



PARENT/CARER NEWSLETTER

Summer 2025



Gyrfa Cymru
Careers Wales

For parents and carers of young people in mainstream education

Welcome

This is another busy term for our careers advisers working in schools, and we're here to help you and your child navigate the next steps.

Over the summer, we'll be working to finalise our offer to pupils for the upcoming academic year, using the findings from this year's Career Check survey (we'll share more about that later in the newsletter).

In many schools, year 10 learners will be invited for careers interviews, giving them the chance to start exploring their future options. Meanwhile, we'll continue to work closely with year 11 learners outside of school, supporting those who are ready to take their next step or who need a little more help deciding which path they'd like to follow.

You can find more information in this newsletter about our services and the options available to your child after **year 11**.

We'll be keeping in touch with year 11 leavers over the summer to help them take the next step in their career path. For learners in further education or in years 12 and 13 who are looking for work or training, we're here to help them secure placements and start building their careers.

Our preparations for the next annual national destination survey will begin soon, so you may hear from us as we check in on your child's next steps.

We hope you enjoy this newsletter and find it informative and helpful as you support your child's next steps.

Our achievements

We are proud of our achievements in delivering services to young people in schools. Between April 2024 and March 2025:



40,761

pupils attended
careers interviews



11,532

parents of pupils in
mainstream schools
contacted us for
support



1,704

career group
sessions were
given in schools



44,182

pupils attended
career group
sessions in schools



2,402

employer activities
were delivered in
schools



78,091

pupils attended
employer activities
in schools

Parent Voice

In our spring newsletter we asked parents who were happy to share their feedback and opinions on our services to get in touch by e-mailing parents@careerswales.gov.wales. Thank you to all those parents who got in touch. A consultation survey has now been shared with you.

We would like as many parents as possible to complete the survey (which should take about 5 minutes to complete). Click on the link below to complete the survey:



[Parents Consultation Survey](#)

Thank you!



Career Check

Did you know...?

over 28,000 young people complete our Career Check survey every year.

All schools in Wales are invited to take part in the survey. Pupils are asked a series of questions which help the school careers advisers understand and assess their career management skills. Our careers advisers are currently supporting year 10 pupils across Wales to complete the survey before the end of the summer term.

Please speak to your child and ask them about the survey and maybe discuss some of their answers – maybe they'd like to find out more about some of their career ideas or about some of the options available to them after year 11.

Young people leaving year 11 this summer completed this survey in the summer of 2024. Here is a summary of some of their answers:

The preferred next steps were:

- 1 enter full time education in college
- 2 enter full time education in school
- 3 start an apprenticeship

The overall top 5 preferred occupational choices were (males and females combined):

- 1 Health and medical
- 2 Building and construction
- 3 Engineering
- 4 Leisure, sport and tourism
- 5 No ideas

Analysing the career check results suggests that young people's overall career management skills in Wales are good with evidence suggesting that decision-making and self-awareness are strongest. This helps careers advisers in schools deliver the most appropriate service to meet the needs of young people.

Careers advisers in schools will be analysing the responses of the career check survey over the next few months and will invite your child for an interview in school. It is important to encourage your child to attend their interview so that they can discuss their career ideas in more depth and



Get tips for career conversations and career ideas linked to your child's skills, interests and favourite subjects.



[Explore career ideas with your child | Careers Wales](#)



If you would like to find out more about post-16 options, you can look here.



[Your child in Years 10 and 11 | Careers Wales](#)

The top 5 preferred occupational choices for females were:

- 1 Health and medical
- 2 Hair and beauty
- 3 Childcare
- 4 Art and Design
- 5 Law

The top 5 preferred occupational choices for males were:

- 1 Building and construction
- 2 Engineering
- 3 Leisure, sport and tourism
- 4 No ideas
- 5 Computers, Software and IT

maybe find out more about areas of work which are less familiar to them. Research suggests that young people who attend their careers interviews in school are up to 42% more likely to be engaged in education or training after year 11.



Find out how and why to prepare for a meeting with a careers adviser here.



[Help your child get the most from seeing a careers adviser | Careers Wales](#)

How we can help your child

Real life stories

Aoife, 15, is in Year 11 at school in Port Talbot. She had many interests but was not sure which career to choose.

She said: "I was a little bit lost on what I wanted to do with my career. I had all these passions, and I didn't really know what route to follow."

Aoife considered dentistry, but she was also interested in engineering. She booked an appointment with a careers adviser at her school, Hannah Tossell, to ask for advice.

Support from Careers Wales

Hannah helped Aoife explore her interests in more detail. They looked at careers that fit the subjects Aoife enjoyed.

She said: "She asked me what kind of interests I had, what subjects I enjoyed, and we went through possible careers that I could do with the A-levels I wanted to take."

Aoife looked at the qualifications needed for a career in dentistry. She realised she did not want to study those subjects. Instead, she explored her interest in engineering.

Hannah showed Aoife the Careers Wales website, and she took a careers match quiz. Engineering was one of her top matches, which helped her decide to pursue it.

