



CAREERS WELCOME BACK!

My name is Mrs Clarke-McDermott and I am the Careers Leader at Newstead Wood School. I am delighted to welcome both new and returning students and families to another exciting year of careers education, information, advice and guidance.

Our careers programme is designed to help every student develop the knowledge, skills and confidence needed to make informed decisions about their future. Our

Full programme can be viewed on the sschool website. Click to view our

[Careers Programme](#)

Each week I will send out a careers newsletter which will share what is upcoming in careers, subject and career exploration, labour market information and an opportunities page. Please keep checking this for career skills workshops, webinars and employer-led industry sessions – all designed to help students build career confidence and explore future pathways.

There are also many ways for students, parents/carers, employers and alumni to get involved, and I look forward to working with you throughout the year to support our students' future aspirations.

If you have any questions or would like to discuss careers opportunities, please feel free to get in touch:

jclarke-mcdermott@newsteadwood.co.uk

Careers Office: Second Floor, next to the Library

I look forward to supporting our students on their career journeys this year.

Mrs Clarke-McDermott

Careers Leader



Mrs Clarke-McDermott

Work Wednesday - Can you help?



WE'D LOVE YOUR SUPPORT!

We're inviting volunteers to speak with students during our weekly Work Wednesday sessions. Whatever your profession, we'd really encourage you to consider getting involved.

If you'd like to learn more about how these sessions work, please take a look at the [leaflet](#). To check availability or book a slot, feel free to email jclarke-mcdermott@newsteadwood.co.uk directly.

What to expect in the year ahead!

University Visits

World Of Work Wednesday



Oracy Workshops

Mock Interviews

Speed Networking



Employer Encounters

Careers PSHE



National Apprenticeship Week

Work Experience

Career Insight Days



Year 7 workshop

On Wednesday 23rd September Year 7 will be taking part in the Talk the Talk – Talk About Transition workshops.

During the workshop students will:

- Create an individual transition profile
- Talk about how they feel when starting their new school
- Be partnered with a new friend – and each will interview and then introduce their partner to their peers with a structured talk
- Identify what they see as the opportunities and challenges facing them in their new school
- Work within small groups to present a structured talk about these opportunities and challenges and suggest the means to embrace and overcome them
- Identify their goals for the coming year in their new school and present a structured talk to their peers about them



TalkTheTalk
CONFIDENT COMMUNICATION FOR LIFE



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EXPLORE.
PREPARE.
SUCCEED.

WELCOME TO UNIFROG!

Your one-stop shop for exploring your future and making the right choices.



LOGGING IN FOR THE FIRST TIME

1 GO TO THE WEBSITE

Visit unifrog.org



2 CLICK 'SIGN IN'

Click the 'Sign in' button in the top right corner.

Sign in



3 SELECT 'STUDENT SIGN IN'

Choose 'Student sign in' from the options.



4 ENTER YOUR DETAILS

Enter your school email address and password, then click 'Log in'.



5 YOU'RE IN!

Complete any quick welcome steps if prompted – and you're ready to go!



NEED HELP?

Speak to your teacher or careers leader if you have any problems logging in.

WHAT CAN YOU DO ON UNIFROG?



EXPLORE CAREERS

Discover career ideas, watch videos, and compare pathways.



FIND YOUR PATH

Explore subjects, skills and interests to find the right next steps for you.



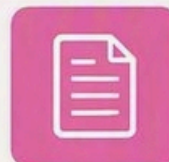
EXPLORE DESTINATIONS

Search for universities, colleges and apprenticeships – in the UK and around the world.



PLAN AND TRACK

Use tools to record activities, set goals and keep track of your progress.



GET ORGANISED

Save info, make notes and everything you need in one place.



GET SUPPORT

Access helpful guides and resources – and connect with your school for support.



YOUR FUTURE. YOUR CHOICES. YOUR UNIFROG.



