

It's smart to check apprenticeships directly on company, university or college websites. If your child doesn't know which of these sites to select, then they should first do some research on which industry sector may be of interest, and then find companies within this sector.

## ◆ School careers advisor

If your child is still at school or college, then getting them to speak with their careers adviser is a good move. Careers advisers are often the first to hear from companies advertising new apprenticeships

## ◆ Companies direct

Another alternative is for them to identify companies that are of interest and check those websites for apprenticeships.

Be warned! Applications to well-known international companies (such as Amazon, Coca-Cola, Facebook, Google, Virgin) will be highly competitive; however, it might be a good starting point for identifying what's included in the apprenticeship and seeking out other companies that provide similar content. The descriptor names can then be used in search functions on the government website or job boards. Not all companies offer apprenticeships.

## ◆ Job boards

National job agencies will also advertise apprenticeships and options can be narrowed to review within local distances from home or specific job types. This might be a particularly good way to seek out apprenticeships in level 3-5 range.

## ◆ Reviews

To find out what other students have thought about an apprenticeship and how they rate them, there are reviews on [Rate my Apprenticeship](https://www.rate-my-apprenticeship.co.uk/).

FREE  
ENTRYBOOK  
TODAY

THE NATIONAL



## APPRENTICESHIP & EDUCATION EVENTS

The National Apprenticeship & Education Events are designed to inspire School & College leavers as well as young adults to discover more about career and FE opportunities.

Our inspirational careers events take place in Edinburgh, Newcastle, Manchester, Birmingham, Cardiff, North London and South London every year.

Our events bring together thousands of Students aged 15+ from schools, sixth forms & colleges, parents, guardians & individuals together with Top UK Employers, Universities, Colleges & Training Providers.

Book online today or call the events team on **0800 023 5407** for more information.  
[nationalapprenticeshipevents.co.uk/group-bookings/](https://nationalapprenticeshipevents.co.uk/group-bookings/)

Before the event, a lot of the pupils had shown an interest in apprenticeships but didn't know the path they wanted to take. We are now going to go through their options. Events like this, where they can get all the information in one go is really useful to us.

Teacher

It's been absolutely brilliant. It's been informative and it's been really fun as well.

