

Nonsuch High School for Girls Careers Newsletter



Welcome to the Careers Newsletter - Summer 2026

The Careers Programme at Nonsuch High School for Girls is built on the belief that high-quality career guidance plays a crucial role in enhancing career prospects. It ensures that every student –regardless of background, needs, or aspirations—understands the full range of opportunities available to her and is empowered to fulfil her potential.

We believe that outstanding careers education creates equality of opportunity, unlocks talent, and transforms lives by helping students explore their options, make informed decisions, and ultimately enhance their chances of success.

The Nonsuch Careers Newsletter is produced on a termly basis and compliments the extensive Careers work that is undertaken both inside and outside the curriculum. For feedback or questions relating to Careers please contact Mrs Ahmad, Careers Leader at: aahmad@nonsuchschool.org



Careers Education,
Information, Advice
& Guidance at
Nonsuch

Nonsuch High School for Girls Careers Newsletter

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UPCOMING CAREERS EVENTS

Autumn Term 2026	<i>Oxbridge Evening</i>
Autumn Term 2026	<i>Apprenticeships Talks</i>
Autumn Term 2026	<i>Labour Market Information lessons</i>
Autumn Term 2026	<i>Year 12 University Mock Interviews</i>
Autumn Term 2026	<i>Employer Talks</i>

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RECENT CAREERS ACTIVITIES

25th March 2026	Careers Fair - all years
21st-22nd May 2026	Year 12 Higher Education Event
4th June 2026	Year 10 Careers Talk - alumna Sarah Horrocks, AtkinsRéalis
8th-12th June 2026	Year 9 'Librarian for a Day' - pilot
2nd July 2026	Year 7 The National Careers Challenge - Finals in Telford
2nd July 2026	Year 12 Mock Interviews
13th July 2026	Year 9 Enterprise Day - NatWest
14th July 2026	Year 8 Enterprise Day - British Airways
15th July 2026	Year 10 Enterprise Day - GymShark
13th-17th July 2026	Year 12 Work Experience Week

Careers Education, Information, Advice & Guidance at Nonsuch



Gatsby Benchmarks

We are actively working towards meeting the Gatsby Benchmarks—a nationally recognised framework of eight guidelines that define excellence in careers education for secondary schools. Our careers programme is designed to prepare students for life beyond school, helping them to explore their options and make well-informed, ambitious decisions that are right for them and their future goals.

We will focus on a different benchmark in each Newsletter

Gatsby Benchmark 3

Addressing the Needs of Each Pupil



Pupils have different careers guidance needs at different stages. Careers programmes should help pupils navigate their concerns about any barriers to career progression. In addition, opportunities should be tailored to the needs of each pupil, including any additional needs of vulnerable and disadvantaged pupils, young people with SEND and those who are absent.

- A school's careers programme should actively seek to challenge misconceptions and stereotypical thinking, showcase a diverse range of role models and raise aspirations*
- Schools should collect, maintain and use accurate data for each pupil on their aspirations, intended and immediate education, and training or employment destinations, to inform personalised support*
- Schools should use sustained and longer-term destination data as part of their evaluation process and use alumni to support their careers programme*

Careers Fair

25th March 2026

Nonsuch was delighted to host its eagerly anticipated Careers Fair in-person this year, on Wednesday 25 March in the school hall. Students had the opportunity to engage with an inspiring range of companies and institutions, gaining valuable insights into different industries, career and apprenticeship pathways, and opportunities for further study. We were also delighted to welcome back several Nonsuch alumni, who shared their experiences and encouraged current students.

Students shared that the event broadened their understanding of potential career pathways, inspiring them to explore new career options, work experience placements, and apprenticeships.

We were proud to welcome a fantastic range of organisations, offering students valuable insights into careers across a wide variety of sectors, including:

- Financial Services / Audit / Risk / Consulting
- Healthcare / Medicine / Dentistry
- Veterinary
- Sustainability / Green Careers
- Finance
- Investment Banking
- Law
- I.T / Software Engineering / Ethical AI
- Degree Apprenticeships
- Creative Arts
- Construction
- Biological Research
- Marketing / Research / Business
- The Metropolitan Police
- Educational institutions highlighting technical, vocational and apprenticeship pathways
- and more...



When asked ‘What was the most valuable thing you learned at the Careers Fair?’, students said....

