

CONFIDENT CHOICES



THE IMPORTANCE OF SCHOOLS' CAREERS TEACHING AND SUPPORT FOR YOUNG PEOPLE

As we support young people through the pandemic period and as we build back better after it, the importance of careers education in schools has never been more important.

There is evidence that careers education helps young people's mental health.

JANUARY 2019 CDI BRIEFING PAPER

THE IMPACT OF CAREER GUIDANCE ON THE MENTAL WELL-BEING OF YOUNG PEOPLE

Dr Pete Robertson

- ▲ Career guidance has a number of features likely to promote positive well-being, including recognising strengths, a focus on the future, setting achievable goals, and building a social identity through work.
- ▲ Career guidance resembles counselling in terms of providing one-to-one attention, and a safe space to young people to share their concerns. It may therefore offer some of the short-term well-being benefits of personal counselling.
- ▲ More importantly, career guidance supports people to access decent work, and education or training opportunities that provide access to a source of income, social contact, purposeful activity, and some healthy challenges.

Read more at:

https://www.thecdi.net/write/BP620-Briefing-_Mental_wellbeing-_FINAL.pdf



There is evidence that careers education supports student confidence, skills development and employment.

CAREERS AND ENTERPRISE COMPANY RESEARCH PAPER

CAREERS EDUCATION 2020 REPORT

Much has changed with the outbreak of an unprecedented global pandemic. This has created huge challenges to the economy, to education, and to the opportunities open to young people. My belief hasn't changed - just as in 2014, I remain confident that careers education has the potential to be part of the answer.

Nicky Morgan

- ▲ 55 per cent of school staff surveyed believed that joining the Enterprise Adviser Network (61 per cent of those in Careers Hubs) had given young people better employability skills.
- ▲ A higher proportion of young people showed higher self-confidence after [a careers] activity than they had before, across all eight dimensions of personal effectiveness.
- ▲ Substantial improvement against most career readiness indicators suggest that young people are better prepared to make informed choices about their careers as a result of careers activities.
- ▲ Careers activities help young people develop transferrable and employability skills that will prepare them to navigate a rapidly changing labour market.

Read more (especially pages 21 and 22) at:

https://www.careersandenterprise.co.uk/sites/default/files/uploaded/1244_careers_ed_2020_report18_0.pdf

Confident Choices is the Lincolnshire Framework for schools' collaboration in careers.

The purpose of the Confident Choices framework is to support schools, colleges and other educational settings to ensure:

- ▲ Young people have the confidence and information to make the best possible course, training and careers choices.
- ▲ That all students enter employment with training or further/higher education.

More information can be found at:

<https://www.confidentchoices.co.uk/>