Student



share with us



nationalapprenticeshipevents



@careerevent



nationalapprenticeshipevents

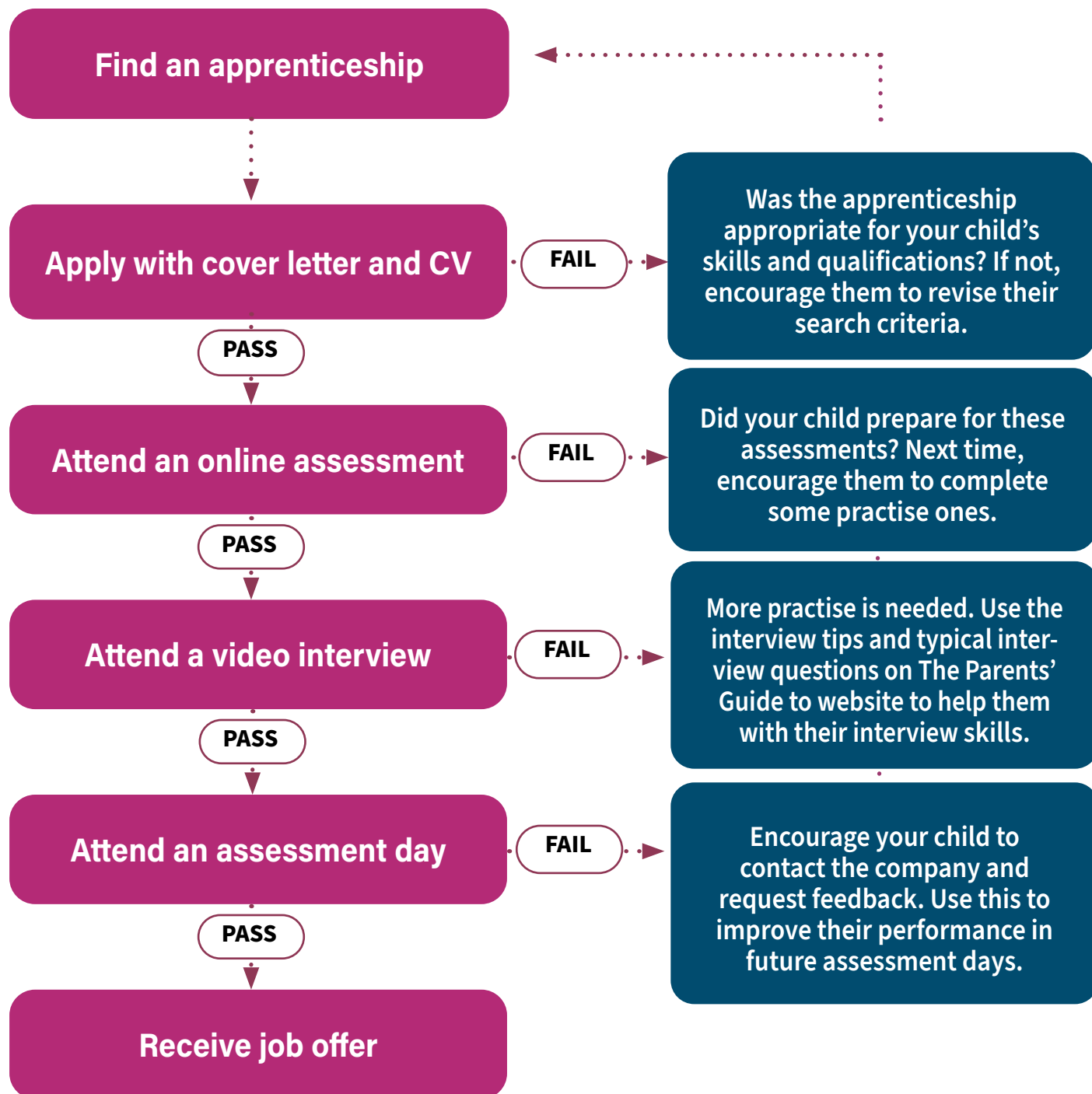
Supported by



# Applying For an Apprenticeship

The application process is very similar to applying for a conventional job and, with the exception of degree apprenticeships, opportunities can arise at any time of the year.

Your child will need a CV, to be able to complete an application form, be interview ready and may need to complete aptitude tests. Plenty of practise is a good way to prepare.



## Dealing with rejection

As apprenticeships continue to grow in popularity, so too have the number of student applications. For some of the larger company names, places can be highly competitive.

Bear in mind that letters of rejection are likely to happen in the lead up to exams. Try your best to prevent this from having a negative impact on your child's study by following some of these strategies.

1. Encourage your child to research and apply for more than one apprenticeship—aim for at least five. Applying to several increases their chances of success and avoids putting all their eggs in one basket.

2. Encourage your child to request feedback from the company. Feedback will help your child understand the reasons for not being successful and will help them improve for future interviews.

3. Be there. Listen carefully to their feelings and reassure them that in the long-run, things will work out.

4. Apprenticeships are available all year round. If they have not been successful yet and have already finished school, encourage them to take on an internship or some additional work experience to help strengthen future applications.

## Help your teen cope with stress, including:



- How to spot the signs of anxiety and stress
- Ways to help right away
- Long term strategies to build their resilience
- Coping with rejection
- Encouraging healthy routines
- Looking after the basics
- Habits that can make stress worse
- Where and when to get help and support

**Click here**

# Day by day - #NCW2025

We want you to get the most out of **#NCW2025**! Check out the timetable on the following pages to see the day sponsors for the week. These incredible partners will be leading the social media focus, sharing exclusive content and video

resources, and, in some cases, hosting activities and talks you can take part in.

Many of these resources are available all year round, so be sure to explore them!

## Monday 3rd March



**NatWest**  
Thrive

NCW2025 represents **ten years in partnership** with NatWest – in the past decade NatWest and NCW have reached **SEVEN MILLION** Young People and their teachers through National Careers Week, the Virtual Careers Fair and ongoing activities and promotions.

Take a look at early career pathways at NatWest with apprenticeships opening in Spring!

[Explore careers at NatWest](#)



## Tuesday 4th March



On Tuesday in **#NCW2025**, WorldSkillsUK will inspire young people from all backgrounds to choose high-quality apprenticeships and technical education as prestigious potential career routes.

Technical education and apprenticeships give young people the skills and knowledge needed to kickstart their careers. Created with industry and jobs in mind, this is an exciting time to choose technical education and apprenticeships as a next step,

with courses and pathways driven by industry demand.

On Tuesday 4th and Wednesday 5th March you can join WorldSkills UK's free webinars with Education and Employers and Speakers for Schools highlighting diverse career pathways in engineering, business, creative and digital sectors.

In the **Careers Advice Toolkit** you'll find video and resources on a number of potential career routes and technical pathways in different sectors, created with Skills Champions, leading employers and organisations.

[Find out more](#)



## Wednesday 5th March

### NOT JUST LAB COATS

We are thrilled to welcome Not Just Lab Coats as Wednesday's Day Sponsor for **#NCW2025**. Not Just Lab Coats pretty much does what it says on the tin! Representing jobs and career paths in science and technology they work to open eyes and minds to the many and varied careers in the science and technology fields.