Aoife shared: "She's [Hannah] very supportive, very lovely. I feel like I can talk to her really easily. She made me feel secure with my choices."

Gaining confidence

Since receiving support, Aoife has gained confidence in her career choices. She has decided on her A-level subjects and feels more motivated about her future.

Aoife said: "I'm quite settled and more focused on my career choices now."



← Aoife's story

With support from a careers adviser, Aoife took a step towards a career in motorsport engineering.

Formula One enthusiast

Since meeting her adviser, Aoife has applied for new opportunities. She has received guidance on building her CV and writing a cover letter. Thanks to her hard work, Aoife was offered a work experience interview. She secured the placement for the summertime related to materials science within motorsport.

Aoife dreams of working in motorsport engineering, specifically in Formula One. She plans to go to university to study engineering or materials science. She would like to study in Ireland, possibly in Dublin or Galway.

She said: "I'm really excited. I can't wait to start working towards my A-levels and my uni degree. It's really opened doors for me."

Summer Events

Careers Wales and Working Wales have a busy summer ahead as we plan to attend the Royal Welsh Show and National Eisteddfod again this summer.

We will have a programme of fun activities and workshops available at each event.

Come to see us at:

- The Royal Welsh Show, Builth Wells, 21 to 24 July.
- National Eisteddfod, Wrexham, 2 to 9 August.

Careers Wales events can be found here:



careerswales.gov.wales/events

Working Wales events can be found here:



workingwales.gov.wales/events



Summer seasonal jobs

What are the benefits of working during the summer for your child?

Here are just five advantages:

1 Work experience

A summer job is an excellent way of getting work experience and boosting their CV for future job applications.

2 Financial independence

Young people, by earning a salary, can learn valuable financial skills such as budgeting and money management.

3 Increasing confidence

Experiencing the world of work and earning a salary can boost self-esteem and self-confidence.

4 Exploring interests and career opportunities

Summer jobs can help young people explore different career paths that might interest them. There also might be opportunities to begin networking for future jobs.

5 Develop skills

Your child can learn to manage their time, set deadlines and be accountable for their work. They can also learn to communicate with their supervisors, customer and co-workers.

Summer seasonal jobs, local and abroad, can be found on our website along with helpful tips on applying for jobs. Employers start to recruit from March onwards.



[Summer seasonal jobs | Careers Wales](#)

Next steps and exam results

Your child might need to make some important career decisions during the summer term.

Your child in year 9

Year 9 marks a pivotal moment in a young person's academic journey as they begin selecting their GCSE subjects. It's a time when they can delve into their passions, discovering what ignites their curiosity and drives their ambition.

The subjects your child chooses may affect the sixth form or college they can attend, what subject, course and qualifications they can do next, what apprenticeships they can apply for and what job they can do in the future.

Your child in years 10 and 11

In years 10 and 11 your child will be busy working towards their first qualifications. During this time they need to think about what they want to do after year 11, attend their careers interview with their careers adviser in school and research their options. Be mindful that application deadlines for college or training placements can be very early in the academic year during year 11, so much of the planning needs to take place in year 10.

After year 11 your child could decide to continue in education, follow an apprenticeship, get a job, apply for Jobs Growth Wales+ training and development or become self-employed. If your child is due to leave year 11 this summer and they're still unsure, get in touch with Careers Wales.

Your child in college or 6th form

Your child will be taking more responsibility for themselves, their work and plans. But your support will still be important as they decide what to do next. After their course your child might be considering further study at college or university, an apprenticeship, self-employment or getting a job.

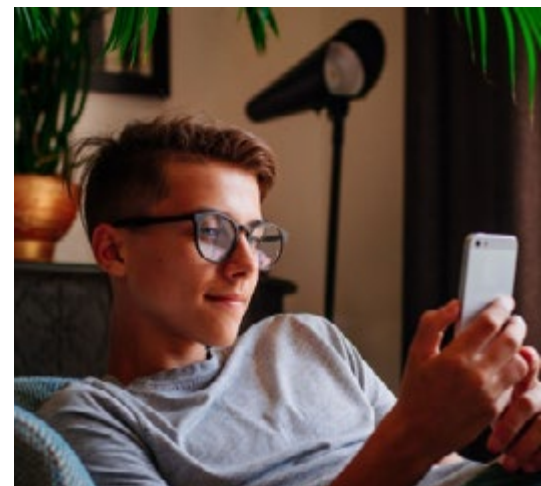
If your child is thinking about university, they should have already started their application by researching options, attending open days and thinking about their personal statement. If they have decided they do not want to progress to university, they may benefit from speaking to their careers adviser. They will also need to find out about application deadlines for options other than university.



[Your child in Years 7, 8 and 9 | Careers Wales](#)



[Your child in Years 10 and 11 | Careers Wales](#)



[Your child in college and 6th form | Careers Wales](#)

Exam Results

Your child shouldn't wait until exam results day to plan their next steps. Having a plan in place for all eventualities, including back-up plans should things not work out, is key to progressing into their next step.

Our careers advisers can help and may be at your school on results day, or you can visit your local careers centre or contact us on webchat, phone or e-mail.

We also have tips on the website to help you and your child.

