



# Longridge High School

Excellence and ambition from all, for all

## National Careers Week at LHS

National Careers Week (NCW) is a one-week celebration of Careers Education, information, Advice and Guidance (CEIAG) offered in school. Our aim is to raise awareness of career pathways and equip pupils with knowledge so they can make informed choices in regard to further education, training and employment.

### NATIONAL CAREERS WEEK 2025

We hope all of our pupils from Years 9 & 10 enjoyed the activities and that they have furthered their knowledge and understanding of certain types of careers, the pathways that can be followed and where to get advice or guidance, other than at school.

If anyone has any questions about CEIAG (Careers Education, Information, Advice and Guidance) at Longridge High School, please do not hesitate to contact Mr Wright or Ms Lovatt.

Thank you for participating!

All the activities that were planned for National Careers Week, and that go on throughout the year that are careers related, help us to achieve the Gatsby Benchmarks. These benchmarks, 'The Good Career Guidance Benchmarks', have been adopted as part of the Government's careers strategy for schools and colleges to ensure every young person receives high-quality career guidance to make informed decisions about their future. Each benchmark is outlined below and shows what we must provide to ensure that our provision meets the standards.

### THE GATSBY BENCHMARKS



A Stable  
Careers  
Programme



Learning from  
Career &  
Labour Market  
Information



Addressing  
The Needs of  
Each Pupil



Linking  
Curriculum  
Learning  
to Careers



Encounters  
with Employers  
& Employees



Experiences  
of Workplaces



Encounters  
with Further &  
Higher  
Education



Personal  
Guidance

# Achieve Your Dreams

## National Careers Week for Year 9 & 10

Year 9 & 10 had a range of different workshops relating to different careers, from Bridge the Gap, Pillars of Growth, Northwest Ambulance, how to write a CV and interview techniques.

The Lancashire Enterprise Partnership have identified six sectors which are growing and developing within our region. This means that the industries within these sectors will require lots of new skilled people over the coming years, and you could be one of them! The sectors they highlighted are Advanced Manufacturing, Digital, Energy and Low Carbon, Food and Agriculture, Health & Tourism, Culture and Place.

# FUTURE

Future U is a collaborative project bringing together universities, colleges, schools and businesses from across Lancashire. Future U ran sessions for National Careers Week.

Future U is all about empowering learners with the knowledge and opportunities to succeed. Through our engaging programme of events and outreach activities, we aim to help learners overcome any barriers to their progression. Future U is part of the Office for Students Uni Connect Programme, which supports learners to progress onto Higher Education (HE) in areas where it has been identified HE participation of learners is much lower than expected. Future U is committed to this goal and has links with local HE and FE (Further Education) providers across the county, as well as community networks. We have developed a programme of engaging outreach activities and events to help learners gain sustainable skills which will lead to progression, employment and drive prosperity; something which is key to Lancashire's future.

**Future U came to Longridge High School to support us in National Careers Week.**

# FUTURE

## Interview Preparation

Year 10s looked at different interview formats and key considerations when preparing for an interview including how to create a positive and professional impression on potential employers or education providers.





Dave, Ellyce and Tina from Preston College came to Longridge High School to run a C.V. Workshop to our Y10s in National Careers Week.

# PRESTON COLLEGE

## What is A CV?

A CV is a one- to- two-page document that lists your work experience, training and education. A potential employer can see your CV to find out if you have the right experience for the job.

## PERSONAL PROFILE

This is the first information that the employer will read about you:

- ✚ Needs to be too concise and attract the reader's attention.
- ✚ Written in the third person (e.g. A highly motivated individual who has recently completed their GCSEs).
- ✚ Should be about 5 lines long.
- ✚ Focused on what you are applying for and justify your suitability for a job.
- ✚ Try to include a long-term goal that links to what you are applying for.

**A confident individual, a good team player and can take the initiative to get on with tasks. Works well under pressure and capable of organising time accordingly. Always willing to learn new skills and can adapt to different working conditions. Provided with the correct opportunity can become an asset to any firm or company.**

**A keen employee who has developed good communication skills through active participation in group work at school/college. A friendly and approachable person with previous work experience that has developed personal skills to communicate effectively with people from a wide variety of backgrounds. Likes to use skills and qualifications to make a positive contribution to the place of work and gets on well as part of a team.**

# PRESTON COLLEGE

Get prepared for life at Preston's College by using our fantastic **NEW Careers Coach** website!

