

Nonsuch High School for Girls Careers Newsletter

Welcome to our 1st
Careers Newsletter!

Welcome to the Careers Newsletter - Autumn 2025

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 navigate their options and make informed decisions, we ultimately contribute to their ongoing academic and personal 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



8th January 2026	<i>Year 9 Post-16 Options & Pathways Talk - incl. apprenticeships & technical courses</i>
12th February 2026	<i>Year 8 Careers Talk on college courses</i>
23rd/24th February 2026	<i>Years 9 & 10 - 'Take your Daughter to Work' work shadowing</i>
5th March 2026	<i>Year 7 Employer Talk</i>
19th March 2026	<i>Year 10 Employer Talk</i>
4th June 2026	<i>Year 10 Employer Talk</i>
18th June 2026	<i>Year 8 Employer Talk</i>
March 2026 (exact date tbc)	<i>All Years - Nonsuch Careers Fair</i>
w/c 18th May 2026	<i>Year 12 Higher Education Event</i>
13th July - 17th July 2026	<i>Year 12 Work Experience Programme</i>

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RECENT CAREERS ACTIVITIES

25th September 2025	Year 11 Assembly - Post-16 Pathways
25th September 2025	Year 7 Introduction to Unifrog
25th September 2025	All Years - Lunchtime Careers Talk - Author Ann Sei Lin
29th September 2025	Year 8 'Receptionist for a Day' work experience - launch
2nd October 2025	Year 10 & 12 - Degree Apprenticeships Talk - by Nonsuch Alumna
10th - 28th November 2025	Mock interviews for Year 13 university & degree apprenticeship applicants - incl. Oxbridge, Medicine, Dentistry, Law, Engineering & Degree Apprenticeships
18th November 2025	Year 7 Enterprise Day 'The National Careers Challenge'

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 1

- Every school should have a stable, structured careers programme that has the explicit backing of governors, the headteacher and the senior management team, and has an identified and appropriately trained careers leader responsible for it
- The careers programme should be tailored to the needs of pupils, sequenced appropriately, underpinned by learning outcomes and linked to the whole-school development plan. It should also set out how parents and carers will be engaged throughout
- The careers programme should be published on the school's website and communicated in ways that enable pupils, parents and carers, staff and employers to access, and understand it
- The programme should be regularly evaluated using feedback from pupils, parents and carers, teachers and other staff who support pupils, careers advisers and employers, to increase its impact



Careers Fair

18th & 19th March 2025

Our much-anticipated Careers Fair was a great success, welcoming distinguished leaders from a variety of professions – among them, Nonsuch alumni and parents of current students. They shared their personal career journeys, insights, and advice, inspiring students to think broadly about their futures.

It was a fantastic opportunity to hear from an inspiring line-up of speakers and to explore diverse professional pathways.

Careers covered by speakers included:



- **Apprenticeships**
- **Architecture**
- **Creative Industries / Media**
- **Digital Advertising**
- **Economics / Business**
- **Engineering**
- **Environmental Consultancy**
- **Finance**
- **Healthcare**
- **Law**
- **Marketing**
- **Nature & wildlife conservation**
- **Physics**
- **Politics**
- **Psychology / Criminology**
- **Public Health Intelligence**
- **Technology / Cybersecurity / Corporate IT**

Some student feedback...

- “These events were amazing, and greatly broadened my understanding of various potential careers related to my A-Level subjects”
- “The talks were interesting, engaging and made me really think about my future career!”
- “Both talks I attended were very good and helped me a lot in learning about careers I could pursue with the subjects I chose for GCSE/ the subjects I am thinking about choosing for A level”

Some guest speaker feedback...

- “It was great to delve into some memories of life at Nonsuch and share my career journey”
- “I was really impressed with the insightful questions I received”
- “This is a fantastic event. As a speaker I enjoyed sharing my experience from my career, as well as giving support to students on what to look out for if they are considering applying for similar university courses to ones I teach on”
- “I am blown away by your courage and tenacity in wishing to pursue a career in Media: Our industry needs you”

Higher Education Event

21st & 22nd May 2025



Our Higher Education Evening was a highlight of the Careers calendar, offering Year 12 students a wealth of guidance as they begin to consider their post-18 pathways. Universities and Alumni delivered a diverse range of seminars covering these key topics:

- Applying to Russell Group Universities and Competitive Courses
- Apprenticeships
- Choosing courses and universities
- Contextual University Applications and Bursaries
- Enhancing Employability
- Exploring Medicine, Alternatives to Medicine, Preparing for interview and UCAT
- How to take notes and keep them organised
- How will I fund my studies?
- Interview Skills
- Medicine
- Nursing and clinical academic roles in Healthcare
- Oxbridge
- Personal statements workshop
- Presentation skills for success at university and beyond
- Skills for success at university and beyond
- Student Finance
- Student life
- Studying Geography at University
- Studying in London
- Studying with a Placement Year
- University Interview Skills
- Which higher education course is right for me?
- Why study or work abroad?



"I found the the Higher Education event really useful. Having different universities come in helped me understand things far beyond the prospectuses.