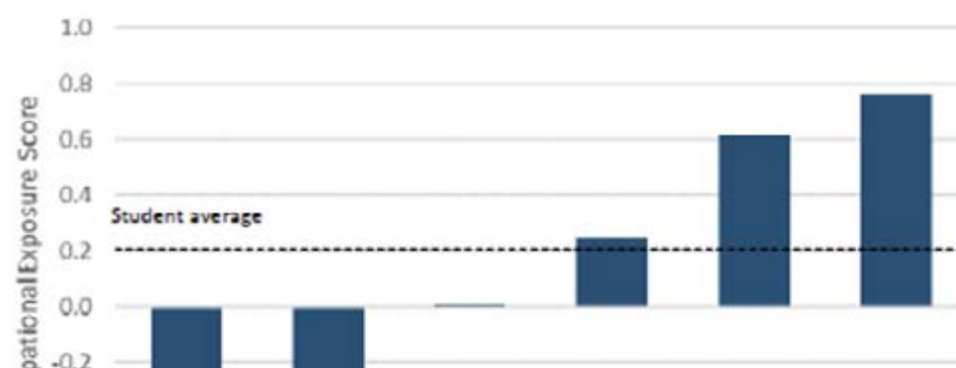
We are so excited to help break down some stereotypes and encourage more young people

to consider careers which can change the world and change the future.



[Read more here](#)

Figure 4: Exposure to AI by highest level of attainment for early-career employees



## Thursday 6th March



**DID YOU KNOW?** There are more than 350 careers within the National Health Service.

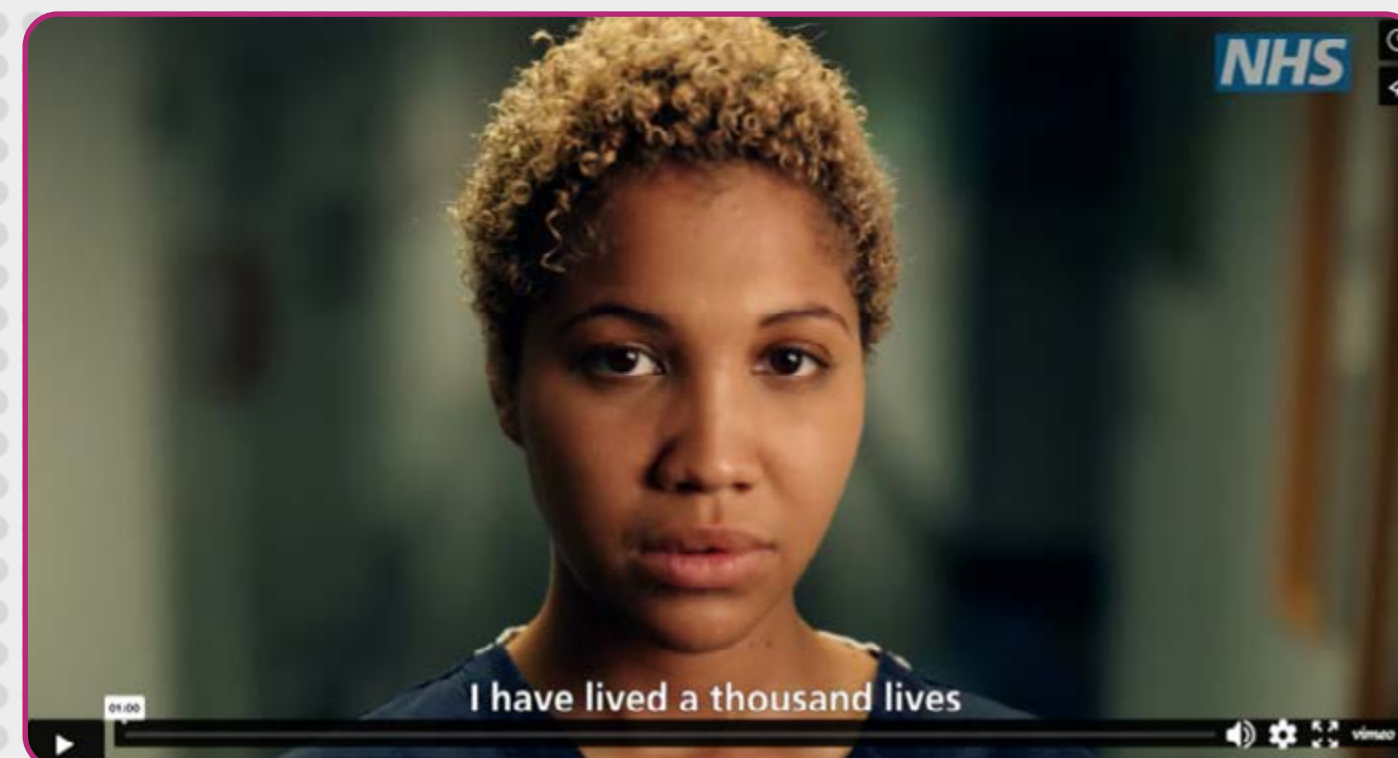
As a partner for many years, the NHS has Thursday the 6th March as their **#NCW2025** Day.