“The different specialities within jobs”

“The importance of work experience and what you can offer outside of academics”

“I should do what is best fitted for me”

“Getting to hear from the actual people at jobs and their individual experiences”

“There's a lot of careers that I didn't know about”

“It’s never too early to plan”

“About sustainability and how it can be applied in almost all jobs”

“I found what I want to do in the future”

“No matter what career you choose, you will need the willingness to learn new things, and be open minded”

“Follow your passion then your job will be enjoyable”

A few highlights from our Careers Fair...



Year 12 Higher Education Event

21st - 22nd May 2026

As Year 12 students begin planning their next steps, our two-day Higher Education Event provided valuable insight into post-18 opportunities.

University representatives and Nonsuch alumni led a range of engaging seminars on the following topics:

- Admissions Tests: How students can best plan ahead, revise for, and excel at admissions exams
- Alternatives to Medicine: This talk is designed for undecided medics as well as those looking for careers in allied health or science
- Applying to university and Personal Statements
- Applying to Russell Group Universities and Competitive Courses
- Choosing Courses & Universities
- Deloitte: Early careers & Degree Apprenticeships
- Enhancing Employability
- Exploring Science: explore the potential of a science degree with specific focus on careers in Biomedical Science and Clinical Pharmacology
- How to take notes and keep them organised
- Interview Skills
- Life as a first year medical student - what to expect
- Plan B to Medicine
- Presentation skills for success at university and beyond
- Scholarships, Bursaries & Contextual Admissions
- Starting and succeeding at university
- Student Ambassador - Creative Degrees
- Student Finance
- Student Life - hear from a student ambassador
- Study Skills
- Studying in London / Commuting to University
- Studying with a placement year
- Transition to Year 13 Guidance
- UCAS Process Explained
- Which higher education course is right for me?



"It was great having so many universities come into Nonsuch. The range of talks meant I could learn lots about university and student life, which has helped me start thinking seriously about my future after I finish my A' Levels."

- feedback from a Year 12 student



- Careers Highlights -

Year 9 'Librarian for a Day' - pilot

On Monday 8th June 2026 we launched 'Librarian for a Day - pilot' programme for Year 9 students. We introduced this new initiative to give Year 9 students the chance to gain valuable work experience within the school, offering a practical insight into the workplace.

The 10 students selected for this pilot worked in pairs to help with a variety of tasks that keep the library running smoothly and support the school librarian, students and staff.

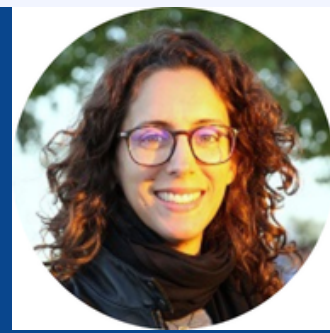
This opportunity is aimed to help students develop:

- Effective communication skills
- Teamwork and collaboration with library visitors – both students and staff
- Confidence in interacting professionally with adults and other young people
- Organisation, prioritisation, and multitasking skills
- Basic administrative, digital, and information management skills
- Customer service skills
- Professional workplace conduct
- Research, information-finding, and problem-solving skills
- Leadership and initiative through supporting others and contributing to a welcoming library environment
- Reliability, punctuality, and a positive work ethic

We believe this initiative provides Year 9 students with a valuable opportunity to develop essential employability skills, increase their confidence, and experience the expectations of a real workplace setting.

We are looking at rolling this out to the rest of Year 9 in the Autumn Term when we return after the summer holidays.





Year 10 Employer Talk by alumna Sarah Horrocks

- **Head of Air Quality at AtkinsRéalis**
- **Chair of Institute of Air Quality Management**

4th June 2026



Our alumna, Sarah Horrocks, who attended Nonsuch from 1988 to 1995, returned to her alma mater to inspire our Year 10 students with a live virtual talk about her career journey. Sarah is Head of Air Quality at AtkinsRéalis and Chair of the Institute of Air Quality Management, and students were privileged to hear first-hand about her experiences, achievements, and the diverse opportunities within her field. Her inspiring presentation 'Environmental Careers for All' covered her career path since leaving Nonsuch and encouraged students to think broadly about their own future career pathways.

Year 10 joined the TEAMS session in their tutor groups in their form classrooms with the cameras focussed on the classroom, allowing Sarah to interact with the students as she spoke. Her talk covered:

- Her time at Nonsuch
- Making university choices
- The company she works for
- Environmental consultancy
- Careers in air quality
- Some interesting projects she has worked on
- What she has enjoyed most
- Employability
- Work experience

The session ended with time for questions and Year 10 students asked some excellent (and some rather witty) questions!