The talks were really engaging and I found the ones on Presentation Skills and Student Finance as well as the Personal Statements workshop so helpful".

- feedback from a Year 12 student



Y7 Enterprise Day

18th November 2025



On Tuesday 18 November 2025, Year 7 took part in a dedicated Careers Enterprise Day. This was scheduled to coincide with their parent-teacher consultations, allowing students to engage in a focused, off-timetable programme designed to develop their enterprise skills.

The Inspirational Learning Group came into school to run the day, guiding students through a fun, sustainability-focused project about Air Products.

Some more information about the day.....

Air Products is committed to generating a cleaner future for our world. To achieve net-zero the world needs sustainable solutions across all aspects of our daily lives, from how we produce goods, to how we heat our homes and how we travel to school and work.

Year 7 were asked, by working in teams, to consider how this could be achieved in a sustainable Town of the Future.

Their brief dictated that their new town should include a key employer, transport links, housing and food production. How will Air Products' gases be used within the new town and how will this promote sustainability? How will you persuade other businesses and residents to relocate to your town?

- Investigate how Air Products gases can be used to reduce carbon emissions.
- Identify a suitable industry to be the key employer within the new town
- Decide what transport links would be most suitable for the chosen industry and what infrastructure would be required to support this transport network
- Develop innovative solutions for sustainable housing in the new town
- Explain how Air Products gases will support food production in the new town
- Consider how they would promote their new town to prospective employers, employees and residents
- Pitch ideas in teams to the judging panel

The top-performing teams were chosen by the facilitator from The Inspirational Learning Group, together with school staff, to present to the judging panel. It was a tough decision, but the panel unanimously selected **Team EverGreen** as the winners. They will go on to represent the school in the National Grand Finals next summer (2026), competing against schools from across the UK.

Good Luck to team EverGreen!



- EverGreen team project manager Avni says:

"We were tasked with collaborating to create our own sustainable town of the future; this particularly focused on the effective use of gases to maintain a healthy environment.

This project enabled my group and I to develop a range of valuable skills such as teamwork, coordination and communication. Working together, we were able to connect and generate many unique ideas that contributed to our final design .

Winning this competition was a significant achievement for my group: advancing to a national competition to present our town will be an exciting and inspiring experience. A big thank you to Vaishani, Vanshika, Anya, Ava and Ashvi; our success wouldn't have been possible without this outstanding team.

We are all eager to go to the National Challenge and are ready to show everyone the innovative and incredible town design we have planned".



MORE CAREERS HIGHLIGHTS...



Degree Apprenticeships talk



On Thursday 2nd October 2025, our alumna Nayani returned to Nonsuch to speak to Year 10 and Year 12 students about her degree apprenticeship at Deutsche Bank. She shared her journey through the application process, discussed the benefits of this pathway, and answered students' questions. Nayani's visit offered a real-life insight into the opportunities and rewards of combining higher education with professional experience - inspiring students to explore alternative pathways to success beyond the traditional university route



Oxbridge Talk

On 7 October 2025, our UCAS Coordinator, Mr Williamson, together with a representative from Churchill College, Cambridge, delivered an informative Oxbridge presentation to Year 11 and Year 12 students. The event was attended by both parents/carers and students, and we were delighted to welcome a fantastic turnout of more than 200 participants.

The session was extremely valuable for students and their families, as it provided guidance on what Oxford and Cambridge universities look for in prospective applicants. Students gained insight into the application process, entry requirements, and the qualities that make a strong candidate - and therefore, the confidence to make informed decisions about their future pathways.

Receptionist for a Day

On Monday 29 September 2025, we launched our 'Receptionist for a Day' programme for Year 8 students. As part of the Careers provision at Nonsuch and our commitment to developing confident and well-rounded young people, we introduced this new initiative to give Year 8 students the chance to gain valuable work experience within the school, offering a practical insight into the workplace.

The students manage the reception area in pairs for a day at a time, with a dedicated desk set up for them at the main school entrance. They are given administrative tasks to do within the remit of a Receptionist.

This opportunity is designed to help students:

- Develop work skills
- Encourage responsibility and leadership
- Broaden career awareness and life skills

We believe this initiative is a valuable and enjoyable learning experience, and we look forward to helping our Year 8 students grow into capable, confident individuals.



Green Careers Week 2025

3rd November to 8th November 2025



Green Careers Week this year took place from 3rd November to 8th November 2025, focusing on promoting careers that contribute to environmental sustainability.

Green Careers Week is a national campaign aimed at raising awareness about the variety of careers available in the ecological and environmental sectors. It encourages young people, educators, and employers to explore and engage with green job opportunities.

A green career can be any job, role or occupation that contributes to preserving or restoring the environment and our planet. It can be any industry, not just those seen as 'green.' Green skills are abilities, attributes, values, attitudes, knowledge, and technical skills needed to adapt services, processes and procedures to support climate change.

Green Careers Week is an exciting event that raises aspiration, supports diversity, challenges stereotypes, and promotes real opportunities for young people to have a career that will genuinely make a difference. Discover careers, jobs, roles, and career pathways that are green careers and develop green skills.

