

**Who we are and how  
we support your  
young person.**

# We are Scotland's career service



SDS careers advisers are professionally qualified experts



We are in every state secondary school supporting young people make the best career choices



We also deliver services from SDS centres and community venues, run a national freephone helpline, and we are the ones behind Scotland's career website, My World of Work



# How we support your young person in school

SDS are in schools to help young people understand the world of work.

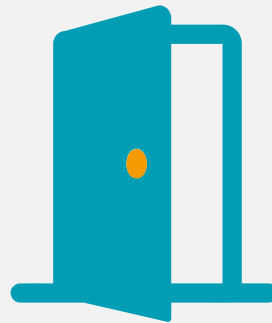
We help them develop and use their career management skills as they move throughout school.

We do this through our online service, My World of Work, and in person through our careers advisers.

**Young people may meet their school careers adviser...**



**In group sessions**



**At drop-in sessions**



**At one-to-one appointments**

# Support and conversations we may have in school

## SDS careers advisers might speak to your young person about:



Finding out about their self, strengths and skills



Routes into careers including apprenticeships



Making decisions such as option choices



Building and developing networks



Different types of careers and how to research them



Help with creating CVs



Developing the types of skills that are useful in a job



Making applications and applying for courses

# Introduction to career management skills



# Meta-skills

## Self-management

Focusing



Integrity



Adapting



Initiative



## Social Intelligence

Communicating



Feeling



Collaborating



Leading



## Innovation

Curiosity



Sense-making



Creativity



Critical thinking



# Say hello to a wide world of career choices

Explore roles, develop your skills and get the right job for you.





# Parents and carers

You're a big influencer in your child's life – use our advice and tools to empower them, whatever stage they're at.

## Here are some ways you can **support your child**



### Start with a career conversation

Discover how My World of Work can help you chat to your child about their career.

[View article →](#)



### Look after your child's mental health

A helping hand with your child's wellbeing. Find free helplines and expert online guidance.

[View article →](#)



### Additional support for you and your child

Find sources of help and advice for parents, carers and anyone who needs additional support.

[View article →](#)



### How to help your child get work experience

Discover how you can support your child get a taste of the working world.

[View article →](#)



### A guide to Option Choices

Help your child get career inspiration. Show them where the subjects they do could take them.

[View article →](#)



### Support your child as they leave school

Read top tips on how you can help and use our handy resources.

[View article →](#)



## Welcome to your strengths report

Use the report to learn what you're good at and discover how your strengths could help you at work.

### Strengths you use **often**

These are strengths you use regularly – they come naturally to you. Choose each strength to find out what it means.



Resilience

[More info](#)



Responsible

[More info](#)



Decision Maker

[More info](#)



Supportive

[More info](#)



Moral Compass

[More info](#)

## Unleash your personality with **Animal Me!**

Take our personality quiz and learn about the things you're good at and jobs which may suit you. It only takes a few minutes. At the end, you'll find out which of our animal friends is most like you!



[Try Animal Me](#)

### About **Animal Me**

Animal Me is based on the most popular personality test in the world



Our Animal Me personality quiz was developed by My World of Work partner David Hodgson.

Complete four short multiple-choice questions.

You'll get a report to help you understand what you're great at – and how to be even better.

Learn about how you work with others and which jobs may suit you.

## Achievements Library

All achievements

Best of board

### All achievements



Completed Harry Potter Lego ship

[View achievement →](#)



Completed Guitar Tutorial

[View achievement →](#)



Completed my LMI project for school

[View achievement →](#)

Viewing 13 of 3 results

< 1 >

# Exploring options on My World of Work

Home > Tools and guides > Option Choices > Select

## Explore your options

Using our search you can choose up to 6 subjects — including a Foundation Apprenticeship if you're going into S3 or above.

Enter your subjects

6/6 selected

Art and Design (Design) X PE (Physical education) X

Sociology X Statistics X Mathematics X English X

Clear selection

278 results

### Filters

Update results

#### Job categories

- Education and training (32)
- Computing and ICT (26)
- Engineering (24)
- Print and publishing, marketing and advertising (24)
- Financial services (23)
- Science, mathematics and statistics (19)
- Administration, business and management (18)
- Construction and building (14)
- Performing arts and media (4)
- Sport and leisure (3)

#### Trade union official

English Sociology See more subjects

Try to get employers to improve pay and working conditions for members of your union.

