



Careers & Employability Newsletter

Welcome back!

Students at Market Field College took part a VIY WE placement last month. The Inclusion Ventures Project hashtag is #dosomethingconstructive and our students certainly did so - helping to improve a community space in Jaywick while also gaining an Entry Level 3 City & Guilds accreditation.

More opportunities are going to become available to visit work places and gain valuable experiences for our students - especially as we begin to collaborate with 'Ductu Opportunities'.

Some of our students in years 9, 10 and 11 will have begun completing their Vocational Profiles - an excellent way to gain insight into our students aspirations for the future. Ask them all about it at home to get the 'what next' conversations flowing!

Any job - Better job - Career

In each Newsletter, a member of staff will be highlighted - sharing their ABC. I, of course, had to start with Gary Smith who introduced me to the concept.

Any job - Mr Smith started his working life delivering newspapers before moving on to selling newspapers outside of West Ham's stadium. He also worked as a cleaner and a delivery driver.

Better job - Started working as a Play Leader in the parks of East London.

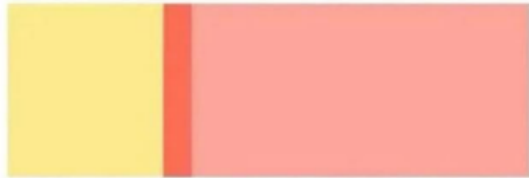
Career - Mr Smith trained as a teacher, working as a PE teacher to start. He was promoted and moved into Special Education before finding the world of Market Field in 1989 - he is currently the executive Headteacher of Market Field and the CEO of Hope Learning Community Trust.



Gary Smith



Employability Skills - Emotional Regulation & Resilience



don't let one setback color your day

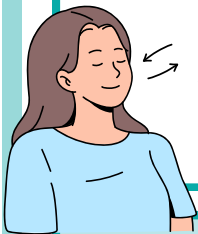


pause and feel it, then — keep going

Perhaps one of the trickiest skills to master is emotional regulation and more specifically, resilience. Many people will spend their entire life learning how best to regulate themselves as well as actively working to use a variety of strategies to stay calm when faced with difficult situations.

The ability to continue on despite a set back or two is a vital skill for anyone to have - especially in the work place! Our staff do exceptional work with the students to encourage the development of these skills.

What strategies do you use to help with emotional regulation? I'm a fan of using calming breathing techniques!



I really appreciated the message shared in the graphic to the left. 'Pause and feel it and then keep going.'

Worth Having a Look...

The Careers page on the BBC Bitesize website has some really interesting information and advice tailored for young people. I found particular value in the articles on CVs, applications and skills.



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Career toolkit: How do I write a great CV?



Career toolkit: How do I write a great cover letter?



How to prepare for an interview



Five top tips for acing online interviews



Application and interview tips

<https://www.bbc.co.uk/bitesize/careers>