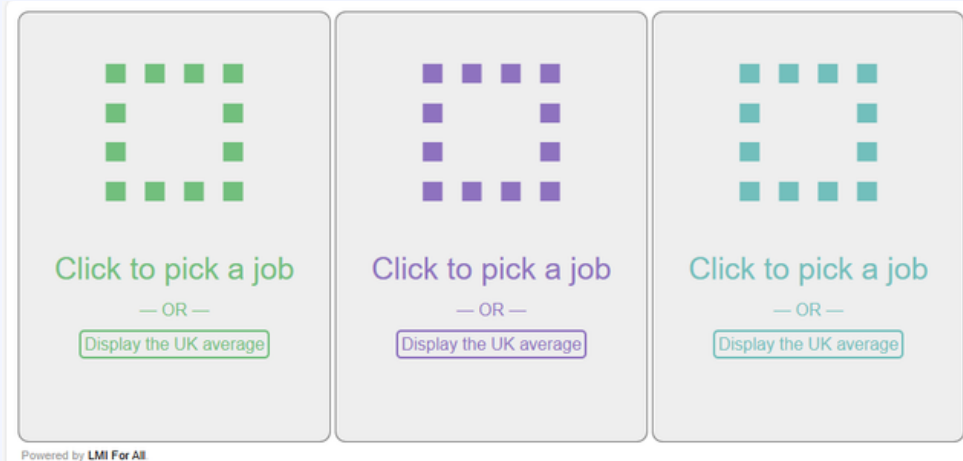
Sarah said after the session: "I thought it worked really well and it was great to be able to see into the rooms, and also have so much interaction at the end with the students, they asked some really good questions. I'm still smiling 😊"

Labour Market Information (LMI)

LMI stands for Labour Market Information.

In short, it refers to any relevant information about the current state of the jobs market. It is there to arm young people with the data they need to make informed choices about their career.

Careeometer

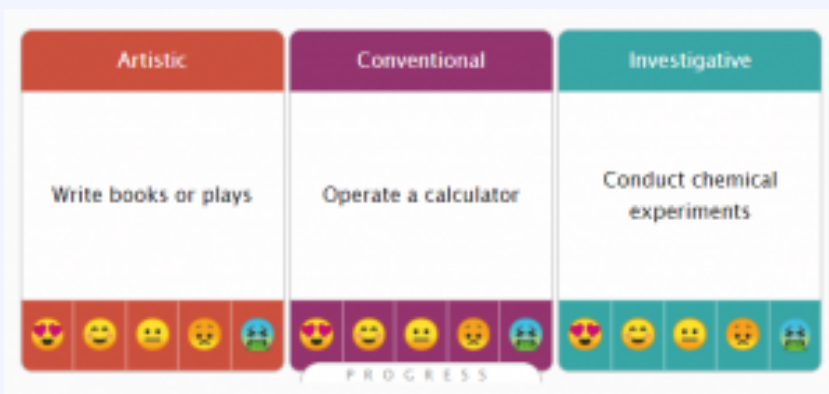


Click on the image to access Careersometer

'Careerometer' can be used to explore and compare key information about occupations, help you learn about different occupations and identify potential careers. It provides access to a selection of UK headline data relating to pay, weekly hours of work and future employment prospects for different occupations, as well as a description of the occupation.

Simply type in the title of the job you are interested in and the widget provides a series of options from which you can select the most relevant to you. You can then look up another two occupations and compare. You can also select 'display the UK average' and compare the information with the occupation you have selected.

Click on the image above or [here to access Careersometer](#)



Click on the image to access Skillsometer



Skillsometer

'Skillsometer' can help you discover what jobs you might like to do in the future. You will be presented with a series of statements. Select the emoji that shows how you feel about each statement. You will be given suggestions of jobs linked to what you most enjoy doing.

Click on the image on the left or [here to access Skillsometer](#)

The destinations & Careers Journey platform

Nonsuch subscribes to Unifrog - an online Careers platform that helps students explore their future options and make informed decisions about careers, courses, and next steps after school. It brings together a wide range of information in one place – from university courses and apprenticeships to college programmes and career pathways – making it easier for students to compare opportunities and discover what suits their interests and ambitions. Students can complete personality and skills profiles, explore labour-market information, and access up-to-date guidance on everything from CV writing to preparing for interviews.