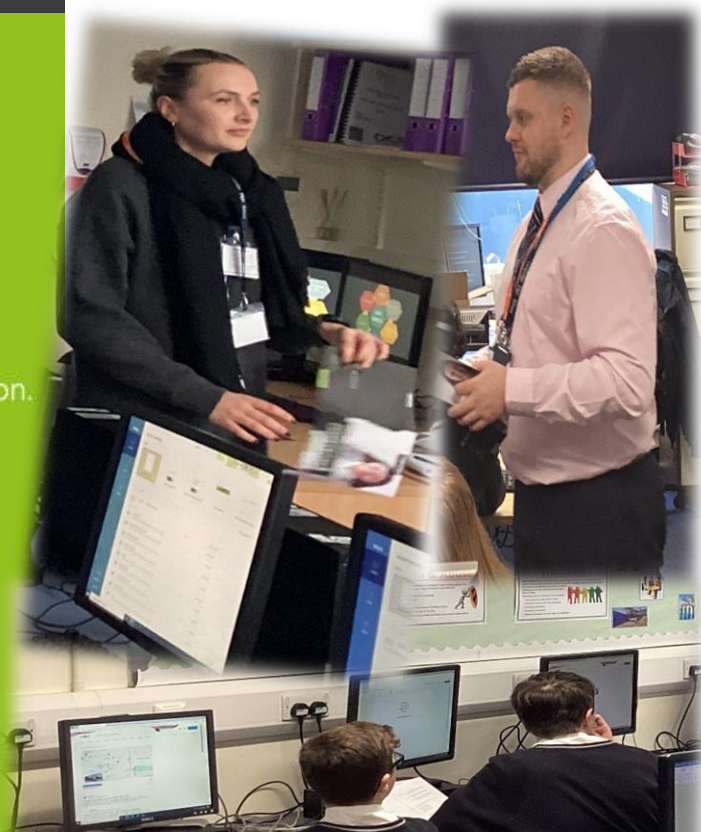
We have invested in this website for the future of our learners, to help them with their next steps.

Here are just a few of the things users can do:

- > Search careers, wages and local jobs.
- > Search up to date and thorough Labour Market Information.
- > Use our CV Builder to create a detailed CV for jobs, apprenticeships and work experience.
- > Take our Careers Coach assessment if you are unsure of what career path or college course to take.

To access the website, visit : [preston.emsicc.com](http://preston.emsicc.com)

Our Careers team will guide you through your next steps. You can contact them by emailing: [guidance@preston.ac.uk](mailto:guidance@preston.ac.uk)



As part of the National Careers Week Y9 pupils took part in a one-hour challenge – ‘Bridge the Gap’. The box of resources, which was presented by Preston College was aimed at pupils in year 9 to try and encourage them to find more out about STEM Skills, undertake ‘hands on’ challenges and explore the local opportunities for their future careers. The session was based on the *City Deal*, a once-in-a-lifetime funding programme to transform Central Lancashire. Pupils considered the range and opportunities a career in the construction sector provides by putting them in the role of engineers building a bridge; pupils used Lego to design, build and evaluate their constructions.

# PRESTON COLLEGE



**Construction is.....**

**‘The action of building something, typically a large structure.’**

**FACT: Over 17,000 new homes are currently being built in conjunction with the City Deal in the local area and is set to rise to 30,000 in the next 10 years**

**Civil Engineering is ..... ‘everything you see that’s been built around us. It could be about the roads or railways and is called the infrastructure of an area’.**

**Example: The Civil Engineer was working on the new bridge over the river**



## ‘Bridge the Gap’ Challenge: -

### Instructions:

- ✚ **Group**
- ✚ **Project Manager/ Architect/Labourer/Bricklayer/Structural Engineer**
- ✚ **Spend 10 minutes calculating and planning how many bricks you require to build a 50cm bridge/ Costing/ Drawing/ Bridge Design.**
- ✚ **15 Minutes to build your bridge.**
- ✚ **The bridge must be freestanding between two tables.**
- ✚ **Complete the costing sheet.**
- ✚ **Penalty fine of £1500 for time delay or bridge collapsing under weight.**
- ✚ **The group with the most cost effective and strongest bridge wins.**





Yvette & Peter from North West Ambulance Service supported us in National Careers Week, they ran a Workshop on CPR/AED awareness. Yvette spoke in great depth about lifesaving techniques that anybody can perform.

