

S1-S3 Option Choices

Webinar for Parents and Carers

Follow-up guide - December 2024

Thank you for taking part in our S1 - S3 option choices webinar for parents and carers – we hope you found it useful, and it has given you information to support you and your young person with making these important decisions.

Below are the contact details, information and websites mentioned in our webinar, and [here](#) is a link to watch again.

Useful Information

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| <p>Contact Us</p> | <p>SDS National Helpline (Freephone Monday to Friday 9am to 5pm) - 0800 917 8000</p> <p>myworldofwork.co.uk - Scotland's Career Website</p> <p>skillsdevelopmentscotland.co.uk/contact-sds – Search for a local SDS centre or community venue</p> <p>facebook/myworldofwork</p> <p>x@mywowscotland (formerly Twitter)</p> <p>To get in touch with your school careers adviser, email or phone the school directly – usually the guidance teacher.</p> |
| <p>SDS School Offer: How and when we work with your young person in school</p> | <p>skillsdevelopmentscotland.co.uk/what-we-do/scotlands-careers-services/our-careers-service-in-schools/</p> |
| <p>Career Management Skills</p> | <p>myworldofwork.co.uk/career-help/develop-career-management-skills/</p> <p>skillsdevelopmentscotland.co.uk/what-we-do/scotlands-careers-services/career-management-skills-explained</p> |

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| <p>My World of Work</p> | <p>myworldofwork.co.uk</p> |
| <p>My World of Work: Option Choices information and tool</p> | <p>myworldofwork.co.uk/option-choices/ myworldofwork.co.uk/tools-and-quizzes/option-choices/</p> |
| <p>My World of Work: Links to Job Profiles and Industry Pages</p> | <p>Job Profiles: myworldofwork.co.uk/search-job-profiles/</p> <p>Industries: myworldofwork.co.uk/industries/</p> |
| <p>Parents and carers section on My World of Work</p> | <p>myworldofwork.co.uk/parents-carers</p> |
| <p>Course search on My World of Work, information on applying for college or university and UCAS link</p> | <p>myworldofwork.co.uk/search-courses/ myworldofwork.co.uk/applying-for-college-or-university/ ucas.com/</p> |
| <p>The Scottish Credit and Qualifications Framework (SCQF) and qualification information on the Scottish Qualifications Authority (SQA) websites</p> | <p>scqf.org.uk/about-the-framework/interactive-framework/ https://www.sqa.org.uk/sqa/93180.9691.html</p> |
| <p>The value of volunteering</p> | <p>myworldofwork.co.uk/job-advice/the-value-of-volunteering/</p> |
| <p>Resources for Additional Support Needs in learning and work</p> | <p>myworldofwork.co.uk/funding-and-support/additional-support-for-learning/ myworldofwork.co.uk/job-advice/additional-support-for-work/ myworldofwork.co.uk/parents-and-carers/additional-support/</p> |
| <p>All About Scottish Apprenticeships: Foundation, Modern and Graduate</p> | <p>All About Scottish Apprenticeships: apprenticeships.scot</p> <p>Apprentice stories: apprenticeships.scot/apprentice-stories/</p> |

Here are some of the most frequently asked questions we received during the webinar – and our answers

Q. Does every school have a careers adviser?

A. Yes, Skills Development Scotland have a careers adviser linked to every state secondary school in Scotland offering careers advice, information and guidance.

You or your young person can get in touch with your SDS school careers adviser through the school directly.

Q. How do I find out about the entry requirements and routes into certain careers or courses?

A. There are over 600 job profiles available to [view on My World of Work](#) that are a great starting point for investigating career paths. You can find out more about what the job involves as well as information about getting into this career highlighting routes available and any qualifications required or recommended.

You can also [search for courses](#) to get information on course content, entry requirements and institution contact details. Further information on course entry and additional information is also available from the institutions directly and www.ucas.com provides information and advice on university courses across the UK.

Q. When will pupils be asked to make option choice decisions, what will the choices be and how many subjects can they choose?

A. All schools work to different timeframes and will ensure that you are provided with all necessary information regarding course choice structure and information about options available. Schools will provide this information through their usual communication channels. If you haven't received this information, or want to find out more, get in touch with the school directly.

Q. What if my child hasn't got a clue what they want to do and keeps mentioning different careers?

A. A lot of young people at this stage don't have a firm idea about what career they would like and that's okay. It is a good idea to focus on what they enjoy and what subjects they are good at to support their thinking at this stage. You can research options together to support career conversations. A good place to start would be the [Option Choice tool on My World of Work](#) and the [industry pages](#) on My World of Work.

Q. How do I get them to choose subjects they like but are too afraid to do?

A. As part of their network, you can encourage them to think about what would be good for them to consider and offer reassurance and support them to feel confident. However, they may still feel

uncertain, it is important for you both to remember that there is a wider network available to support you both at this time. This might mean encouraging them to talk to the relevant teacher, or someone they feel comfortable talking to such as a guidance teacher. Remember their school careers adviser is there to support you both too.

Q. What are National Qualifications and where can I find out more information about different qualifications in school and after school?

A. The most common qualifications that your young person will do in school are SQA National Qualifications and Highers.

You could also have a look at the [Scottish Credit and Qualifications Framework \(SCQF\)](#) to help you understand the main Scottish qualifications offered by schools, colleges, universities and training providers.

The above qualifications can support entry into a range of opportunities within Scotland, the UK and beyond.

Q. What is a Foundation Apprenticeship, and can it support entry to college and university?

A. A Foundation Apprenticeship is a work-based learning opportunity for senior-phase pupils. It is a chance for your young person to try something new and develop their important career management skills which can help them to make up their mind about what they want to do for a job.

Typically taken as an option choice in S5 or S6, young people spend time out of school at college or with a local employer and they complete their Foundation Apprenticeship alongside their other subjects like National 4s, 5s and Highers.

Most Foundation Apprenticeships give young people a qualification at the same level as a Scottish Higher, with some available at SCQF level 4 or 5.

More information, including what Foundation Apprenticeships are available at your young person's school, can be found on apprenticeships.scot

Q. My child has Additional Support Needs, what support is available?

A. It is really important to talk to your key link person in school about the network of support you and your young person will be able to access. Your school Careers Adviser will be part of that network of support.

There are also useful web links on My World of Work about support available in learning and work:

- myworldofwork.co.uk/funding-and-support/additional-support-for-learning/
- myworldofwork.co.uk/job-advice/additional-support-for-work/
- myworldofwork.co.uk/parents-and-carers/additional-support/

Q. Employment has obviously changed over the years, and it is no longer necessarily expected that someone will remain in the same career during their lifetime, is this reflected in the work you do with students? If so, how?

A. The world of work is changing, and it is very likely that people will have many careers in their lifetime. That is why we support young people to develop their career management skills to give them the skills to help them make decisions now and in the future. We encourage them to learn about the world of work and the various pathways and opportunities available.

It can be useful to think about industries available at this point and the [industry pages](#) on My World of Work will highlight information about the industry as a whole.

Schools also assess and develop their curriculum offer to support students to develop the knowledge, skills and attributes needed for life in the 21st century.

Q. What routes are available after school to gain qualifications and how can I find out more?

A. There are different routes available to gain qualifications after school such as, college, university, modern apprenticeships, graduate apprenticeships and other training options. For many career options there can be more than one route into them and it's important that your young person chooses the route that's right for them. As your young person progresses in school they will get more advice on this.