We're always here to help!



[Your child and their results | Careers Wales](#)



Pupil Destinations

Every year we compile an annual survey of school-leavers on behalf of Welsh Government.

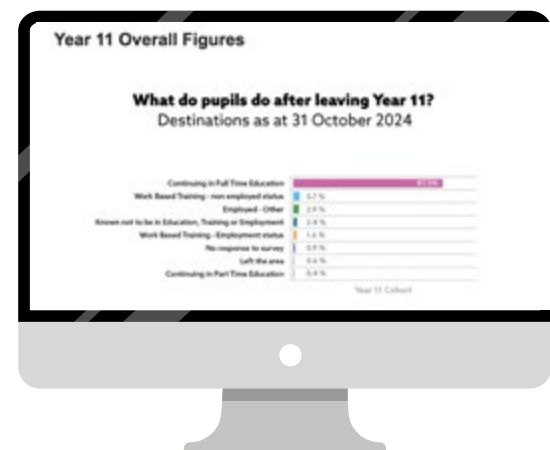
The survey gives a snapshot of the progression routes chosen by young people. They include education, employment and training. The data is always collected on 31 October.

The data collected informs careers staff in their work with young people, parents, teachers, employers and partners.

Pupil destinations by year from schools in Wales can be found here:



[Pupil Destinations | Careers Wales](#)



Careers Adviser

A day in the life

I work at Holyhead High School three days a week. I usually arrive at the school reception by 8:20am. I go to my room and set-up my laptop and tasks for the day. On a Friday I always go to the staff room and walk across with the teachers to the school hall for a school briefing with the headteacher. The headteacher, or member of the senior management team, gives an overview of the week, any planned activities and shares news and updates. This time is crucial to get to know staff members and keep myself up to date with school developments.

Lesson 1 starts at 8:55am. There are three lessons before lunch. I have a list of learners who require careers interviews. I have access to the school system to see who is in school that day and which class they are in. I walk to the different classes to get each learner in turn. This particular morning, I supported three learners. One learner was looking at post 16 options, weighing up if he wanted to go to college or follow an apprenticeship. The second learner was in year 11 and wanted to discuss and look at Copa training as an alternative to college. The third learner wanted to look at doing a last minute application to college, as a back up to sixth form.

During break time today I caught up with the head of year 10. During the summer term all learners in Wales are asked to complete our Career Check survey. It was agreed that I would give a presentation in the school assembly next week with all year 10 learners to run through Career Check with them.

I bring a packed lunch with me to school. I usually eat my lunch in the staff room with the English subject teachers or if the weather is dry, I'll walk down to Newry marina. It's nice to get some fresh sea air!

It's back to careers interviews straight after lunch for the remaining two lessons. Today, I managed to give four careers interviews, giving advice and guidance to learners in year 11. I try to give five careers interviews every day in school.

I finish my day by up-dating our customer management system with all the details from my careers interviews and key actions points for each learner. This is also a time for meetings with teachers in school or colleagues over Teams.



Cari Jones

→ Job Title:

Careers Adviser, Services to Young People

→ Careers Centre:

Holyhead

→ Linked school or college:

Holyhead High School

Best part of my job:

The best part of my job is when I see young people for a guidance interview and they come back to see me to let me know how their college interview went, or they come to say thank you as my input has helped them with their next step. Positive feedback is always the biggest booster to help you know that you're doing your job properly and how important it is!

Book an appointment

Did you know we support adults too? Our Working Wales service provides a wide range of support including accessing training, upskilling, funding, and help with CV writing and interview techniques.

**Cymru'n Gweithio
Working Wales**



[You can book an appointment with a careers adviser here](#)

Working Wales offers free and impartial careers advice and guidance if you are aged 16 or above.

Visit our website to discover the range of ways that we can support you in your next steps:



[Work advice](#)



[Job Bulletin](#)



[Redundancy support](#)



[Apprenticeships](#)



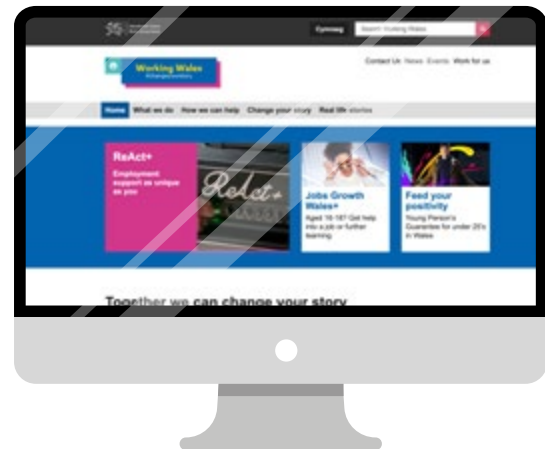
[School leavers](#)



[Young Person's Guarantee](#)



www.workingwales.gov.wales



Contact us



You can contact a careers adviser at school or by phoning 0800 028 4844



We have a Wales-wide live chat facility available via www.careerswales.gov.wales



Email post@careerswales.gov.wales



Drop into one of our [careers centres](#)



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