### Life Saving Advice

If someone is unconscious and not breathing normally, call 999 and start CPR straight away. When you call 999 for an ambulance, you should be given basic life-saving instructions over the phone, including advice about CPR.

### CPR on adults

If you have been trained in CPR, including rescue breaths, and feel confident using your skills, you should give chest compressions with rescue breaths. If you're not completely confident, attempt hands-only CPR instead.

**Hands-only CPR** - To carry out a chest compression:

- ✚ Kneel next to the person and place the heel of your hand on the breastbone at the centre of their chest. Place the palm of your other hand on top of the hand that's on their chest and interlock your fingers.
- ✚ Position yourself so your shoulders are directly above your hands.
- ✚ Using your body weight (not just your arms), press straight down by 5 to 6cm (2 to 2.5 inches) on their chest.
- ✚ Keeping your hands on their chest, release the compression and allow their chest to return to its original position.
- ✚ Repeat these compressions at a rate of 100 to 120 times a minute until an ambulance arrives or for as long as you can.

**Child CPR.** Due to their different physiology, bone density and musculature, child CPR should be practiced on children up to the age of 8. Chest compressions should be much gentler, compressing the chest 3-4 cm. For small children, only use one hand to perform chest compressions.

**An AED is used to help save the life of someone experiencing sudden cardiac arrest.**

The AED protocol has seven basic steps:

- ✚ Check unresponsiveness.
- ✚ Call 999 and retrieve the AED.
- ✚ Open the airway and check for breathing. ...
- ✚ Check for a pulse. ...
- ✚ Attach the AED electrode pads.
- ✚ Analyse the heart rhythm. ...
- ✚ Press the "shock" button, if advised.



# JOB OF THE WEEK

## CARDIOLOGIST

Paediatric cardiologists work with children and this is a separate specialty.

You'll work with adult patients to treat ongoing, long-term illnesses or will respond to emergency, potentially life-threatening situations. Conditions you will encounter include:

- ✚ Angina
- ✚ Arrhythmias
- ✚ Cardiomyopathy
- ✚ Congenital Heart Disease
- ✚ Disease Of The Arteries
- ✚ Heart Attacks
- ✚ Heart Murmurs
- ✚ Oedema.
- ✚ Working To Improve Survival Rates
- ✚ Improving Quality Of Life.
- ✚ Disease Prevention.

Cardiologists are doctors who diagnose, assess & treat patients with diseases and defects of the heart and blood vessels (the cardiovascular system).

**When you get your first paid doctors' job, you can expect to earn around £28,00 per year. When you have finished your training, you can earn anywhere between £41,000 and £77,000 per year.**

Cardiologists often work irregular hours and are frequently on call at the weekend. You need to be flexible as hours can be long.

Cardiologists typically spend around 75% of their time per week on direct clinical care. The rest of the time is spent on support activities such as meetings, providing advice to colleagues in other areas of specialism, clinical research and teaching.

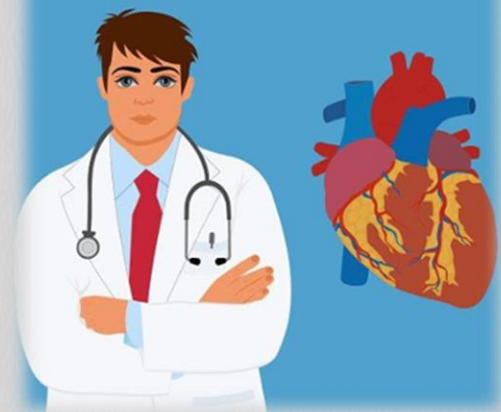
To qualify as a cardiologist, you'll first need to complete a degree in medicine. This usually takes five years to complete.

You will need:

- ✚ Able to make quick decisions and remain calm in stressful situations.
- ✚ Focused on attention to detail in mentally complex situations.
- ✚ Comfortable working in a fast-paced and pressurised environment.
- ✚ A good problem solver with an analytical mind.
- ✚ An excellent communicator who is able to understand and empathise with your patients and colleagues.
- ✚ Confident in your skills, knowledge and ability.
- ✚ Assertive and a good motivator and leader.
- ✚ An excellent team worker.
- ✚ Persistent in the face of challenges.
- ✚ Emotionally resilient when working in challenging situations.



## CARDIOLOGIST



[Cardiologist job profile | Prospects.ac.uk](#)