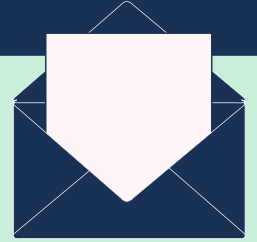


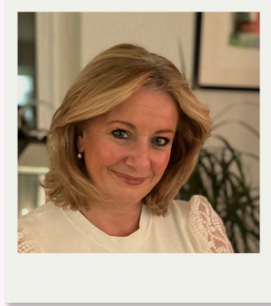
# Brighter Careers Coaching

# SPRING TERM Newsletter



WWW.BRIGHTERCAREERSCOACHING.CO.UK

## ABOUT ME



Hello there!

Welcome to the first edition of our Careers Newsletter! 🙌

I'm Charlotte van den Berghen, Careers Advisor and founder of Brighter Careers Coaching. I provide impartial, student-centred careers guidance to help students make confident choices about their next steps.

This newsletter will land in your inbox every term and is written for both students and parents/carers. It includes careers news, opportunities, events, and practical tips to support students in exploring their future options. Whether your child is just beginning to think about the future or already has a clear direction, I hope you'll find something useful (and interesting!) in each edition.

Thanks for reading, and I look forward to supporting the students throughout the year.

Best wishes,

*Charlotte*



## WHAT'S INSIDE THIS NEWSLETTER ?

- GCSE, post-16 and post-18 choices explained simply
- Apprenticeships, T Levels, college & university pathways
- Career spotlights including psychology, engineering & the British Army
- National Apprenticeship Week and key student opportunities
- Free webinars, careers fairs & employer insight events
- Skills, strengths & employability self-assessment
- Neurodiversity, strengths-based career guidance & support
- Trusted tools and resources to explore next steps with confidence



# SAVE THE DATE

**FEB  
5**

Law FREE Webinar | 6pm



**FEB  
9**

[Online Careers Fair 2026](#)

**FEB  
10**

National Apprenticeship Week



**FEB  
10**

Investment Banking FREE Webinar | 6pm



**FEB  
11**

Technology | FREE Webinar | 6pm



**FEB  
12**

Engineering FREE Webinar | 6pm



**FEB  
16 - 21**

The Future Skills Programme: Careers in STEM

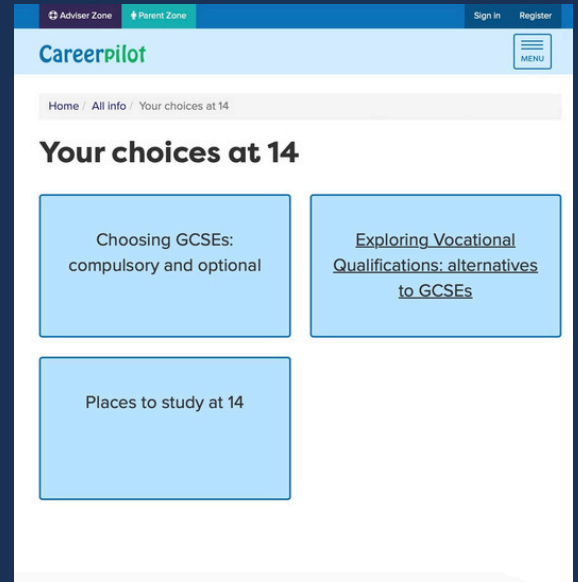


## Your choices at 14

Careerpilot is a trusted UK careers website designed to help young people make informed choices. The section 'Your Choices at 14' clearly explains:

- What you must study – compulsory GCSE subjects everyone takes
- Your options – GCSE choices and vocational qualifications
- Where you can study – school, college or technical pathways
- What suits you best – simple explanations, quizzes and links to explore interests

It's a reliable starting point for students and parents to understand the options available at this key decision-making stage.

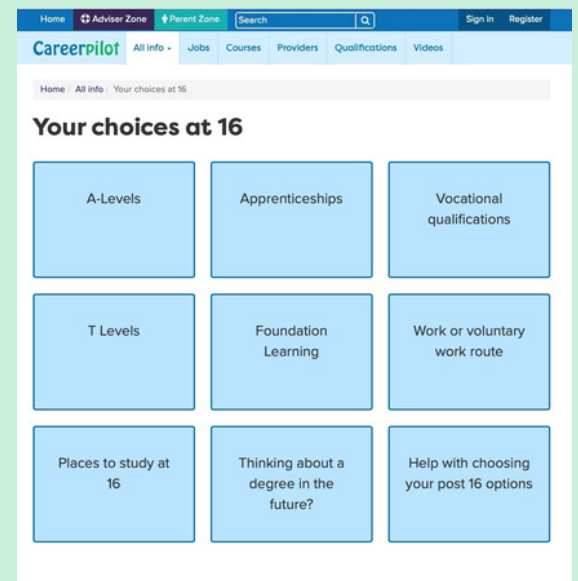


## Post 16 studies

Careerpilot is a trusted UK careers website that helps young people understand their post-16 options. The 'Your Choices at 16' section explains:

- A-Levels – academic routes leading to university
- Apprenticeships – earn while you learn in a real job
- Vocational courses & T-Levels – practical, career-focused study
- Where you can study – sixth form, college or training providers
- Help choosing – simple guidance and tools to plan next steps

It's a reliable starting point for students and parents navigating this important transition.



