

This as an update from Skills Development Scotland (SDS) on the Career Service in school:

SDS is the national career service, and they have careers advisers in every state secondary school in Scotland.

The SDS careers adviser in Fraserburgh Academy is Elizabeth Bruce. If you or your child would like to make an appointment with Elizabeth, please contact the school office for details.

Their support is designed to help pupils understand and explore all their options and build their career management skills. Career management skills are skills for life; they are the skills that help people make and take ongoing informed career decisions about their future so they can realise their full potential and continue to progress in learning and in the world of work.

Your child will speak to their adviser at points throughout the school year and will also be supported by them at key times such as starting S1, making option choices, and preparing for moving on from school. This activity will be delivered through one-to-one discussions (that you can join), groupwork learning in the classroom or through online sessions.

There is lots of useful career information and advice available for you and your child at any time through Scotland's careers website [My World of Work](#).

Registering for an account on My World of Work makes it much more personal for your child and means they'll be guided to the right information whatever stage they're at.

Take some time to explore with them the About Me, Strengths, and Skills tools which match careers to their personality type. From there they can explore different jobs and the subjects they need to get in.

The option choice tool can also help them explore the jobs their choices could lead to. Visit the site to use [the option choice tool](#) and access more advice.

If your child has left school, our local SDS advisers are also available to speak to you or your child over the phone or at an appointment at your local SDS career centre.

Visit myworldofwork.co.uk/centres to find your local SDS centre or call the SDS helpline on 0800 917 8000.

Find out more about SDS's work in schools at sds.co.uk