The NHS is the largest employer in the UK. Free at the point of use,

its 1.6 million staff diagnose, treat and care for 1.7 million people every day. It's incredible to live in a place where the NHS exists and cares for people at every stage of their lives from birth to old age.

There are hundreds of career pathways to choose from, what better way to find out than a dedicated day during NCW?

**For a preview of what the NHS has to offer, watch the video below.**



## Friday 6th March

### COMIC RELIEF

Launched back in 1985, Comic Relief is celebrating 40 years of using the power of laughter to change lives. In that time, the Great British public has raised an astonishing £1.6 billion to support over 100 million people across the world and here in the UK.

Donations made to Comic Relief help our incredible partners work on the ground to provide food, essential healthcare and safe shelter. They keep mobile food clubs on the road, stock multibanks with anything from beds to breakfast, help communities to prevent HIV/AIDS, get children living tough lives onto sports fields for kickabouts that will kickstart their confidence – and give refugees and people living on the streets a warm welcome

in temporary homes and new communities.

It's the cocktail of comedy and compassion that makes Comic Relief so special. For every celebrity appearance or record-breaking feat; for every bake-sale, fancy-dress outfit, or sponsored swim; for every Red Nose, t-shirt, or novelty pin-badge sold - there are countless moments of impact quietly unfolding: families given hope, communities rebuilt, and lives uplifted.



## Working at Comic Relief

Having a job at Comic Relief isn't quite the same as just 'having a job'. The work we do really does make a difference. It really does change lives.

Comic Relief has a wide remit of roles, so whether you're passionate about fundraising, project management, content creation, IT, backend engineering, or finance, there's likely to be a role for you. We're not looking for degrees or titles but a genuine desire for working together to achieve our goal of a just world free from poverty.

Taking part in fundraising activities can have a real impact on pupils as individuals, learners and citizens (and can be a great thing to put on a CV!)

Confidence, self-belief, leadership skills, empathy, engagement, understanding of the world, enjoyment- all have been reported as benefits of pupils taking part in Red Nose Day. So, get your children involved!

**This year's Red Nose Day is Friday 21 March.**

[Visit our career pages!](#)

[Sign up here](#)



# Parent Resources

## Parent Club!

Help your teen get the best out of GCSE or sixth form. Our parent club gives you the info you need, right when you need it:

- what you can do at home to support them with school work, study and exams
- what to ask so they make the right choices after GCSE and sixth form
- how you can help them stand out at interview
- support on teenage wellbeing, including keeping them healthy and safe online

Sign up here:

[theparentsguideto.co.uk](http://theparentsguideto.co.uk)

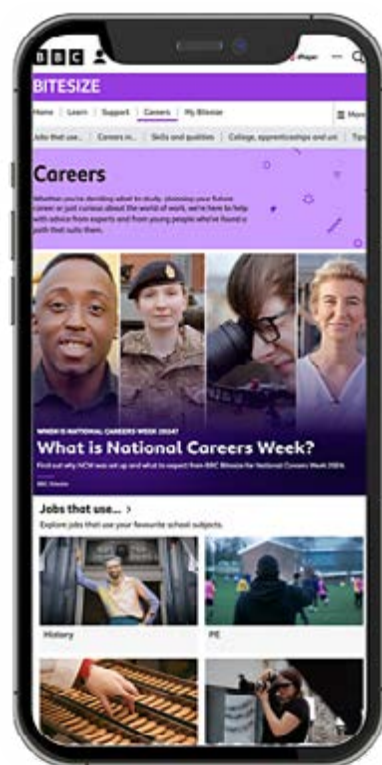
## BBC Bitesize Careers

The BBC Bitesize Careers website has a wealth of free videos, quizzes and resources to support and inspire young people to find a career that is right for them.

From video podcasts and hundreds of job profiles to quizzes, there's expert advice and resources for parents, teachers and young people as they consider their future career pathway.

There's something for everyone!

<https://www.bbc.co.uk/bitesize/careers>



## The Green Buzz

We believe everyone should aim high when planning their career path.

This includes asking, "How green are my options?". With Green Buzz, you can match your natural strengths to the green career options available to you.