Students are encouraged to take advantage of the school's subscription to Unifrog to use all the tools and resources it offers.

The platform encourages students to build strong applications by keeping track of activities, achievements, and competencies, and it provides structured tools to help write personal statements and apprenticeship applications. Overall, Unifrog is designed to simplify the career-planning process and empower students to take confident, well-informed steps toward their next stage in education or employment.

Students are especially encouraged to build their **career journeys** by adding 'Activities' to their Unifrog account using the **Activities Tool**. They can then draw on these activities when writing their CV, personal statement, applications to university, apprenticeships and jobs. **It is therefore really worthwhile adding anything that shows initiative, responsibility, curiosity, or skill development to the Activities Tool** - things such as:

- work experience/internships/volunteering/positions of responsibility/hobbies/interests/clubs/crafts you make or sell/courses/competitions/academic or school trips/lectures/masterclasses/if you have built a website or game you are proud of/written articles or stories/community service/awards etc.

Students have had a tutor session explaining how to do this on Unifrog. Here is information for anyone who would like a refresher on adding their activities, skills, events and experiences to the Unifrog 'Activities Tool':

- Link to a video explaining what the Activities tool is and how to use it - [click here!](#)

All Nonsuch students can log into Unifrog using their school email address:

- Access Unifrog by clicking here: <https://www.unifrog.org/>
- If a student has forgotten their password, then they can use the 'Forgotten password / Reset password link' button which is at the bottom of the Sign In page



Futures for All

- work experience opportunities -

FUTURES FOR ALL

The charity **Futures for All** is on a mission to give all students from state schools and colleges access to life-changing opportunities. They help young people from state schools and colleges to access real-world experiences, hear from inspirational speakers, and discover new opportunities. The aim is to level the playing field and move towards a fairer future.

Futures for All offer in-person and remote placements, alongside shorter introductory Insight Days, with hundreds of leading UK employers.

Their goal is to demystify careers, build skills and self-belief, prepare young people for the workplace, and open doors to opportunities that were previously closed. Their high-quality, fully funded work experience programme is accessible to all 14-19-year-olds from state schools and colleges nationwide.

Through their dedicated education and delivery teams, they provide expert guidance, step-by-step planning, proactive management, and safeguarding support.

Nonsuch works in partnership with Futures for All and encourages our students to find suitable work experience opportunities outside the school timetable and inspiring talks to listen to.

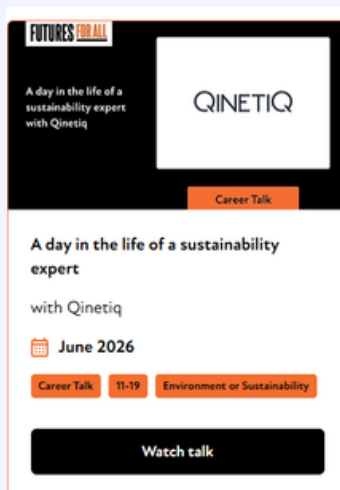
- The **main 'Futures for All' website** can be accessed [here](#)
- To search for work **experience opportunities**, click [here](#)
- To search the talks library for **inspirational talks** on different careers, click [here](#)

Some talks to inspire you...(click on the links)

A day in the life of a sustainability expert

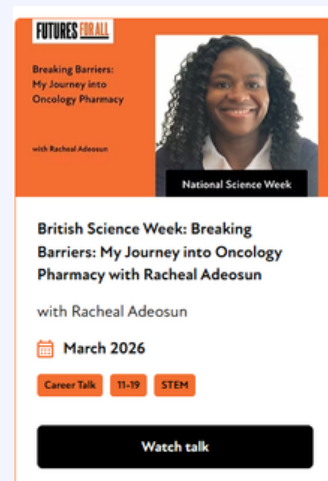
Join us for A Day in the Life of a Sustainability Expert, a session where you'll discover what it really takes to build a career tackling climate change. From working at the cutting edge of innovation and technology, to creating real-world impact, we'll share insights, experiences, and practical steps to get you started.

Whether you're passionate about the planet or just exploring your future, come along and see how you can be part of the solution.



British Science Week: Breaking Barriers: My Journey into Oncology Pharmacy

Join award-winning author, broadcaster, and festival director Irenosen Okojie MBE as she shares her journey to becoming a writer and finding her authentic voice.



