



## Hello

Welcome to your weekly careers newsletter, the purpose of this newsletter is to give you access to relevant careers information, labour market information and useful resources.

I hope you find this issue helpful!

Miss B Ward  
Teesdale School, Head of Careers

Key  
External events  
Events in school

Date	Event
Thursday 25 <sup>th</sup> May	<ul style="list-style-type: none"> <li>Careers lunch time drop in vibrancy area/careers room</li> <li>Year 12/13 - Medicine and Dentistry Admissions UCAS Webinar - 6-7:30pm - Sign up here: <a href="https://docs.google.com/forms/d/e/1FAIpQLSdxmZ6wFb1_984e6-K0Fs7AtNbKXZ5iCCPJspAMf5voqN3Gw/viewform?usp=share_link">https://docs.google.com/forms/d/e/1FAIpQLSdxmZ6wFb1_984e6-K0Fs7AtNbKXZ5iCCPJspAMf5voqN3Gw/viewform?usp=share_link</a></li> </ul>
Friday 26 <sup>th</sup> May	<ul style="list-style-type: none"> <li>HALF TERM</li> </ul>

## Job of the week

### Dentist

<https://nationalcareers.service.gov.uk/job-profiles/dentist>

Dentists promote good oral hygiene, diagnose and treat teeth and mouth problems and help prevent dental disease.



### Qualifications:

- ✓ University - You'll need to complete a 5-year degree in dentistry approved by the General Dental Council, followed by 1 to 2 years of postgraduate dental training. You might be able to do a 4-year degree course if you already have a degree in a relevant subject, for example biomedical sciences. When you apply for a dentistry course, you could be asked to take the University Clinical Aptitude Test (UCAT) or BioMedical Admissions Test (BMAT). They test the skills you'll need on the course, like critical thinking, problem solving, data analysis, communication and scientific knowledge. You might be able to apply for a 4-year dental degree course if you've already got at least an upper second class degree (2:1) in biology, chemistry or a biomedical subject. There's a lot of competition for places at dental schools. You'll usually need: 3 A levels, or equivalent, including biology and chemistry.

**Working hours:** Typical hours (a week) 35 to 40

**Salary:** The Average salary (a year) ranges from £34,728 as a starter to £96,154 experienced.

## Key Terminology

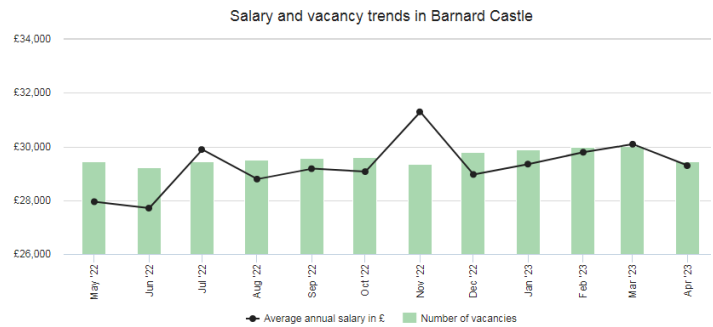
**Occupation** = a person's usual or principal work or business, especially as a means of earning a living; vocation:  
*Her occupation was dentistry.*



## Careers resources

- <https://www.informedchoices.ac.uk/start> - To help you make the right A level choices, understand which subjects open up different degrees
- <https://www.brightknowledge.org/> - Career pathways

## Labour Market Information



## Spotlight

### Skills Spotlight – Independence

<https://www.indeed.com/career-advice/career-development/work-independently>

Working independently is the ability to work self-sufficiently on assigned tasks. You might receive direction on projects from a supervisor or manager, but they can then trust you to accomplish tasks with little to no supervision. Working independently can involve a sense of responsibility and self-reliance as you work to finish projects and assignments. There are many jobs that might suit someone who enjoys working independently, including consulting, education or roles in the entertainment industry. Consultants often own their own business and can make their own schedule. They also can work on projects of their choosing separately from a team. Educators often make their own lesson plans and work independently in the classroom. Roles in the entertainment industry might include musicians, artists or producers. Some of these roles might operate on a freelance basis, and some might work independently while performing on a touring schedule.

## Next Step Knowledge

### Decision making to help with career choices

<https://careerswales.gov.wales/plan-your-career/how-to-make-good-career-decisions>

We all need to make decisions and choices about our careers at different points of our lives. The decision you make now can affect your future career path. Make a choice that will help you achieve your career goals.

### Good decision making techniques include:

- List the pros and cons of each of the options
- Research the options. Our Job information section has a lot of information on what is involved in different careers and what qualifications and subjects you need. It also contains information on the routes into each career.
- Talk with family and people you trust about your options
- Discuss your ideas with people who specialise in helping you like a Careers Adviser or Teacher (if you are in school)
- Choose options you are good at. If you are good at something you are more likely to succeed. Our Buzz Quiz and skills and strengths pages can help you to identify what you are good at
- Choose options you enjoy. If you enjoy something you are more likely to stick at it
- Imagine your future self. What do you want to be doing in 5 years' time? This can help you choose the right path to live the life you imagine for your future self
- Avoid these decision making techniques:
  - Don't choose things because your friends are doing them
  - Don't ask other people to make decisions for you
  - Don't flip a coin to decide
  - Don't rush into a decision without thinking it through
  - Don't decide out of fear