[ncw2020.co.uk/activities](http://ncw2020.co.uk/activities)

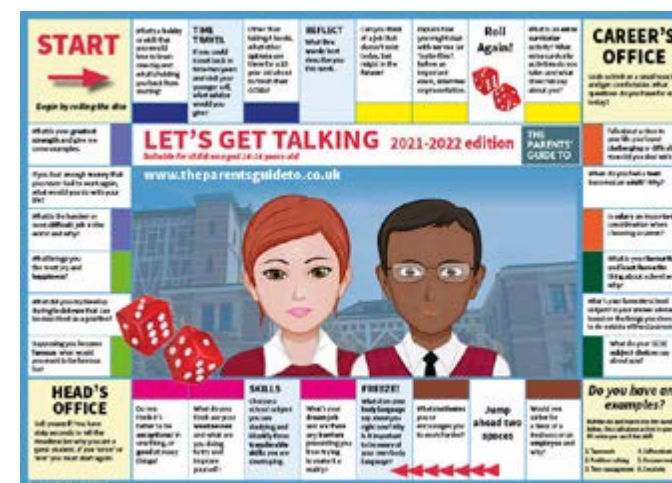


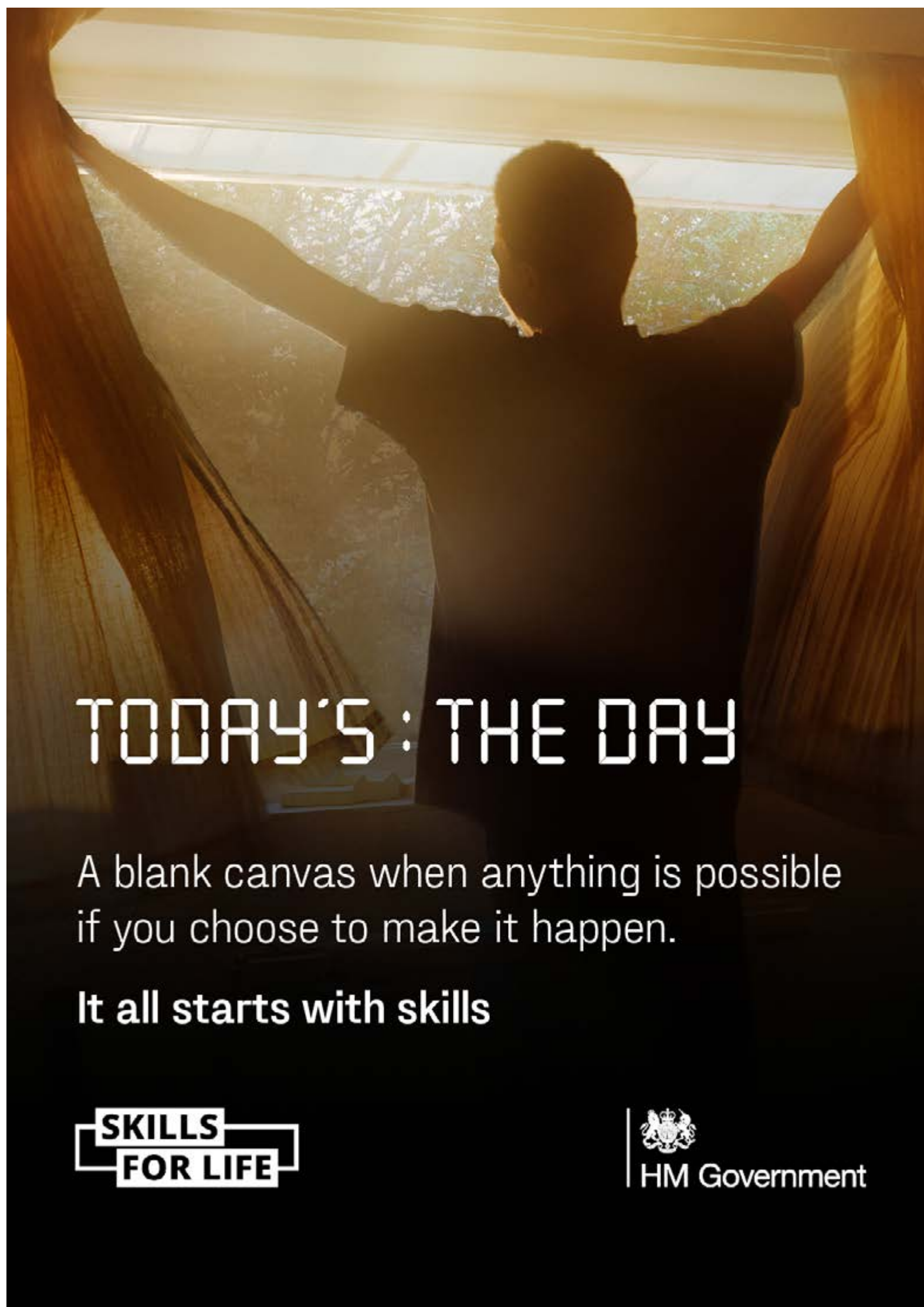
## Careers board game

To help you talk to your teen about their future, we've created a board game that saves you worrying about which questions to ask. You can play too!