Ideas & Guides to Choosing a Career

Need some help choosing a career?

Some students already have a clear idea of what they want from a future career, but many are still unsure. The internet provides an excellent starting point, offering a wide range of company websites with ideas, guides, videos, and career self-assessment tools to help students explore their options. Take a look at the following resources (click on the links):



Unifrog

Employs a variety of research methods and resources to identify career options - including personalised quizzes; psychometric testing; engaging video content; Labour Market Information; webinars...and more



LSE - The London School of Economics & Political Science

Introduction into research methods and resources to identify career options



iCould

Explore videos, guides, and advice tailored to the subjects students enjoy most



Prospects

The Prospects Career planner helps match students skills, motivations and desires to a perfect career



CareerPilot

Videos and quizzes for exploring future career options



Aspire Guide

A set of resources providing state school sixth formers with free information, advice and inspiration to help them better understand all their career and further education options



Career Compass are running these online career skills workshops:



career compass

Choose the Career of your Dreams

Wednesday 9th September 2026 @ 6-7pm

Who do you want to be when you grow up? Don't worry if you don't have an answer: most people your age don't. This session will help you ask yourself the right questions to decipher which career is perfect for you. You will also learn how to make sure you succeed in the career of your choice.

Get Assessment Centre Ready!

Wednesday 4th November 2026 @ 6-7pm

This workshop gives students a complete introduction to assessment centres: a key part of many apprenticeship or job recruitment processes. Through real examples and interactive activities, participants learn what to expect, how to behave, and how to stand out confidently.

Industry Overview Sessions - various dates (see link).

Learn more about the industry that is of interest to you or 'shop around' to find a sector that is perfect for your career.

Each session covers:

- Understand the structure of the sector
- Recognise different types of roles within the sector
- Understand what skills are required
- Hardships faced in the industry
- How to get into the sector

Future-Proof Skills: Building Your Career Toolkit

Monday 12th October 2026 @ 6-7pm

No matter what career path you choose, success comes down to a set of core transferable skills that apply across every sector and role. In this interactive workshop, you'll explore the 5 Inner Development Goals and discover how they shape your future.

Future-Proof Jobs in the Age of AI

Monday 9th November 2026 @ 6-7pm

Discover the careers that will thrive in an AI-driven world and the six aptitudes every future-proof job needs. From tech to trades, explore roles that stay meaningful, secure, and human. Learn how to build a resilient, purpose-driven career for the future.

Events & Opportunities

Here are some upcoming Careers & Education related events and opportunities



Here are some upcoming events Unifrog is running:

Engineering the future of healthcare: Meet the experts

Wednesday 23rd September 2026 @ 4.30pm-5.15pm

Discover how engineering is transforming healthcare in this exclusive webinar with the Institution of Mechanical Engineers. Hear from experts at the forefront of medical engineering, ask your questions, and explore career pathways in this innovative field. Stay connected with our partners after the event to hear about their latest opportunities.



Driving the future: Discover how AI is transforming cars and careers

Monday 30th November 2026 @ 4.30pm-5.15pm



Discover how AI is transforming automotive engineering in this exciting live webinar. Hear from expert speakers working at the forefront of AI, safety, and vehicle innovation, and explore how new technologies are reshaping the future of transport. Ask your questions, gain real insights, and learn about the emerging roles and career pathways in this fast-paced sector. Stay connected with our partners after the event to hear about their latest opportunities.

Useful Links

Here are some useful links related to Careers and Education

[Apprenticeships](#)

An apprenticeship is a paid job where the employee learns and gains valuable experiences. Alongside on-the-job training, apprentices spend at least 20% of their working hours completing classroom-based learning with a college, university or training provider which leads to a nationally recognised qualification



[Amazing Apprenticeships](#)

Everything you need to know about apprenticeships and technical education



How to choose the right undergraduate course for you

[Springpod](#)

Find virtual work experience with world-leading organisations



[Complete University Guide](#)

Advice to guide you through every step of your journey to university. Complete University Guide help you make your best university choices with hints and tips for your application and what to expect from student life



[Prospects](#)

[Careers advice - covering:](#)

CLICK HERE!

- What can I do with my degree?
- Getting a job
- CVs and cover letters
- Applying for jobs
- Interview tips
- Open days and events

PROSPECTS

[Prospects - Match me to jobs I'll love](#)

CLICK HERE!