



North East
Learning Trust

CAREERS NEWSLETTER

Issue: May 2026

May Edition | For Students, Parents & Educators Across Our Trust Schools

Spotlight of
the Month

Preparing for Next Steps & Transitions

As we move towards the end of the academic year, young people are beginning to think more seriously about their next steps. May is a key time for reflection — recognising the skills developed so far, building confidence, and preparing for transitions. Small, informed actions now can help students feel more prepared and positive about the choices ahead.

This is also an important opportunity for students to reflect on the skills they've developed, the challenges they've overcome, and what they have learned about themselves over the past year.

Transitions — whether moving year groups, choosing options, or planning post-16 and post-18 pathways — are an ongoing process rather than a single decision. With the right support, encouragement, and information, young people can approach change with confidence and curiosity, feeling prepared to take the next step in their journey. We are here to help: contact school careers team.

Careers SEND students – Exam Support

Exams can be a challenging time for some SEND students. Schools have support in place, including access arrangements, to help students feel secure and supported.

Parents and carers can help by keeping routines calm and predictable, offering reassurance, and focusing on effort rather than results. If you have concerns about your child's wellbeing or support during exams, please contact school so adjustments can be discussed early.

For additional guidance and reassurance, parents may find this support helpful:

👉 **YoungMinds Parent Helpline (free guidance and advice):**

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-stress/>

Developing Future-Ready Skills – Independence & Resilience

Independence and resilience are key skills for managing change, overcoming challenges, and preparing for future transitions. Encouraging young people to plan their time, reflect on setbacks, and keep going when things feel difficult helps build confidence for exams, further study, and the world of work.

For Students:

- Prepare independently for exams or assessments
- Practise managing time and workload
- Reflect on what has gone well this year
- Try something challenging and stick with it

For Parents & Carers:

- Encourage routines and balance
- Praise effort, not just results
- Support organisation without taking over
- Talk positively about change and progression
- Helpful support and guidance can be found here:

👉 **BBC Bitesize – Dealing with Exam Stress & Building Resilience**

<https://www.bbc.co.uk/bitesize/articles/z8r6wnb>

👉 **NHS Every Mind Matters – Stress, Anxiety & Staying Well**

<https://www.nhs.uk/every-mind-matters/>

Labour Market Information – Did You Know?

Did you know? Most young people will change jobs multiple times during their working life, so transferable skills such as communication, teamwork and problem-solving are just as important as a job title.

Did you know? Many of the fastest-growing careers today didn't exist when parents and carers were at school, particularly in digital, media, health, and green industries.

Did you know? Employers regularly say they value attitude, reliability, and willingness to learn as much as qualifications.

Did you know? Technology is now used in almost every career — from healthcare and construction to sport, creative industries and public services.

Did you know? Apprenticeships, vocational courses, and technical pathways can lead to high-level, well-paid careers alongside more traditional academic routes.

Labour Market Information – Explained for Students

LMI helps you understand **what jobs exist, which careers are growing, and what skills employers are looking for** — now and in the future.

LMI isn't about choosing one job for life. It's about helping you make **smart choices** as you move through school, college, training, or work. It can show:

- Which subjects or skills link to different careers
- Where there are lots of opportunities
- How different pathways can lead to the same career
- Why skills you are learning now matter later

Year 10 Work Experience – Being Ready for the Workplace

As our Year 10 students prepare to take part in their work experience placements, this is an important opportunity to build independence, confidence, and resilience. Being prepared — arriving on time, dressing appropriately, communicating politely, and showing enthusiasm — can make a positive first impression and help students get the most from their placement.

Parents and carers can support by talking through expectations, helping with practical arrangements, and encouraging students to reflect on what they learn each day. Even small steps, such as planning journeys and practising professional behaviour, can make a big difference.

After the placement, students are encouraged to reflect on what they have learned. Suggested reflection prompts include:

- *What new skills did I develop during my placement?*
- *What did I learn about the world of work?*
- *What went well and what would I do differently next time?*
- *How can I describe this experience on a CV or application form?*

These reflections are important for building strong CVs, personal statements, and future applications.

For helpful tips on getting ready for work experience, visit:

👉 **BBC Bitesize – Making the Most of Work Experience**

<https://www.bbc.co.uk/bitesize/articles/z7v6k7h>

Pathway Focus – Sport: Beyond Playing the Game

A career in sport goes far beyond being a professional athlete. The sports industry offers a wide range of high-level careers combining science, health, business, media, and technology.

Roles such as sports scientist, physiotherapist, performance analyst, sports psychologist, strength and conditioning coach, sports manager, and sports media professional play a vital role in elite sport. These careers usually require strong subject knowledge, specialist training, and a commitment to ongoing learning.

Pathways often include:

A-levels, vocational courses, apprenticeships, or university degrees linked to sport, science, health, or business.

Key Message for Students

Success in higher-level sport careers depends on strong commitment to learning, resilience, and building a broad skill set. Sport rewards those who combine passion with preparation, curiosity, and a **willingness to take alternative routes**. Understanding the full range of opportunities helps raise aspirations and shows that sport can lead to long-term, sustainable careers, both on and off the field.

Media is a dynamic and fast-growing subject that develops creativity, communication, and critical thinking — skills that are highly valued across many industries. Students studying Media learn how messages are created, how audiences are influenced, and how digital platforms shape the world around us.

Media links directly to a wide range of careers, including:

journalism, television and film production, social media and digital marketing, advertising, content creation, graphic design, public relations, radio, photography, and gaming media.

Behind the scenes, Media skills are also essential for roles in **research, production management, editing, branding, and digital strategy**.

Studying Media helps students understand how to communicate ideas effectively, analyse information critically, and use technology creatively. These transferable skills support pathways into further study, apprenticeships, and employment — not only within the media industry, but in any career where communication and digital awareness are key.

Tips for Parents & Carers

Focus: Emotional and practical support during change

Periods of transition — whether moving closer to exams, preparing for work experience, or thinking ahead to post-16 or post-18 options — can bring mixed emotions for young people. While some feel excited, others may feel uncertain or anxious about what comes next.

Parents and carers can support by keeping conversations open and reassuring. Simple actions such as listening without judgement, encouraging independence, and helping young people break tasks into manageable steps can build confidence and reduce pressure. Focusing on strengths, progress, and effort — rather than “perfect” outcomes — helps young people feel supported as they navigate change. Encouraging healthy routines, balance, and realistic expectations during this time can also help students feel more in control and prepared for their next steps.

For practical advice on supporting young people through change and challenge, parents may find this helpful:

👉 **NHS Every Mind Matters – Supporting Children and Young People**

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

“Every new chapter begins with the courage to turn the page.”