



Welcome to our Old Palace 'Futures Week' supplement

This edition showcases the wide range of careers and university preparation activities and opportunities on offer to students across Seniors.



Futures Café Open Monday - Thursday 8am-5pm

Should students wish to seek advice from our Higher Education and Careers Coordinator, Mrs Wendy Williams
wwilliams@oldpalace.croydon.sch.uk

In addition, there is a library of resources available for students in the Guard Room.

Futures Week Alumnae Workshops

We were delighted to welcome some of our esteemed Old Palace Alumnae to speak at two Futures Week workshops after school.

At 'Meet the Alumnae' five inspirational Alumnae kindly offered to share their career stories with a packed room full of ambitious students. It was an extremely interesting evening, which began with each of our contributors sharing their career journeys after leaving Old Palace and fielding questions from their enthusiastic audience.

It was especially interesting to see some common themes emerge from their advice despite the breadth of their careers, not least the importance of our young students developing their confidence to compete in the modern competitive workplace, developing their written and verbal communication and also their 'people' skills and empathy. The value of networking, gaining work experience and the importance of lifelong learning was also emphasised, to help build a CV and enable them to stand out from the crowd.

Student quotes:

'It was so reassuring to learn that a career plan can change over time, and that the choices made at GCSE don't have to limit my future career path'

'I learnt that I should aim to do something I'm good at and something I enjoy, and that there is no limit to my potential if I work hard and continue to develop my skills across my career.'

There are many online opportunities that students can engage with to develop their CVs, including online work experience and courses.

Here are some recommendations:

Summer Schools and Short Courses:

<https://debatechamber.com/>

Virtual Work Experience:

<https://www.theforage.com/>

<https://www.springpod.com/>



Wednesday's workshop was organised by the African Caribbean Society, and chaired by Head Girl Amanda. The theme of the event was 'Taking up space - navigating spaces as black women', and we were delighted to welcome Danielle and Johannah, who shared their experiences through university and entering the world of work. They explored how issues of race and gender have impacted their experiences.



Contributors:

Dr Marie Condon - Consultant Nephrologist and Clinical Director.

Nicolina Andall - Senior Solicitor.

Neha Shah - Audit Director at KPMG,.



Dr Liz Walder (PhD) Founder of 'Architecture Matters', and Visiting Lecturer in the School of Architecture, Built and Natural Environments at Trinity St Davids.

Drew Rogers - Founder of 'My Language Lab'.

Year 12 Career PODS

To celebrate Futures Week at Seniors, Year 12 provided a series of lunchtime talks on a variety of careers they are considering pursuing when they leave Old Palace School.

Stemming from the careers research presentations they did in the autumn term, as part of their Old Palace School Diploma, 24 presentations were selected to be a part of the programme of events.

Supported by Ms Ansell, Mrs Williams and Ms Richards, the schedule for Year 7-9 included:

- Engineering: What can I do?
- The World of Media
- What jobs are in the Fashion Industry?
- Healthcare: An insight into these professions
- What can I do with Sciences?
- Focusing on the skills needed, they gave an insight into the different roles available in these career areas.

For the older students in Years 10-13, the schedule included:

- Law: What opportunities are there?
- Psychology: Mind over matter?
- How do I become a doctor?
- I love Mathematics: What can I do with it?
- Civil Service and Geographical careers

Year 12 students shared their research and gave a more detailed explanation of the qualification routes into these careers.

All presentations were well attended with both daily sessions open to all year groups, depending upon their interest. We are really grateful to Year 12 for their engaging and inspiring talks.



Year 13 PSHE Lesson on Life

In their second PSHE Futures session, Moving On, Year 13 welcomed Alumnae of Old Palace in person and via Microsoft Teams to share their personal experiences of university life. Three recent graduates, two currently working at Old Palace School, gave an overview of their university journey, completing their degree and finding jobs afterwards. It was really inspiring to see friendships developed at Old Palace continue into university and beyond.

Our three Teams participants were from last year showing us how they coped starting university with Covid restrictions, one with all online lectures and the other on crutches (netball injury) still managing to join in with social activities provided in Freshers' week. Our third-year medic gave some really useful tips on managing time by having a structure and to engage in weekend social activities to make friends.



Year 13 Preparing to Move Home/Moving On

In PSHE Futures, Year 13 looked into a variety of aspects of preparing for university and what to consider when leaving home for the first time.

After being supported by family and building up childhood friendships, living away from home seems like a whole new world.

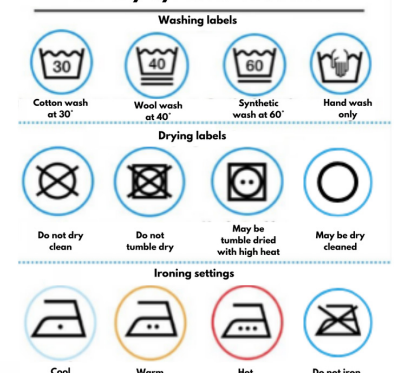
Discussing university as a one-way road to independence, Year 13 looked at how to adapt to a new environment and balance expectations against reality plus what sort of issues to expect.

Tips for coping with living away from home included:

- Packing something sentimental from home
- Learning to cook a few simple recipes
- Joining clubs and societies
- Sensible budgeting
- Socialising frequently, starting with meeting new people in Freshers' Week.
- How to stay safe on a night out and knowing how to get home afterwards.
- Bonding with your flatmates.
- Developing a sensible coping strategy.
- Not leaving all your work until the last minute were some topics discussed.

Year 13 were then tasked with assessing how ready they were with a few reality check activities, such as: how to cook an egg, what do these laundry symbols mean and, in supermarket sweep, how much were the basic food items, finishing with planning a group meal for £10.