# CAREERS FOR YOU

## PSYCHOLOGIST

### What they do

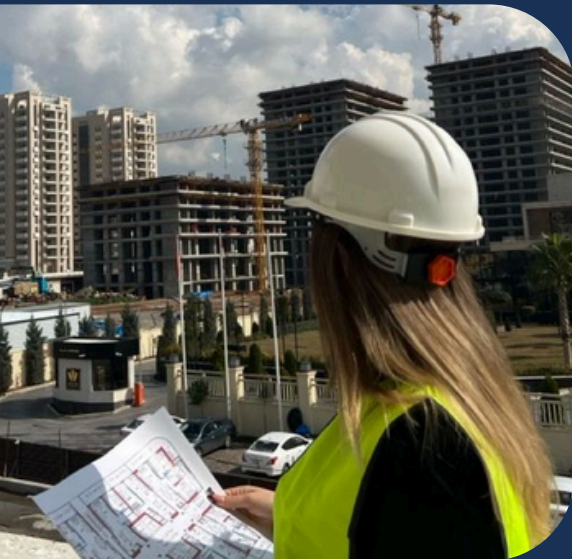
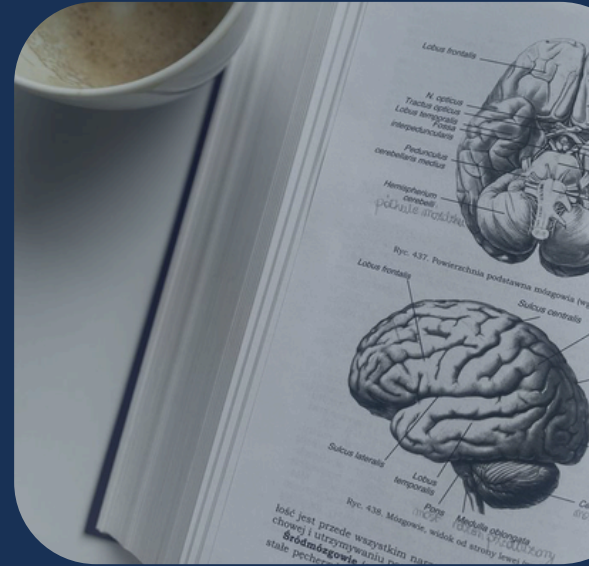
- Support mental health and wellbeing
- Work in schools, hospitals, clinics or private practice

### Qualifications

- Psychology degree
- Postgraduate training
- Registration (HCPC/BPS)

### Skills needed

- Empathy
- Listening skills
- Analysis
- Resilience



## ENGINEER

### What they do

- Design, build and improve systems, products and infrastructure

### Routes into engineering

- Apprenticeships
- University degrees
- T Levels

### Skills needed

- Problem solving
- Maths & Science
- Teamwork
- Creativity

## THE BRITISH ARMY

### What careers are available?

- Engineering & technical roles
- Healthcare & medical support
- Cyber, iT & communications
- Logistics, finance & administration
- Leadership & management pathways

### Routes into the army

- Apprenticeships
- Technical training with recognised qualifications
- Graduate and officer pathways
- Funded training and ongoing development

### Skills

- Teamwork & communication
- Problem-solving and leadership
- Time management & self discipline



# NATIONAL APPRENTICESHIP WEEK

DISCOVER PATHWAYS | BUILD SKILLS | EXPLORE FUTURES

9 - 15 FEBRUARY 2026

National Apprenticeship Week is a nationwide celebration of apprenticeships, bringing together employers, training providers, schools and students to showcase the opportunities available through apprenticeships.

It's a great chance for students to explore real career routes, understand how apprenticeships work, and hear directly from employers and apprentices across a wide range of industries.

## WHY APPRENTICESHIPS?



Earn a salary while learning



Gain real workplace experience



Study towards recognised qualifications



Progress into long-term careers, higher or degree apprenticeships

## THROUGHOUT THE WEEK, STUDENTS CAN ACCESS:

- Virtual events and employer talks
- Apprentice insight sessions and Q&As
- Careers resources, guides and toolkits
- Real examples of apprenticeship success stories

## SKILLS STRENGTHS & EMPLOYABILITY QUIZ

When working in a group, I usually:

1. Take responsibility and help organise tasks
2. Contribute ideas and support others
3. Prefer to work alone

When I have a deadline, I:

1. Plan ahead and manage my time well
2. Usually get it done, sometimes last minute
3. Struggle to stay organised

If something doesn't go to plan, I:

1. Look for solutions and stay positive
2. Ask for help and keep trying
3. Feel stressed or lose confidence

When communicating with others, I:

1. Feel confident sharing my ideas
2. Communicate well once I feel comfortable
3. Find it difficult to speak up

### Your Results

**Mostly first answers:** Strong employability skills

**Mostly middle answers:** Good foundation with room to grow

**Mostly last answers:** Focus on building confidence and skills

# PATHWAYS & ALTERNATIVES

 Explore opportunities and resources via [Amazing Apprenticeships](#) (Includes quizzes and student friendly guidance)