Take a look around, explore the tools and **start shaping your future today!**



Getting Started with Unifrog at Newstead Wood School

You will use Unifrog throughout your time at Newstead Wood School to help you explore careers, subjects, skills, university courses, apprenticeships and future opportunities.

✓ Check your school email

All students should receive an email inviting them to sign up and log in to Unifrog for the first time.

✓ Complete the Skills Quiz

Start by taking the Skills Quiz to discover your strengths and learn more about yourself. This will help Unifrog suggest careers and opportunities that match your interests.

✓ Record Your Activities

Add any activities you completed over the summer holidays, such as:

- Volunteering
- Work experience
- Babysitting
- Sports clubs
- Competitions
- Music, drama or dance activities
- Fundraising
- Leadership roles

✓ Build Your Personal Profile

Keeping your activities up to date will help you create a record of your achievements and experiences as you progress through school.



Remember:

The more you use Unifrog, the more useful it becomes! Start exploring today and take the first step towards your future.

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Parents and Carers can use Unifrog too!

Work together to support confident career conversations with your young person.



1. Watch a 2-minute video

Anyone can watch our short video to find out what Unifrog is and how it helps young people – including how parents and carers can get their own account.



www.unifrog.org/know-how/what-is-unifrog-a-guide-for-parents-and-caregivers

As a parent or carer, you can:



Explore opportunities

Discover ideas and inspiration on careers, subjects and next steps.



Support conversations

Access tools and guidance to help you have meaningful discussions.



Stay informed

See what your young person is exploring and celebrate their progress.



Work together

Partner with your child and their school to plan for the future.



2. Register for a parent account

You can register in one of these easy ways:



Visit www.unifrog.org/parent or simply search 'Unifrog parent'.

OR



Scan the QR code with your phone.



Scan me!



Enter the email address we hold for you on our MIS. This will create your account and you'll receive a welcome email.



Let's work together for their future

We're here to support you every step of the way.



SUBJECT OF THE WEEK

WORKING IN...

COMPUTER SCIENCE

from the
unifrog
Careers library!

Helpful to have as skills,
but also things you can
gain through studying
computer science

SKILLS REQUIRED



practical skills



initiative



technical skills



independence



communication



digital literacy

CYBER SECURITY

Intelligence officer

Collect and analyse information to help keep your country and military safe

Forensic computer analyst

Investigate and help stop digital crime

Cyber security analyst

Protect computer systems from cyber attacks

DESIGN

UX designer

Design websites and apps that are easy and enjoyable to use

Nanotechnologist

Design and build materials and devices at an extremely small (nanoscale) level

Web designer

Design the layouts, features, and graphics of websites

IT

IT network engineer

Design, build, and fix computer networks

IT support technician

Fix software and hardware problems for computer users

IT systems analyst

Look at a company's IT systems and find ways to improve it

IT project manager

Plan and look after the teams who complete IT projects

CODING AND DEVELOPMENT

Software developer

Design, build, and test software for computers and digital devices

Computer games developer

Create video games for PCs, consoles, and mobile devices

Development operations (DevOps) engineer

Help teams build, test, and deliver software

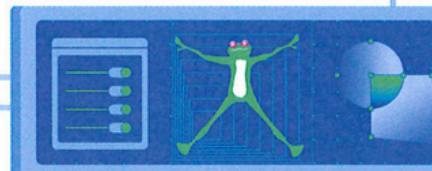
Artificial intelligence (AI) engineer

Teach computers to learn and make decisions

HALL OF FAME

Leader of the US Air Force team who invented GPS:

Gladys West



People in these jobs
can earn between
£35,128 and £60,288
per year



By 2035 there could
be **897,801 more**
jobs in roles like this

Upcoming Opportunities

Please check this page every week for the latest careers opportunities, including career insight events, webinars, university open days, and employer sessions.

Build Your Own AI Agent: 3-Day Work Experience with PolyAI
PolyAI is offering students aged 16-19 the chance to take part in a three day, face to face work experience programme in London from 27–29 October 2026.