[View job profile](#)

#### Operational researcher

Sociology Statistics See more subjects

Find better ways for businesses and organisations to work and achieve their goals.

[View job profile](#)

#### Market research executive


English Mathematics See more subjects

Home > Search job profiles > Job profiles > Data scientist

## Data scientist

Find patterns in raw data to help solve problems or make predictions.

About the job Top skills Getting in



### About the job

#### Salary

Source: LM for All

Weekly	Monthly	Yearly
	<b>£1,100</b>	
	Average	

**5,500** people are currently employed

**High growth** 300 more jobs in 5 years

### What it's like

Businesses use data analytics to improve decision making. It's how organisations get a better understanding of their customers or work out product trends.

For example, think about flight prices. Airlines put prices up during busy times when lots of people want to fly. During quieter times, they lower them to attract customers. Data science helps inform these decisions.


You'd collect and analyse large amounts of raw data from a range of sources like surveys, analytics or cookies on a website. Then you'd look for patterns or insights using different methods. For example, algorithms, data mining, artificial intelligence, machine learning and statistical tools.

You'd then present your results to help make predictions or find solutions to problems.

Home > Industries

## Industries


Explore some of Scotland's growing industries and find the career that's right for you.



### Agriculture, forestry and fishing

Discover opportunities to feed the country through sustainable food production.


[View industry](#)



### Chemical sciences

Join the industry that makes life-saving drugs and fuels of the future.


[View industry](#)



### Construction and built environment

Learn about the building industry, which lies at the heart of Scotland's economy.


[View industry](#)



### Creative

Got big ideas? Put them into practice as a producer, sound engineer or designer.


[View industry](#)



### Digital technologies

Build modern skills that'll make sure you're permanently in demand.


[View industry](#)



### Energy

Find your place in the energy industry — one of Scotland's biggest economic sectors.


[View industry](#)



### Engineering and manufacturing

Engineers are creative and hands on. They design, create, test and improve products.


[View industry](#)



### Financial services

This diverse industry offers jobs from accountants, to IT staff and marketing officers.


[View industry](#)



### Food and drink

Scotland's food and drink is known and loved across the world. The part of it.


[View industry](#)



### Green

As more industries switch to low carbon models, every job has the potential to become greener. Our Career Skills Workplace Academy will show you what makes an industry 'green'.


[View industry](#)



### Healthcare

If you take on helping others, a career in this industry is a natural choice.

[View industry](#)



### Life sciences

Scotland is at the global forefront of life sciences. Discover how you can get into this exciting.

[View industry](#)

# Option Choices

How the 'Big Five' can help



What do they  
enjoy?

1

What are they good at?



2



**Think about how  
they like to learn**



**3**

**What do other  
people think?**



**4**

A stylized illustration of a woman with long brown hair, wearing a white business suit jacket, a purple and white striped tie, and black pants. She is holding a magnifying glass over a winding, grey road with white dashed lines. The background is a solid purple color. A white speech bubble is positioned above the road, containing the text "Think about where these choices may take them".

**Think about where these choices may take them**

**5**

# Understanding Scottish Qualifications

## THE SCOTTISH CREDIT AND QUALIFICATIONS FRAMEWORK

This Framework diagram has been produced to show the mainstream Scottish qualifications already credit rated by SQA and HEIs. However, there are a diverse number of learning programmes on the Framework, which, due to the limitations of this format, cannot be represented here. For more information, please visit the SCQF website at [www.scqf.org.uk](http://www.scqf.org.uk) to view the interactive version of the Framework or search the Database.



