

# Introducing your SDS school careers adviser

Erin Clow and Jolene Keddie  
Careers Advisers  
James Young High School

How to get in touch: [erin.clow@sds.co.uk](mailto:erin.clow@sds.co.uk)  
[jolene.keddie@sds.co.uk](mailto:jolene.keddie@sds.co.uk)



# How we support your young person in school

SDS are in schools to help young people understand the world of work.

We help them develop and use their career management skills as they move throughout school.

We do this through our online service, My World of Work, and in person through our careers advisers.

**Young people may meet their school careers adviser...**



**In group sessions**



**At drop-in sessions**



**At one-to-one appointments**

# Support and conversations we may have in school

## SDS careers advisers might speak to your young person about:



Finding out about their self, strengths and skills



Routes into careers including apprenticeships



Making decisions such as option choices



Building and developing networks



Different types of careers and how to research them



Help with creating CVs



Developing the types of skills that are useful in a job



Making applications and applying for courses

# Options available after school

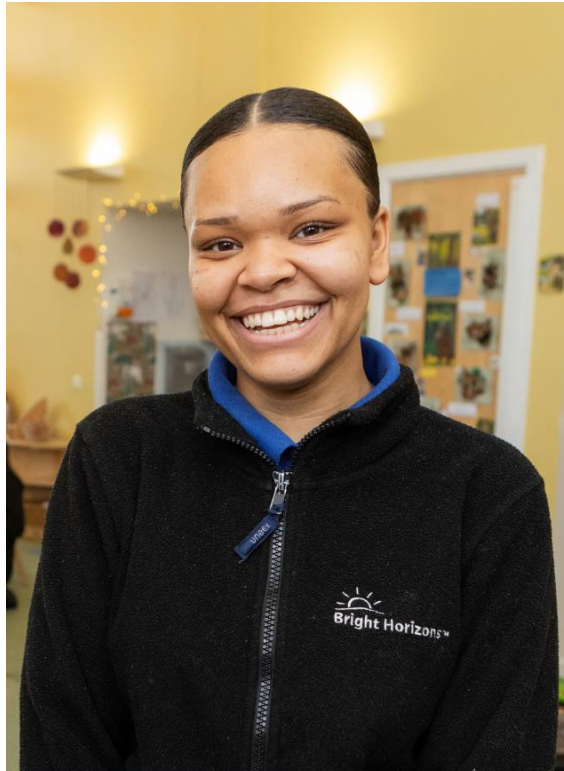
There are lots of routes available after school.

Making learning and career choices isn't just one step - it is many steps but remember there is no wrong path.



# Scottish Apprenticeships

There are three types of Scottish Apprenticeship



**Foundation  
Apprenticeships**



**Modern  
Apprenticeships**



**Graduate  
Apprenticeships**





### APPRENTICES

# Kick-start your career with an apprenticeship

See what apprenticeships you could do, which employers you could work with and the qualifications you'll gain.

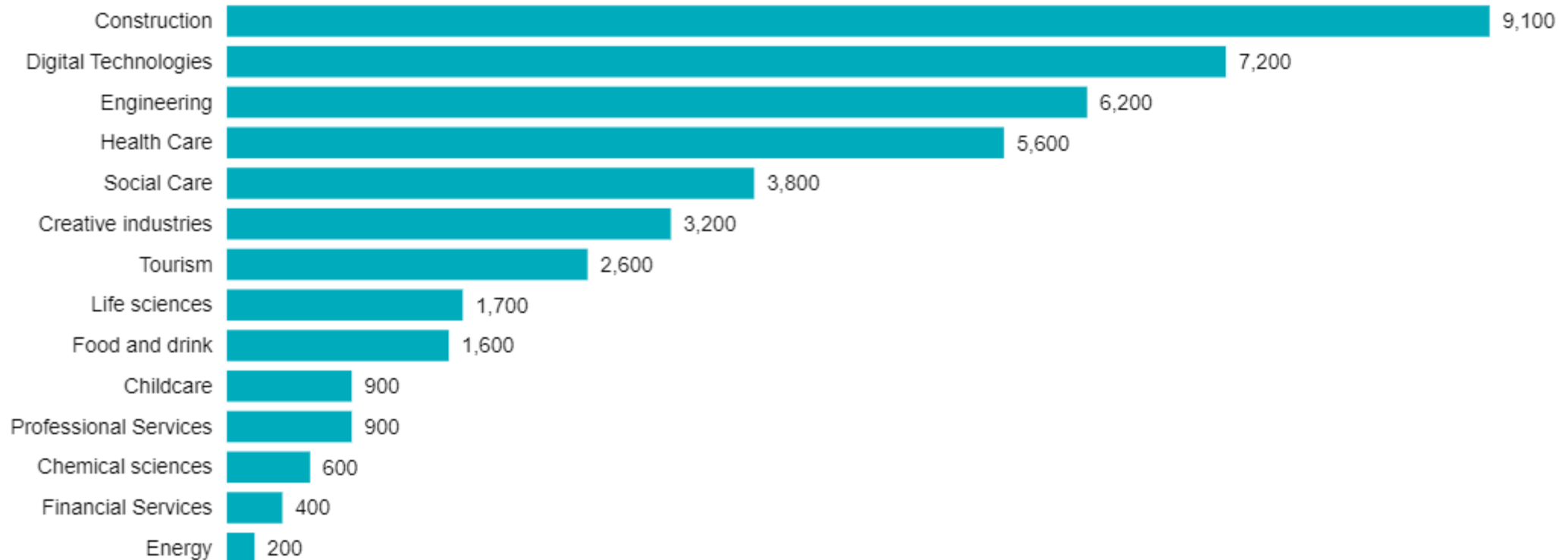
[Become an apprentice >](#)