Students will explore how a fast-growing AI company works, rotate across different teams and build their own AI voice agent to solve a real-world problem. It's a fantastic opportunity to gain hands on tech experience, create a project for future applications and learn more about careers in AI and technology.

No previous experience is needed - just curiosity and an interest in tech.

Application deadline: 29 September 2026

[View the opportunity and apply here](#)

Oxford Economics Women's+ Economics Insight Day



27 Oct 2026 | 📍 Oxford Economics, London | 👥 Female Y12 - Y13 students

Curious about studying Economics or where it could take you? Spend the day with Oxford Economics, taking part in interactive workshops, exploring how economics is applied to real-world issues, and meeting women working across the profession.

👉 Why join? Explore economics careers, learn from industry professionals, discover different pathways, gain insight into a leading global economics organisation, and build confidence in your next steps.



Application Deadline: 27 Sep 2026



Apply here: <https://forms.gle/3DSbzEE3E2b5UHR3A>

Understanding Labour Market Information (LMI)



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Understanding Labour Market Information (LMI)

Planning your future means knowing what you enjoy and what jobs are changing. Labour Market Information (LMI) gives clear facts about jobs now and later.

What is LMI?

LMI is information about job demand, pay, skills, working conditions and where jobs are.

Why LMI helps

It guides you to new ideas, shows growing industries, helps you plan skills and compare jobs.

Using LMI

Ask quick questions:

- Is this job in demand?
- What skills matter?
- What's the pay?
- Are jobs nearby?

Where to find it on Unifrog

- Career comparison feature on the start page

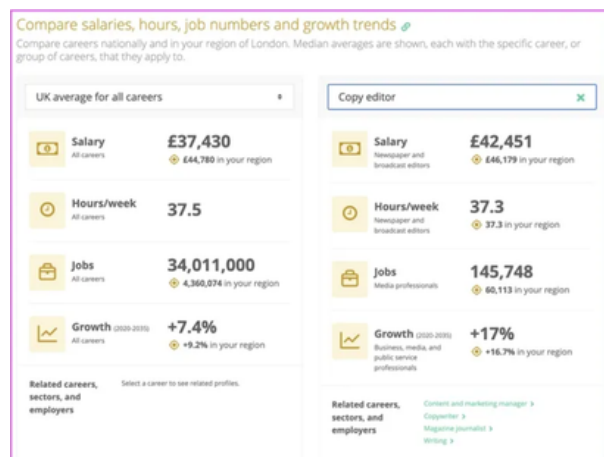
On the Careers library's start page, there's an interactive tool that lets you compare LMI for individual careers with either the UK average, or with another career. From there, you can explore related profiles which include more detailed LMI information.

- Career profiles

On the individual career profiles in the Careers library you can switch between looking at LMI for the UK and for the US (information for the EU and UAE coming soon).

- Career sector profiles

Similarly to how LMI is shown on career profiles, there is an LMI section on the profiles for Career sectors.



Unifrog Events



Let's talk about university! Benefits, concerns, and real answers

Thinking about university? We're breaking it down to basics! Join us to explore why people choose university, what you'll get out of it, and how to navigate common worries like finances, moving away, and making friends.

 Unifrog / Sep 21



Supporting next steps: a parent and caregivers' guide to post-18 options

Supporting your child with their post-18 choices can feel overwhelming. In this session, we're busting the common myths around university, apprenticeships, and internships.

 Unifrog / Sep 21



Becoming a lawyer

Curious about a career in law? Join The University of Law for an interactive webinar where you'll gain insights into how to become a lawyer. We'll explore routes into law, including university and apprenticeships, and help you to understand the...

 Unifrog / Sep 23



Biomedical science taster: how scientists diagnose illnesses

How do pathology and biomedical science work together to help people get a diagnosis from their doctor? Come along to this session with the University of Plymouth to find out. Pathologists look at samples of tissue, fluids, swabs, and bio...

 Unifrog / Sep 23