

National Careers Week

# NCW



# Hope Package

Resources and suggested uses

National Careers Week



[www.nationalcareersweek.com](http://www.nationalcareersweek.com)

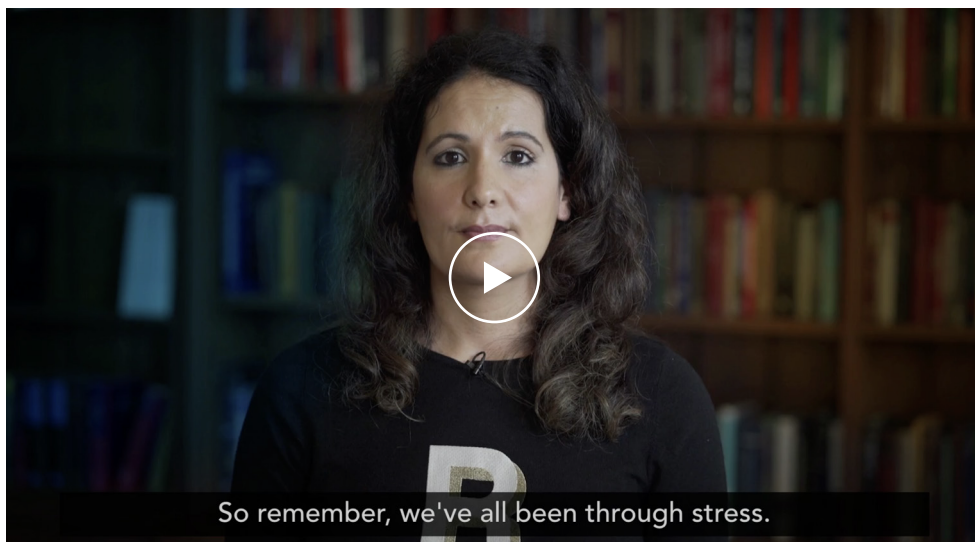


# Hope Film

Watch the film →

Hope features young people of secondary and sixth form age from Nottingham Academy discussing their thoughts about and hopes for the future. The film openly talks about feelings of hope, stress and worries for the future, and gives practical advice on how to deal with such things. The duration is 7.45 minutes.

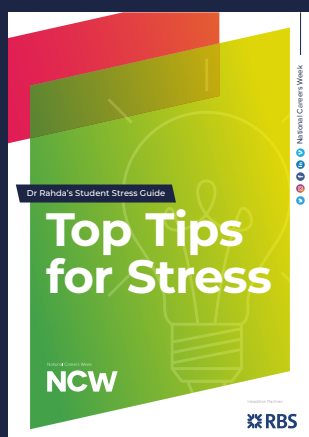
Wellbeing and stress management advice from Dr Radha Modgil (GP, Broadcaster and National Careers Week supporter) is weaved into the film. Motivational speaker and spoken word artist Kamal Ellis-Hyman narrates a powerful and uplifting message of Hope.



## Dr Radha's Stress Tips film

Dr Radha presents her top tips and techniques for dealing with stress.

Watch the film →



### Dr Radha's Student Stress Guide

Dr Radha's top tips, techniques and resources for managing stress are presented in a written format for students. This includes website links to organisations that provide young people with stress and mental health support.

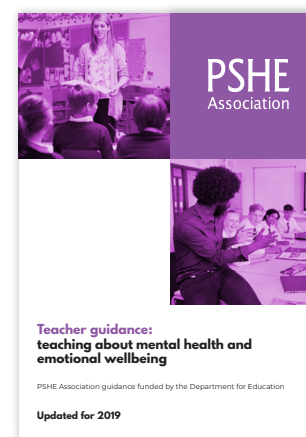
Download →

## Why have a focus on wellbeing and stress?

We want to normalise discussions around stress, mental health and wellbeing in careers conversations.

A focus on careers can cause stress for some young people sometimes. They can feel pressured into making choices, self-doubt about their potential, some pressure to achieve or they could be overwhelmed with other stresses that cause them to worry.

We recognise that it is important that young people develop wellbeing and career management skills, that they feel curious and positive about potential careers, that they become resilient, and that they are able to navigate stress and uncertainty whilst they explore. It is hoped that the wellbeing and stress management tools and hope messages we have included in our Hope package can be adopted by young people as part of their growing toolkit of career management skills.



### PSHE Link

The resources can be used as part of the PSHE curriculum for Careers Education and for Mental Health and Emotional Wellbeing, particularly in promoting emotional wellbeing and healthy coping strategies. The PSHE Association provides guidance for teaching themes of mental health and emotional wellbeing safely.

Find out more →



## Potential uses of the films and resources

01. Assembly

02. Careers group work

03. Tutor time

04. PHSE curriculum

05. Employability workshops

06. Personal guidance

07. School website

*(encouraging parental engagement in careers conversations)*

## Suggested activity

*(using some or a combination of the following)*

- Students are asked to discuss and potentially document, in groups, their hopes for the future.
- Student hopes are shared by the school using your official social media channels and #NCW2020 #Hope.
- Students create a group hope board using words, phrases, drawings, pictures or pieces of writing to demonstrate their hopes as a group, or they produce their own hope visions, working individually.
- Students discuss Kamal's messages and what having hope might mean for their careers and their potential
  - *What if hope is the magic touch? The life hack, the weight that tips the scale 10% in your favour*
  - *Maybe hope is the motivator telling you you're not quite there now but you'll get there later*
  - *Maybe it's not hope but actually doubt that's the traitor, stealing us from our most adventurous thoughts and our wildest dreams, projecting our whole future based solely on our current means*
- Students are asked to discuss what their concerns are for their futures and their careers, reflecting on the student concerns in the film and their own views.
- Teachers or Advisers facilitate a conversation around stress management, using Dr Radha's Student Stress Guide and Dr Radha's Stress Tips film (in addition to the main Hope film).
- Teachers or Advisers facilitate a discussion around why wellbeing management is important to learn when learning career management skills.
- Students produce a wellbeing and stress guide for young people, using their own and newly learnt tips to support themselves and others.
- Ask students what careers and wellbeing advice they would they give themselves if they were using the self-compassion techniques described by Dr Radha in her film and written tips.



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