



The Future Frontiers Careers Exploration Programme

What do our young people learn on the programme?

Our 2 year careers exploration programme supports young people to develop a range of skills and knowledge needed to make informed, ambitious decisions about their futures.

In each Y10 coaching session, we focus on a different set of skills and knowledge, which are built on over the course of the programme to support our students to build crucial careers management skills.

Here is an overview of the key learning objectives and purpose of each session:

	Skills and knowledge developed	Why is this important?	What will your support offer?
Session One	Students identify their skills, interests and career values, and use these to explore their future career and education options	Developing a stronger understanding of their skills and interests will help students to make ambitious choices about their futures, based on what's most important to them. The students we work with often lack the confidence to identify what they're good at and what they most enjoy.	Through open, encouraging questioning you'll support students to self reflect and build confidence.
Session Two	Students use an online tool to explore different careers and match them to their skills, values and interests.	Our students often have limited knowledge about the range of careers and job sectors available to them. This session helps them think broadly about the sectors they might be interested in, and understand relevant labour market information. Understanding their options will help students make better decisions about their next steps.	You'll help students to interpret information about different careers, and support them to find roles that excite them.
Session Three	Students learn about a range of qualifications available to them after school, and match these to career pathways.	At 16 students have to make important choices about their future education. There's a wide range of courses to choose, and they need to make sure they pick an option that aligns with their future career goals. By having good information about their options they'll be able to choose the right pathway.	Together you'll learn about the range of qualifications available, and you'll help students identify which fit best.
Session Four	Students speak to a role model in a sector they are interested in, and reflect on their career learning.	Speaking to a role model from a professional sector helps students to understand different career pathways, and inspires them to make ambitious choices for their futures. Our students often lack role models and support networks to advise them about a range of career sectors and pathways into different roles.	You'll support students to learn from their sector role model, and encourage them to reflect on their learning and progress.

Our programme is underpinned by a robust, external careers learning framework, developed by the Careers Development Institute, the leading UK body for careers education and advice. If you'd like more information about the framework you can view it [here](#).