These are the resources shared with students and their parents/carers:

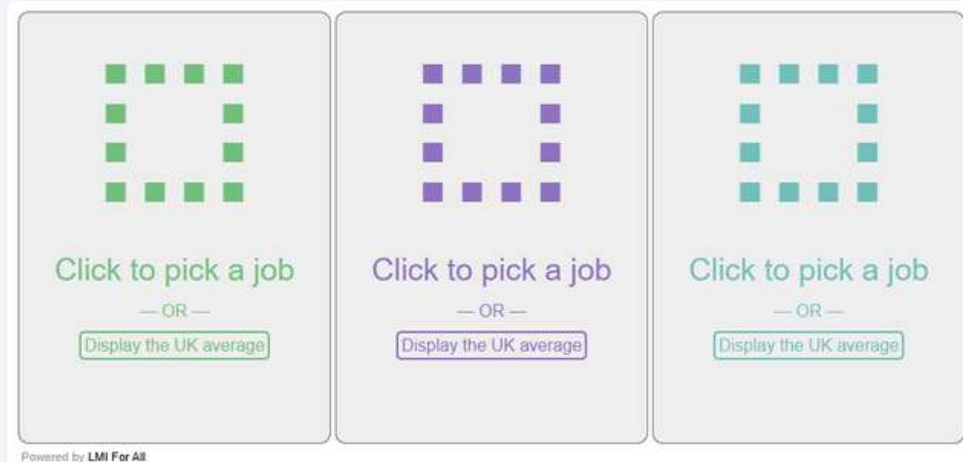
- [The Green Careers Hub](#) (link to website)
- [Parents Guide to Green Careers](#) (link to website with PDF document)

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

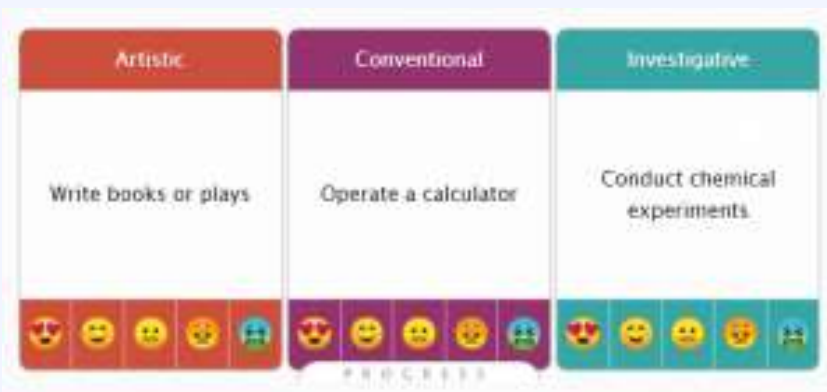


Click on the image to access Careersometer

'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':

- Here is a 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



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.

In 2010 they started a programme of inspirational talks called **Speakers for Schools**. During their 15th Anniversary Celebration in September 2025, they announced a name change to Futures For All, to better represent the breadth of what they do and their ambition to provide fair futures for all young people.

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)

[Journalism! The Power of the Press](#)



[Architectural Technology – The Science Behind Buildings](#)



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



Events & Opportunities

Here are some upcoming Careers & Education related events and opportunities

The School of Journalism

The School of Journalism

[News journalism workshop - Tues 13th January 2026 @ 7-9:30pm \(virtual\)](#)

This journalism masterclass is for those wishing to dip their toe in the water before taking the plunge and applying for a journalism degree. There will be a chance at the end of the session to ask questions about anything to do with getting into journalism.

[CV Masterclass - Monday 26th January 2026 @ 5.30-6.45pm \(virtual\)](#)

Career Compass are running this CV Masterclass. The session will cover:

- What a CV is and why it is important
- What to include on a CV
- How to tailor a CV
- How to present a CV



[Unifrog Apprenticeship Fair - Wednesday 11th February 2026 @ 4-6pm \(virtual\)](#)

Get involved with National Apprenticeship Week by attending Unifrog's virtual apprenticeship fair and speaking to 30 employers in just two hours! From understanding apprenticeships to learning what it's like working in different industries and acing your application, join to explore your options and get your questions answered by experts. Click the sign up link to visit the external events platform to see the full list of employers attending, the schedule of live sessions, and register to attend!

Check out more Unifrog events you can sign-up to [here!](#)

Morgan Stanley

[Morgan Stanley](#)

[Step In, Step Up: Empowering Women - Career Pathways Programme, Tuesday 17th - Thursday 19th February 2026 @ 08:30am - 5pm \(in-person\)](#)

This is your launchpad into the world of corporate industry and world of finance. Uniquely designed for Year 13 students, this immersive programme offers an insider's perspective on what it's like to work at Morgan Stanley. Whether you're exploring the fast-paced Investment Banking and Sales & Trading divisions, or innovative Technology teams, you'll experience our dynamic culture, discover the wide range of career paths on offer, and take the first bold step toward shaping your future. **This is for Year 13 students only**

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

[UCAS](#)

How to choose the right undergraduate course for you



[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:](#)

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

CLICK HERE!

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

CLICK HERE!