## Apprenticeships

Earn while you learn in a real workplace

- Paid job & training
- Nationally recognised qualifications
- No tuition fees
- Real work experience
- Routes to higher & degree apprenticeships

Perfect for students who want hands-on learning alongside earning



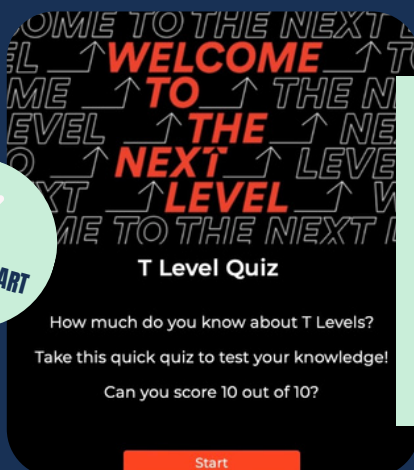
### Which Apprenticeship Am I?

There are over 650 different apprenticeship standards across England, which cover more than 1700 different job roles.

Can you guess which apprenticeship we are describing and match them up to the correct answer?

If you see any apprenticeships you like the sound of, be sure to make a note of them so you can research them later!

[Start](#)



## T Levels

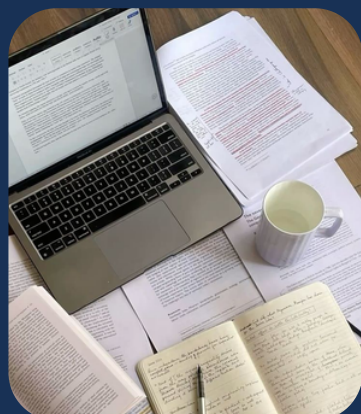
Hands-on courses with real industry experience

- Equivalent to 3 A Levels
- Classroom learning & industry placement
- Designed with employers
- Great preparation for work, apprenticeships or university

## University Degree

In depth study of a subject you enjoy

- Study at university level
- Wide range of subjects & careers
- Develop specialist knowledge & skills
- Pathway to graduate jobs and further study



## College

Flexible routes into work or further study

- Vocational & academic courses
- Levels 1-3 (Including BTECs & Diplomas)
- Build skills for specific careers
- Can lead to apprenticeships, T Levels or University

# NEURODIVERSITY & CAREERS

*Everyone thinks, learns and works differently - and that's a strength, not a weakness. Whether you're diagnosed, exploring, or simply recognising these traits in yourself, understanding how different minds work can help you make more confident career choices.*

*Careerpilot offers clear, supportive guidance focused on strengths, talents and values, helping young people see how they can thrive in education, training and future work.*

Many people with ADHD bring creativity, energy and original thinking to what they do. When supported properly, these strengths can really shine.

- Strong creativity and idea-generation
- High energy and enthusiasm for tasks they enjoy
- Ability to think differently and solve problems
- Resilience and adaptability
- Thrive in fast-paced or hands-on environments

Careerpilot



*Careerpilot - I want my ADHD strengths to be valued*

People with Autism often have unique talents that are highly valued in education, training and work when matched to the right environment.

*Careerpilot - I want my autism talents to be valued*

Careerpilot



- Excellent focus and attention to detail
- Logical, honest and reliable approach
- Strong specialist interests and knowledge
- Preference for clear structure and routines
- High standards and consistency in work

# EXPERIENCE FOR STUDENTS



## Get Into Business & Accounting - Virtual Event

Hear from global employers & explore apprenticeship pathways | Year 11, 12 & 13

Online zoom session | 12<sup>th</sup> Feb 2026 | 5:00pm - 6:30pm

Talks from leading global employers, workshops by sector & organisation, learn about apprenticeships, graduate roles & 'earn while you learn' options

Employers include:

KPMG | BDO | Grant Thornton | RSM | CIMA | Fidelity



## British Airways - Student Events

Explore BA | Year 10 and above

Engineering Insight Day | 25<sup>th</sup> March 2026

Focus on engineering and behind the scenes work at Heathrow

BA Work Experience Placements | April - July 2026

3-5 day placements available, giving hands-on experience in different areas like airport operations, business functions and engineering at Heathrow and other UK locations (London, Cardiff & Glasgow)



## HSBC National Apprenticeship Week - Student Events

Hear about apprenticeship programmes at HSBC | Year 11 and above  
| Students under 16 must be accompanied by an adult

Birmingham open evening | B1 1HQ

10<sup>th</sup> Feb 2026 | 6:30pm - 8:00pm

Leeds open evening | LS9 81FD

11<sup>th</sup> Feb 2026 | 6:30pm - 8:00pm



## King's College London - Medicine & Dentistry series 2026

Online via Zoom | Start 24<sup>th</sup> March | 5:00pm - 6:30pm

Apply by 9<sup>th</sup> February at 2:00pm

Application form:

<https://app.onlinesurveys.jisc.ac.uk/s/kings/kings-college-london-medicine-and-dentistry-lecture-series-26>