



PARENT/CARER NEWSLETTER

Summer 2026



Gyrfa Cymru
Careers Wales

For parents and carers of young people in mainstream education

Welcome

We're delighted to welcome you to another busy term for our careers advisers working in schools across Wales. This summer, our main priority is to review the feedback from this year's Career Check survey and use these insights to shape and enhance our offer to schools and pupils in the next academic year. You can read more about the survey findings later in this newsletter.

Many year 10 learners will have the opportunity to attend careers interviews at school during the summer term, helping them to explore their interests and plan ahead. At the same time, we're committed to supporting year 11 learners who are taking their next steps—whether that's moving on to further education, training or employment, or if they're still considering their options. For more details about our services and guidance on your child's choices after year 11, please visit:



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

We'll continue to keep in touch with year 11 leavers throughout the summer, offering them guidance and support as they embark on their next steps. In addition, we're here for learners in further education or years 12 and 13 who are seeking work or training opportunities, by assisting them in finding suitable placements.

Preparations for the upcoming national destination survey are also underway, and you may hear from us as we gather information about your child's plans for the future.

If you're interested in finding out more about the destination survey, information on last year's school leavers' next steps can be found here:



[Pupils Destination 2025](#)



Online Parents' Evenings



Following the tremendous success of the online parents' evening held in north Wales this March, we are pleased to announce that a series of online events will now be available to parents and carers across Wales. These sessions are designed to help you stay informed and actively involved in your child's education and career planning:

- ➔ **June 2026 - Year 10 learners**
- ➔ **September - Post-16 learners**
- ➔ **November - Year 11 learners**
- ➔ **March - Year 8/9 learners**

Our online parents' evenings, hosted via Microsoft Teams, offer you the chance to discuss your child's aspirations and next steps with a qualified careers adviser. Whether you have questions about career pathways, post-16 options, or simply want advice on how best to support your child's decision-making, our team is here to help. Schools will share booking information with parents and carers prior to each event. We encourage you to take advantage of these opportunities to support your child's educational and career journey.



You can also keep informed about these events by following our social media channels:



[Facebook](#)



[Instagram](#)



[X](#)

Supporting young people to make confident choices about their future

Here Amie Field, our Director of Service Delivery, shares more about her journey, the impact of our services, and the help available across Wales.

Amie's journey

I've worked at Careers Wales for almost 20 years, and I've had a wide range of roles across the organisation. I started in careers guidance and worked my way through areas including business engagement and IT, before becoming Head of Services for Young People and, more recently, Director of Service Delivery.

Whatever role I've been in, what has always mattered most to me is the impact we make. Every decision comes back to the same question: what difference will this make for the people using our services?

Support for young people

Every school in Wales has a Careers Wales adviser and every young person is guaranteed the offer of a [careers guidance interview](#) before they leave compulsory education. I would encourage parents to support their child to take up this offer. It gives young people the chance to talk through their ideas, concerns and options with a qualified adviser, at a time when decisions can feel overwhelming.

We work closely with schools to make careers learning meaningful and relevant. This includes group sessions on post 16 and post 18 options, as well as labour market information, which helps young people understand what jobs are available, and which skills employers are looking for. Our employer engagement activities bring people from different industries together with pupils to talk about real jobs, career pathways and how what they are learning in school translates into the world of work. We're also available at parents' evenings, giving families the chance to ask questions and get reassurance.



Amie Field

→ Job Title:

Director of Service Delivery

What careers guidance looks like today

Careers guidance today is very different from what many adults remember. A guidance interview focuses on developing the skills young people need to manage their careers over time.

We explore a young person's interests, strengths and areas they want to develop. We support them to build skills such as confidence, motivation, resilience and awareness of opportunities, and help link these to future pathways. Our role is to help young people feel equipped to navigate that ever-changing world of work.

Support for parents too

Parents play a hugely influential role in the decisions young people make, and we recognise how important that is. [Supporting parents](#) is a priority for us. I'd also like parents to know that Careers Wales support isn't just for young people – adults can access careers guidance themselves through our Working Wales offer.