By playing the game together you create a two-way conversation, with them finding out more about you, as well as you finding out more about them:

[theparentsguideto.co.uk](http://theparentsguideto.co.uk)





# TODAY'S : THE DAY

A blank canvas when anything is possible  
if you choose to make it happen.

It all starts with skills



## Work Experience

Work experience covers a range of opportunities, from attending the workplace in person, shadowing or observing a particular person or job role, volunteering or carrying out work remotely/virtually. What's important is that your teen gets some first-hand experience of what it's like to work.

Work experience is important for getting into any career. It provides your teen with first-hand experience of what it's like to work; dealing with colleagues and the public; working to deadlines and how it feels to do things "for real".

If they're lucky, they might find work experience within an industry that is related to their course or ultimate job goal. If this is the case, it can help your child discover more about the industry and may help them realise whether it is or isn't for them. A lesson much better learned sooner than later!

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**Join our  
Parent Club!**

**Your questions  
answered  
click here to sign up**

## Finding Work Experience

### Face to face work experience

1. Speak to the careers team at school. They have excellent connections with local and national employers.
2. Do you have any contacts, through your own work, friends or family that could help and take on your child?
3. Contact employers directly and ask.
4. Apply for a job (Saturdays, evenings, holidays) – it may not be their aspirational job, but they'll learn a lot from it.
5. Use websites like LinkedIn or Indeed.

### Virtual work experience

Virtual work experience took off during lockdown and it's here to stay. It includes any experience which provides young people with an insight into what it's like to work while at home.

Most virtual work placements range from half a day to one week, but some may last longer depending on the nature of the work experience and the age of your child. Check out our article on virtual work placements here, including details of companies offering them.

### Part-time work

Don't forget that work experience also counts if your teen is doing weekend, evening or holiday work. Getting a local job means it's much less likely to be closely related to their long-term ambitions, and more likely to be something practical, located close to home (such as a job in a shop, fast food chain or a bar). There's still value to be gained from these roles, including working with others, dealing with the public, working under pressure, working unsocial hours and seeing how management roles differ from ground staff.

### Volunteering

Volunteering is a fantastic way to get work experience, give something back to the community and try out new things. It could also be the start of a lifelong way of living that provides a great feeling of fulfilment and is proven to be a contributor to personal contentment.

Volunteering can take place in short bursts (for example volunteering at a festival for a few days in the holidays) or on a regular basis (such as volunteering in a local animal shelter on weekend mornings).

### The Hylo, Central London

A 1960s 16-storey building was extended up to 29 storeys, reusing its existing frame and foundations. This doubled its usable area, halving the emissions and materials used compared to constructing a new building.

# Building a Greener Future

**The future of humanity is endangered by the dual threat of climate breakdown and biodiversity loss from across the globe. Weather systems are changing, leading to more extreme floods and droughts, threatening people's safety, homes, and global food supplies. Nature loss continues to reach new highs, endangering fragile ecosystems.**

This breakdown is happening primarily because of the ways in which we make stuff, create energy, grow food, and provide transportation. All four of these industries have engineers at their heart, and so we must transform them if we're going to better protect nature and return our climate to the sweet spot that enables humanity to thrive.

I work in the building industry, and our main impacts on the climate and biodiversity emergency come from two things:

1. Heating and powering our buildings, to keep us at a comfortable temperature and allow us to turn on the lights/TV/kettle.
2. Using construction materials (concrete, steel, bricks, and so on) to create and maintain our buildings.

To engineer buildings that will secure the future of humanity, we need to reduce the heat and power used by our buildings and ensure that all of that power is provided by renewables such as solar panels and wind turbines. We need to stop demolishing existing buildings, upcycling them instead, and then inventing new manufacturing methods to create zero-carbon materials that we can use where we really need to build something new.



## We need a revolution

The problem is that most of our plans are based on improvements in efficiency. We aim to use less power and less material. But there are two problems with this.

Firstly, it's not quick enough. If you look at how rapidly the world needs to decrease carbon emissions and nature loss, you see that we're not talking about small gains year-on-year – we need something far more powerful than that.

Secondly, whenever we've found an improvement in efficiency in the past, studies show that we've actually increased our consumption as a result! When the chainsaw was invented, lumberjacks didn't start to work two-day weeks, rather, they cut down more trees.

So instead of efficiency increases, we need breakthroughs, game-changers, and transformations. Design evolution just isn't enough. We need a revolution.

### The Arc, Bali, Indonesia

The Arc - a bamboo gymnasium for The Green School in Bali. It's awe-inspiring roof was built entirely from locally sourced 14-metre-tall bamboo arches. The design was inspired by the human ribcage, resulting in a unique shape and an unprecedentedly low carbon footprint.