Laundry Symbols Checklist



Year 12: Student Finance and Budgeting



This term, Year 12 have had the opportunity to hear from three different universities as part of their Old Palace Diploma. Newcastle University gave a detailed explanation of how to write a Personal Statement, whereas Lancaster showed the students how to choose a course and what to consider when selecting universities. In May, they will hear from Sheffield University who will highlight the key aspects of the application process

'Student Finance and Budgeting' included a brief introduction to tuition loans, maintenance loans and how they are repaid, with interest, through their future graduate

salary. In groups, they were given a weekly budget to manage, each from a different university, location, and accommodation. Tasked with purchasing three meals per day, 3 evening activities and 1 weekend activity, they had to work out what to spend their money on. Given actual prices of meals and activities from current university students, Year 12 were able to learn the art of budgeting and 'living within their means'. Any money left over then had to be allocated to essential items, such as laundry, printing, mobile, railcard etc. Hopefully a task that will come in use next year as they head off to university.

Year 12 University Search Fair and Campus Tour



12H comments on the Fair:

"The opportunity to talk to ambassadors from universities to get an honest opinion was beneficial because it gave me insight into what the university and course would be like"

"It expanded my horizons and knowledge about different types of universities"

"I liked comparing common trends between the universities I was interested in applying to and also differences in modules. There were option modules for genetics which I found interesting"

"It was greatly beneficial as it furthered my insight into different universities and it helped me to understand which universities I may consider going to"

12H comments on the Campus tour:

"I really enjoyed seeing what a campus university looks like in comparison to a city university"

"The tour of the campus was very interesting and helped me to prepare for what to expect. It also helped me to choose whether I want to go to a city or campus university"

"I enjoyed seeing what a campus university looks like, and the advantages of having all the amenities in one place was something I hadn't previously considered"



On Tuesday 8th March, we went to the UK University and Apprenticeship Search Fair at the University of Surrey with a tour of the university campus. The University Fair was held in the Sports Hall at the Manor Park campus with a variety of 70 Universities, ranging from the University of Liverpool to the University of Brighton.

The Student Ambassadors were answering our questions about what the University is like and our degrees. We were given brochures, bags and even pens.

After the University Fair we looked around the Stag Hill campus where we saw their onsite hospital, their labs,

their Veterinary Medicine buildings, BBC Surrey studio, their library etc and their famous pond and Stag statue. I gained the knowledge of what it is like at a campus university with everything you want and need all onsite.

Chloe-Marie, Year 12S

12H really enjoyed our recent trip to Surrey University for the University Fair and the campus tour. We were able to see what a campus university looks like, and had the opportunity to meet ambassadors from universities across the UK and find out more about courses we are interested in studying. It was a highly enjoyable day and we all learnt a lot.

Year 10: Employability Skills

To evaluate their study and employability skills, Year 10 considered how their strengths, interests, skills and qualities are changing and how these relate to future career choices and employability. Starting with the differences between skills and qualities, they identified their own personal strengths and areas for development.

In our PSHE session, 10L enjoyed discovering which job skills were relevant to certain careers. Thanks to Sumaiya who came up with the idea and was our lovely interviewer. We assigned each other with job descriptions and conducted mock interviews to try and get the job with the skills we mentioned. Some of our back stories got a bit out of hand! But we still had fun in the lesson while identifying how our strengths, interests, skills and qualities are changing and how these relate to future career choices and employability.

Rinii and 10L



InvestIN Education Employability Skills Workshop

Year 11 welcomed Will Walker from InvestIN Education for an Employability workshop as part of their PSHE Futures 2 session. With GCSEs approaching and finalising decisions on the next steps after Year 11, how could they turn their career ambitions into actions, right now and develop essential employability skills.

Factors affecting the job market and how current decisions will impact future plans were discussed. With the world of work some 3-5 years away, understanding the skills top employers recognise, where to develop these and how they can use these skills now to help with future career decisions was highlighted.

Year 11 were surprised to hear they were already on their career journey and being 'Career-Ready' was essential for future success. To enable students to get ahead in the future, four key career development areas were suggested:

Expand your **knowledge**

Develop your skills and gain **experience**

Gain a competitive **advantage**

Use this time to build your **network**

Making the most of work experience, why it is important and what counts as work experience was explained. In a post-Covid world, Year 11 reflected on what this looks like today, recognising the skills developed and how to use past experiences as a springboard for the future. Will offered tips on how to find work experience and how to prepare in order to gain the most out of the opportunity.

We reflected on what was learnt today, such as building your professional network and how to effectively form lasting professional relationships.

Year 11 were then asked to sign up to the Old Palace Alumnae, to take advantage of the network they had already made, and 'connect' with the OPJWSAlumnae group on LinkedIn.

Transition to Sixth Form 28th – 30th June

In June, Year 11 will benefit from a three day programme to support their transition into Sixth Form.

This is an exciting time for Year 11 students as they look forward to 'graduating', and our programme aims to enable students to take full advantage of all the opportunities open to them in the Sixth Form at Old Palace.

Students will receive subject specific guidance on how to prepare for A Levels, as well as attend workshops to develop leadership, independent learning skills and to build confidence and self-esteem.

Students will also receive an introduction to the new highly successful Old Palace Diploma initiative, which is designed to challenge students through a wider research project and participation in extra-curricular activities.



In addition, Croydon Commitment have organised a bespoke 'confidence and employability' workshop to begin to prepare students for the world of work.

An Open Day trip is also being organised for those with ambitions to study at Oxford and Cambridge.



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