By working together, we can help young people feel informed, confident and supported as they take their next steps

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 Building and construction
- 2 Engineering
- 3 Health and medical
- 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 Childcare
- 3 Hair and beauty
- 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

With tailored careers guidance, Jude felt understood and positive about his future.

Lucy first became aware of careers guidance when her son Jude was in post 16 education.

Jude, who has additional learning needs, had already met careers adviser Alison through school. Over time, Lucy began to understand just how valuable consistent careers advice and guidance was for her son.

The right support at the right time

As Jude got older and his annual reviews began to focus more on preparing for adulthood, Alison became more involved. This helped everyone build a clearer picture of what would and wouldn't work for Jude.

"Alison quite quickly got the measure of him," says Lucy. "She's got to know that actually he's really outdoorsy. He's not very academic, but he's very practical."

Jude has very clear ideas about what he enjoys and what he doesn't, something Alison respected from the start.

"He'll tell you very straight whether he'll do something or not," Lucy laughs. "So Alison realised quite quickly that she needed to work with what really motivated him."

The importance of listening

One thing that stood out for Lucy and Jude was how carefully Alison listened.

Lucy recalls, **"If he was telling her that he didn't want to do something, she wouldn't push him into it. She actually listened to what he wanted to do and found something that suited him."**

Jude agrees, **"They were good, the sessions. Alison is really friendly and she listens."**

Because Alison understood Jude's love of mountain biking and being outdoors, she focused on



"They were good, the sessions. Alison is really friendly and she listens." Jude

opportunities that matched those interests. After ruling out options that weren't right, including outdoor centres involving water sports, Alison contacted local bike related businesses to explore work experience.

Gaining confidence through work experience

In Autumn 2025, Jude started work experience at Alpkit, an outdoor bike shop. He spent one day a week working alongside a bike mechanic. What began as three weeks, soon turned into five after staff saw how well he fitted in.

"They were really pleased with him," Lucy explains. "They even contacted Alison to say that if they had enough work, he could come back again in the spring."

For Jude, the experience made a real difference. He particularly enjoyed being hands on. "I did learn loads," he says.

"I helped sell a couple of bikes and I washed bikes. I did loads of different stuff. They were also really friendly."

Lucy added, **"He was able to actually do things, he wasn't just standing and watching, I wasn't worried about him there. He felt almost like part of the team while he was there."**

Looking ahead with support and reassurance

While Jude's next steps are still being explored, Alison has continued to help by making contacts with colleges and exploring realistic options that match Jude's strengths and interests. Jude has recently been accepted on to an entry level course at Llysfasi College. Lucy feels reassured knowing they're not navigating the future alone.

"It's difficult when you fall in between - when you're not suited to independent living skills but you're not academic either," Lucy explains. "But it really helps having someone who understands that and is looking out for Jude."

For Lucy, the biggest benefit has been knowing that someone else understands Jude as an individual.



"You've got nothing to lose, really. It's free advice, and they know about things that you don't. It's just nice to have someone else looking out for you."

Lucy, Jude's Mum

Summer Events

Careers Wales and Working Wales are gearing up for an exciting summer, with plans to take part once again in the Royal Welsh Show and the National Eisteddfod. These events offer a fantastic opportunity for young people and their families to engage with careers advisers and discover a range of resources, guidance, and support for their future pathways.

We have organised a lively programme of interactive activities at each event, designed to inspire and inform attendees. Whether you are considering your next steps after school, exploring career options, or simply looking for fun and engaging ways to learn, there will be something for everyone.

We invite you to join us at the following summer events:

➔ **The Royal Welsh Show, Builth Wells, 20 to 23 July**

➔ **National Eisteddfod, Llantood, Pembrokeshire, 1 to 8 August.**

For a full list of Careers Wales events, please visit



[Careers Wales events](#)

For information on Working Wales events, please visit



[Working Wales events](#)

Here are some highlights from previous summer events for you to see what's in store.