## Diverse and creative teamwork

Today, engineering teams around the world are looking for new minds and new ideas.

We need enthusiasm, intelligence, and imagination. We need people who are mathematically talented, others who are wonderfully creative, and others who are skilled communicators. We need those who love to solve problems, and others who are driven by a desire to see people all over the world live a comfortable, enjoyable life. We need people from different backgrounds, cultures, with different interests and different opinions.

Where teams have this diversity, they thrive.

## Becoming an engineer of the future

Many engineering courses and apprenticeships now put climate and sustainability at their heart, aiming to produce young engineers who understand the challenges facing humanity even better than their future employers do.

This means that when it comes to climate, new engineers entering the industry are often the most informed members of any given design team. The more senior members of those teams are looking to the next

generation to bring their views and ideas for new ways of doing all of this.

To tackle the climate and biodiversity crisis, we need to develop the most extraordinary solutions to it.

This article is an extract from an original printed in **Ingenia magazine**.



Will is a Chartered Structural Engineer and Chartered Environmentalist and works as Head of Climate Action at The Institution of Structural Engineers.

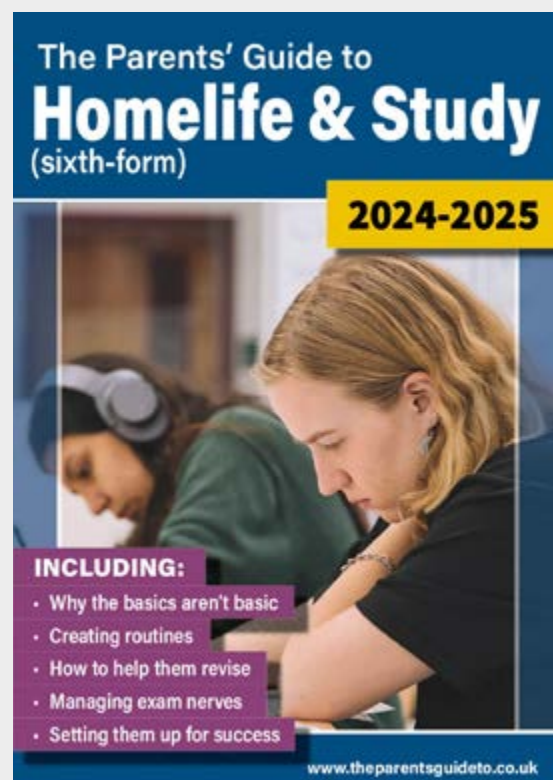
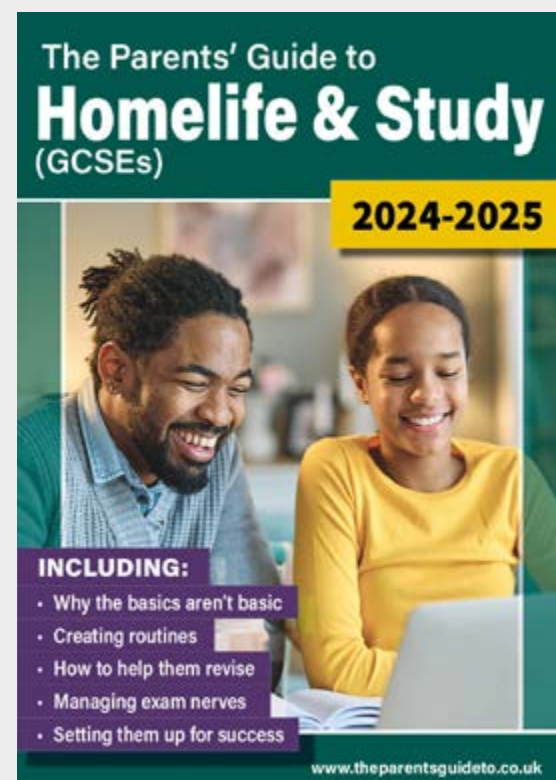
# Support through years 10-13



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with some free training.

It all starts with skills

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FOR LIFE**

## Join Our Parent Club!

If you want your teen to get the most out of GCSE and sixth form, we'll help you make that happen.

The Parents' Guide to  
**Helping your teen stand out**  
2024-2025

50 daily tasks to improve wellbeing  
Try one activity a day at home or in school to improve your physical and mental health!