## Find an apprenticeship vacancy

# Predicted local employment by sector (2026)

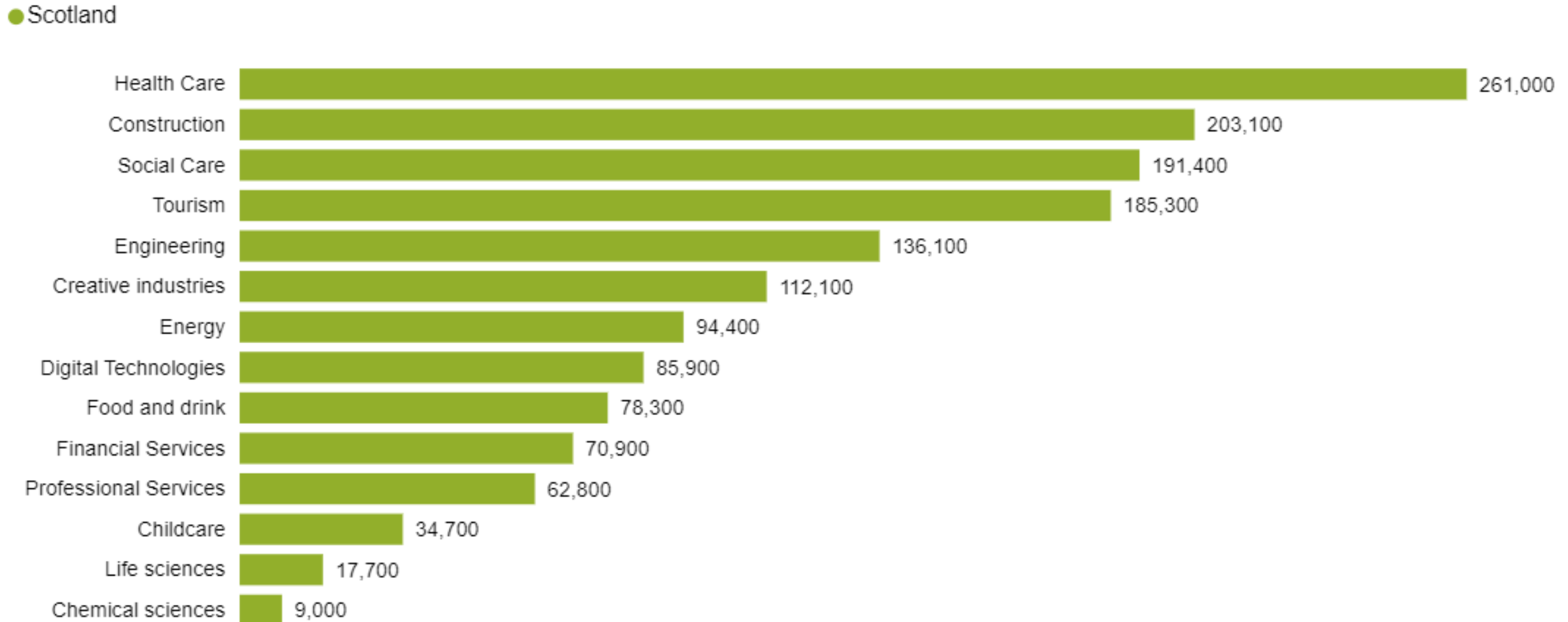
## Employment Forecast by Industry (people)

● West Lothian



# Predicted employment (Scotland) by sector (2026)

## Employment Forecast by Industry (people)





A photograph of two men in a computer lab. The man on the left, wearing glasses and a dark shirt, is smiling and gesturing with his hands. The man on the right, wearing a dark hoodie, is sitting at a desk with a computer, looking at the screen. The screen displays a website titled "Welcome to My World of Work" with three columns of images and text. The background shows other computer monitors and a blue banner on the wall.

**Support available  
after school**

# How can you support your young person?



Talk through all of their options



Explore the information and tools on My World of Work together



Encourage them to talk about what they are good at and enjoy



Reassure them



We are here to help you both

# Say hello to a wide world of career choices

Explore roles, develop your skills and get the right job for you.



# Contact us



[myworldofwork.co.uk](https://myworldofwork.co.uk)

Follow My World of Work  
on social media:



in school and SDS centres  
and community venues



01506 434249  
(Mon to Fri, 9am to 5pm)





Skills  
Development  
**Scotland**

**Thank you**