Summer seasonal jobs



Why should your child consider taking up a summer job? Here are five key benefits that working over the summer can offer:

1 Gaining hands-on experience

A summer job provides valuable, real-world experience, helping to build your child's CV and boost future job prospects.

2 Developing financial skills

Earning their own wages teaches young people how to budget, save, and manage their finances responsibly.

3 Building self-confidence

Entering the world of work and receiving regular pay can significantly boost a young person's self-belief and independence

4 Exploring interests and career opportunities

Taking on different roles allows your child to try out various industries, discover what interests them, and start making connections for future opportunities.

5 Developing transferable skills

From time management and meeting deadlines to communicating with colleagues and supervisors, summer jobs help young people build essential skills that are valuable in any career.

Our website features a range of summer seasonal job opportunities, both locally and across the UK, along with expert advice on how to apply. Since many employers start advertising positions from March onwards, it's a good idea to encourage your child to begin their search early.

To find out more about seasonal job vacancies and get top tips for successful applications, visit our website. Early preparation is key, so support your child to explore opportunities and submit applications as soon as possible from March onwards.

Navigating Next Steps and Exam Results

The summer term can be an anxious time for learners and their parents/carers as they wait for exam results and navigate next steps. Fiona, a careers adviser based in Gwynedd, shares some top tips.

No matter what grades your child receives, rest assured that there's a suitable pathway into work, training, or further education for them.

In the run-up to results day, reassure your child that you'll be there to support them whatever happens. Remind them that even if things don't turn out as planned, it isn't the end of the world. Take time to discuss their expectations and whether they've considered a back-up plan.

Listen to any concerns your child may have—talking things through can put challenges into perspective. If they're feeling anxious, encourage them to relax and find healthy distractions.

With everyone receiving their results at the same time, it's natural for your child to compare themselves with friends and classmates. Gently remind them that everyone's situation is different, and so are their journeys.

Results day

Reassure both your child and yourself that this is an exciting opportunity to consider the next steps. Help your child feel in control of their decisions. If your child doesn't get the results they hoped for, reassure them that it's okay to take time before making any decisions. Encourage open discussions about possible next steps and remind them to consider all available options. Everyone faces disappointment at some stage—this could be their first time encountering it.

Encourage your child to research the options you've talked about together. Taking responsibility for finding a solution can help build their confidence. Retaking exams may be one option, but if that doesn't feel right for them, there are plenty of other paths to get excited about.

Alternatively, if your child achieves better results than expected, remind them that new and exciting opportunities may now be open to them.



Fiona Soar

→ Job Title:

Careers Adviser

→ Schools:

Ysgol y Moelwyn, Ysgol Godre'r Berwyn, Ysgol Arduwy and Ysgol Bro Idris.

My colleagues and I are always here to help.

If your child's circumstances change or they feel they've chosen a path that isn't right for them, remember that you're not alone. You can always make an appointment with us—we're here to help you both plan the way forward.

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**

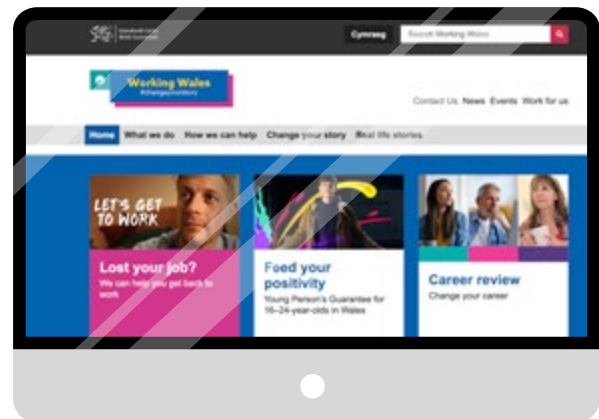
 [You can book an appointment with a careers adviser here](#)

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](#)
-  [After leaving school](#)
-  [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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