SCQF Levels	SQA Qualifications		Qualifications of Higher Education Institutions	Apprenticeships & SVQs
12			Doctoral Degree	Professional Apprenticeship
11			Masters Degree, Integrated Masters Degree, Post Graduate Diploma, Post Graduate Certificate	Graduate Apprenticeship Professional Apprenticeship SVQ
10			Honours Degree, Graduate Diploma, Graduate Certificate	Graduate Apprenticeship Professional Apprenticeship
9		Professional Development Award	Bachelors / Ordinary Degree, Graduate Diploma, Graduate Certificate	Graduate Apprenticeship Technical Apprenticeship SVQ
8		Higher National Diploma	Diploma Of Higher Education	Higher Apprenticeship Technical Apprenticeship SVQ
7	Advanced Higher, Awards, Scottish Baccalaureate	Higher National Certificate	Certificate Of Higher Education	Modern Apprenticeship SVQ
6	Higher, Awards, Skills for Work Higher			Modern Apprenticeship Foundation Apprenticeship SVQ
5	National 5, Awards, Skills for Work National 5			Modern Apprenticeship SVQ
4	National 4, Awards, Skills for Work National 4	National Certificate	National Progression Award	SVQ
3	National 3, Awards, Skills for Work National 3			
2	National 2, Awards			
1	National 1, Awards			



# Options available after school

There are lots of routes available after school.

Making learning and career choices isn't just one step - it is many steps but remember there is no wrong path.





# Staying on at school

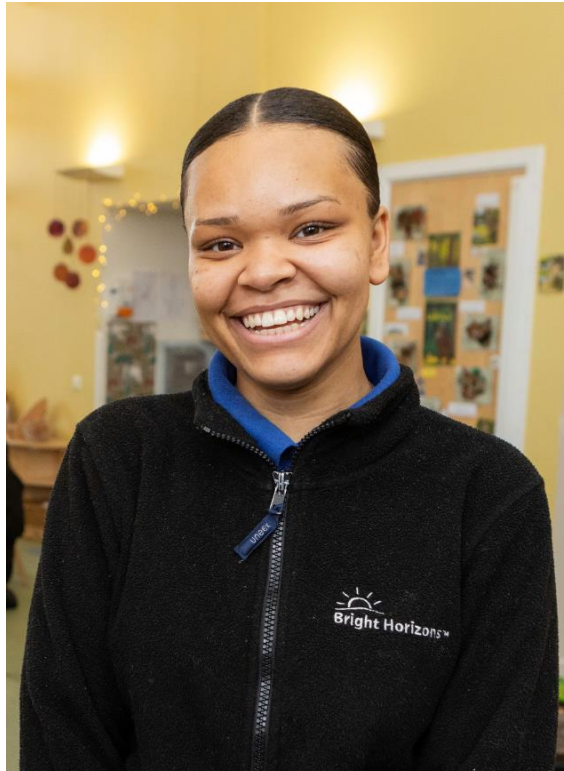


**Some young people may be considering staying on at school.**

**It's important to assess what their timetable would look like and what they are going to get out of going back to school.**

# Scottish Apprenticeships

There are three types of Scottish Apprenticeship



**Foundation  
Apprenticeships**



**Modern  
Apprenticeships**



**Graduate  
Apprenticeships**



# Going to college

**If your young person is keen to continue learning after school, college can be a great option.**



# Going to university

**One of the progression routes after school or college is university**



# Straight into work

**Some young people might be keen to enter straight into employment.**

**We can support people with creating CVs, job search and interview preparation.**





# Self-employment

**Another option is to be your own boss, there is a section on our My World of Work website all about this, and it also signposts to other organisations that can be helpful.**



# Volunteering

**Volunteering can be a great next step for your young person to develop skills, experience and confidence.**

**It can also help them understand if that type of work is the right thing for them.**



# Other training options

**Other options are available to develop skills, experience and confidence.**

**The types of training courses and eligibility will vary locally, so it's best to speak to myself or another SDS careers adviser to find out what's available.**



# Round up of options

We always encourage young people to have a back-up plan, which will help keep them on course.



A photograph of two men in a computer lab. One man is sitting at a desk with a computer, and the other is leaning over him, looking at the screen. The screen displays a website with the heading "Welcome to My World of Work" and three images. The man at the desk is wearing a black long-sleeved shirt and has a tattoo on his neck. The man leaning over is wearing glasses and a dark shirt. The background shows other computer monitors and a blue banner on the wall.

# Support available after school

# How can you support your young person?



Talk through all of their options



Explore the information and tools on My World of Work together



Encourage them to talk about what they are good at and enjoy



Reassure them



We are here to help you both

**Any  
questions?**







Skills  
Development  
**Scotland**

**Thank you**