The Parents' Guide to  
**Teenage stress & anxiety**  
2024-2025

The Parents' Guide to  
**GCSE Results Day**  
August 2025

| Level | Qualification / educational route   |
|-------|-------------------------------------|
| 8     | Doctorate (PhD)                     |
| 7     | Masters degree (MA)                 |
|       | Degree apprenticeship / NVQ 5, 6, 7 |
|       | Higher National Diploma (HND)       |
|       | Degree apprenticeship / NVQ 4       |
|       | Higher apprenticeship / NVQ 4       |

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A fortnightly newsletter so you know what to do when

Six specialist guides shared during the year

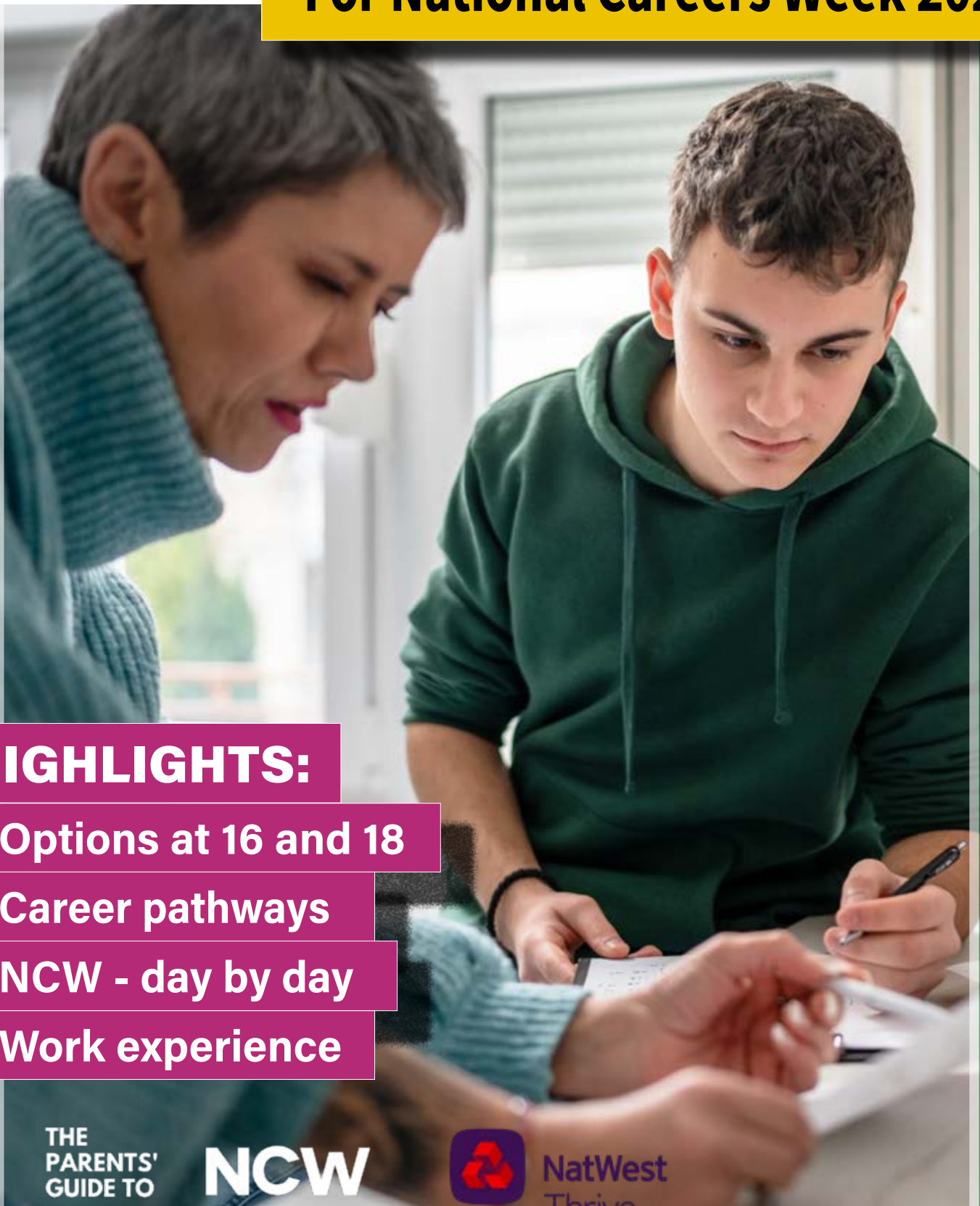
Articles to let you know what's what

2 video calls each term, with a chance to ask questions

Sign up

# The Parents' Guide to **CAREERS**

**For National Careers Week 2025**

A photograph of a woman with short grey hair, wearing a blue knitted sweater, leaning over a desk and looking at a document. A young man with dark hair, wearing a green hoodie, is sitting at the desk, looking down at the document and holding a pen. The background is a bright, out-of-focus indoor space.

## **HIGHLIGHTS:**

- Options at 16 and 18
- Career pathways
- NCW - day by day
- Work experience

THE  
PARENTS'  
GUIDE TO

**NCW**



NatWest  
Thrive