



We work for Skills Development Scotland providing career management skills coaching and guidance to students at Bathgate Academy and it's more than likely that they will have encountered us in the careers room, a classroom or the corridor. I very much hope that you and your families are keeping safe, well and optimistic. During these 'unprecedented times' Career Advisers are working from home. Given the uncertain future ahead, it is more important than ever to help young people in the Senior Phase to develop the Career Management Skills to make decisions that are right for them. Please read on to find out what SDS support is available for your child and what actions they could take this summer to continue developing these decision-making skills. Take Care, Rhona Duncan and Emma Dowds

## If Your Child Is Continuing With School:

We may be contacting your child over the summer and beyond to discuss their plans. This is likely to happen by phone or email. You or your young person can also contact us by calling our local office on 01506 434249 or by emailing [rhona.duncan@sds.co.uk](mailto:rhona.duncan@sds.co.uk) or [emma.dowds@sds.co.uk](mailto:emma.dowds@sds.co.uk)

- The summer holidays can give young people time away from school and exam pressure to consider what really interests them. SDS offers a range of tools and information on [myworldofwork.co.uk](http://myworldofwork.co.uk) that can support your child in exploring these interests, learning more about themselves and developing their Career Management Skills to prepare them for the choices that lie ahead.

- In a normal year, the summer holidays would also offer a wide range of opportunities for young people to experience the world of work. Things may be different this summer but there are still ways to get involved through volunteering – find out more at [myworldofwork.co.uk/learn-and-train/volunteering](http://myworldofwork.co.uk/learn-and-train/volunteering)

They should know that many Colleges and Universities are offering Virtual Open Days to support new students in their transition to continuing education. For more information visit [ucas.com](http://ucas.com) and local college websites.

## If Your Child Is Leaving School:

SDS staff are contacting them (via phone, email and text) to confirm their plans and offer guidance. If we haven't been in touch, please contact us using the details below - it may be that the contact details we have are out of date.

SDS are offering School Leaver Webinars each week on a variety of topics designed to help young people leave school successfully. Invites are emailed to school leavers each week and all previous webinars can be found at [myworldofwork.co.uk/school-leaver-webinars](http://myworldofwork.co.uk/school-leaver-webinars).

- Use [myworldofwork.co.uk](http://myworldofwork.co.uk) and [apprenticeships.scot](http://apprenticeships.scot) to explore jobs and courses, find out more about apprenticeships, build a CV, write a personal statement and practice for interviews as well as much more.

- SDS is offering the Exam Results Helpline 0808 100 8000 to support anyone needing help on results day.

Talk to your Careers Adviser – [emma.dowds@sds.co.uk](mailto:emma.dowds@sds.co.uk) or [rhona.duncan@sds.co.uk](mailto:rhona.duncan@sds.co.uk) (send us a telephone number)

Or call our Careers Centre on 01506 434249 to speak to one of our other Careers Advisers