

Focus on the Future!

Week One



This week's bulletin is for students who need some help thinking of a career idea. People of all ages change careers and often need some help and guidance. If you are in year 7, 8 or even 9, you might not have given it any thought at all!

It's OK; you still have plenty of time!



In this guide you will find:

- How to research your ideas and importantly how to think of some ideas!
- Quizzes to try at home to give you some career suggestions
- Information on one specific job area (like our employer drop in sessions in school)

Let's get started.....

Careers research is SO useful!

It can open your eyes to many careers you haven't yet heard of. As a careers advisor, I always come across new jobs and I am always surprised by the many exciting and rewarding jobs there are. Don't forget some careers you may find yourself doing might not have even been invented yet!

There are three ways to research:

- 1:** If you have an idea, start finding out more about it and look at jobs that are also similar
- 2:** If you have *some* idea but are not certain start looking at groups of jobs or job families
- 3:** If you have no idea at all, try a questionnaire, you may end up disagreeing with the suggestions it gives, but that way, you are starting to rule out certain careers.



Here are the resources you need: Pick one you think will suit you the most...

<https://icould.com/> explore a range of job roles, great for an introduction for younger year groups

<https://www.careersbox.co.uk/> Video guides from real people in a range of professions



<https://www.prospects.ac.uk/job-profiles> job roles aimed at graduate level (university level)

<https://nationalcareers.service.gov.uk/explore-careers> introduction to a range of job profiles

<https://careerswales.gov.wales/job-information> careers information on a range of jobs and groups

What if you have no ideas?

If you have no idea where to start, try taking a quiz which will suggest careers that might be suited to your skills and interests:

<https://beta.nationalcareers.service.gov.uk/>

<https://www.prospects.ac.uk/planner>

<https://icould.com/buzz-quiz/> -A great starting point for younger year groups

On Each website you will have the option to type your career idea in or explore jobs by groups. For example you can type in 'accountant' or you can explore all jobs to do with finance.

Good luck starting your careers research. I hope you find it helpful and inspiring!

Please email me if you need any help accessing these websites and I can explain further.

I will also send information on exploring careers related to school subjects. This will follow in future bulletins.

“
**Choose a
job you love,
and you will
never have
to work a
day in your
life.**”

Confucious

Focus on the Future!

Career Path

Sports Therapy

Innovation experts recently published a report which reveals the most in-demand jobs in 2030. Revealing the skills and experience employers will look for now – and in the future. Number three on that list was the career sports therapist. With a lot of current emphasis on our physical wellbeing, I thought this would be a good occupational area to start our weekly focus!



What does a Sports Therapist Do?

Sports therapists;

- Help people to prevent injury and also return to full performance
- Work with athletes and sports professionals but also people of any age and ability
- Use knowledge of sports science to prepare people for competition as well as everyday life.
- You may work in a professional or amateur sports club, a rehabilitation centre, health club or leisure centre

What Qualifications do they have?

At the moment, anyone can call themselves a 'Sports Therapist'. However, it's very important to demonstrate to employers and the people you treat that you are properly qualified and insured. Members of the Society of Sports Therapists have the right level of skills, experience and knowledge to be covered by insurance. To become a Member, you'll need:

- A degree or postgraduate qualification in sports therapy from a university or college that the Society works with. To enter such a degree you will need either A levels (including a science) or a BTEC Diploma in a relevant subject such as sport and exercise science. You can study that at college or sixth form once you complete year 11.

How much do they earn?

The average earnings are between £22,000 and £27,000 per year or more. It may be possible to earn more than this by running your own business, working in a professional sports club or specialising.

Where to find out more

<https://www.prospects.ac.uk/job-profiles/sports-therapist>

<https://careerswales.gov.wales/job-information/sports-therapist/job-role>

<https://society-of-sports-therapists.org/> More information on the career

<https://society-of-sports-therapists.org/education/accredited-bsc-courses/> Full list of approved University courses

<https://www.essex.ac.uk/courses/ug00403/1/bsc-sports-therapy> a local Degree course in Colchester approved by Society of Sports Therapists

If you want to find out about similar job roles, check out these below:

Physiotherapist, sports coach, personal trainer, exercise physiologist, occupational therapist.

