



St Albans
High School
for Girls

READY TO
THRIVE

CAREERS AND
HIGHER EDUCATION

WELCOME



At STAHS, we pride ourselves on providing an 'education for life'. Our girls are well prepared, not just for navigating the sometimes challenging path through adolescence and young adulthood, but also for meeting the demands of earning a degree and/or professional qualifications and embarking on their first career.

Our Careers and Higher Education teams sit at the very heart of the School. They oversee well-resourced programmes designed to help STAHS students understand how the skills and knowledge they are acquiring now can be transferred and applied to any number of exciting post-secondary education and career choices open to them.

We draw on the experience and knowledge of our staff, expert advisors and – perhaps most significantly – our own incredible network of alumni, parents and friends to provide our girls with the very best guidance and support. From Careers Breakfasts to workshops with alumni currently or recently at university, STAHS pupils have regular access to a huge variety of inspirational and informative role models and advisors.

As someone currently on her third career (I became a teacher after working as a research scientist and engineer and then as a civil servant), I know how fluid

professional lives can be. I know first-hand the value of dexterity, risk-taking and understanding one's own strengths and transferrable skills. I am incredibly proud of the way in which our School inculcates in the girls these attributes.

With both formal and informal activities available throughout a student's time at STAHS, our girls leave the School fully prepared to take their next steps. However, our Careers and Higher Education support doesn't end when a student leaves the Sixth Form. One of the real values of a STAHS education is the ongoing professional and social support provided by the School and through our active and highly-engaged alumni network. A STAHS education truly is an 'education for life'.

Amber Waite
Head

CAREERS AND HIGHER EDUCATION OVERVIEW

The STAHS Careers Programme is designed to help our pupils take full control of their life and career choices, giving them the confidence and skills to make and remake plans as their lives and ambitions shift direction. Students leaving university today are likely to have many different roles during their working lives – they will change not only jobs, but may also embark on more than one career. The role they are likely to find themselves in at the age of 40 may not even exist today. Adopting a flexible approach to career planning and remaining

resilient, adaptable, confident in their own skills and talents and unafraid of taking professional risks are all important characteristics for young adults entering the world of work.

Our focus is on helping our pupils to identify, develop and market their skills, and to evaluate and re-evaluate their aspirations so that they can thrive in the ever-changing landscape of the 21st century workplace.



Running both in parallel to and in conjunction with our Careers Programme is our support for Higher Education. The STAHS Moving on Up and Making the Leap Programmes provide girls with the opportunity to go beyond GCSE and A level learning to prepare themselves for life in the Sixth Form and at university, respectively.

From Year 10, STAHS pupils learn about the Sixth Form and the options available to them through the STAHS Diploma, university options in the UK, USA, Europe and elsewhere, the UCAS and other university application systems and degree and non-degree apprenticeship schemes. Many of our pupils pursue degrees in medicine, veterinary medicine and dentistry; these girls are supported in preparing for

entry exams and interviews, ensuring they have access to practising professionals in these fields. Our Oxbridge preparation programme is available before girls even enter the STAHS Sixth Form, and includes study groups, trips to Oxford and Cambridge Colleges, preparation for entrance exams and interviews and other activities that ensure our pupils are competitive candidates for these sought-after places.

Preparing girls for further study and their future careers is fundamental to STAHS. Our commitment to supporting our pupils both throughout their time at the School and long after they've left is one of the most defining characteristics of the STAHS experience.



CAREERS PROGRAMME

The STAHS Careers programme is both diverse and broad. Rather than outlining everything on offer – which would take far more space than this brochure allows! – below is a flavour of the sorts of careers activities available to STAHS pupils as they progress through the School.

YEAR 7

Girls learn about their parents', other friends' or family members' jobs and start to understand the skills required in order to be successful in these roles, plus how these skills are developed.

YEAR 8

Building on what they learned in Year 7, girls begin to reflect on their own skills, likes and dislikes as they start to identify possible future paths.

YEAR 9

Girls attend a Careers Breakfast with STAHS parents and alumni. This event has two key aims: to learn about a range of jobs and to practice talking to adults in a professional setting, learning important interpersonal skills. At the end of Year 9, girls further investigate transferrable workplace skills and take part in a day's work shadowing. Not only do they experience the world of work, but they also put what they have learnt in the classroom into practice. Girls are also given access to the Morrisby careers guidance programme, allowing them to identify their own skills and interests and begin researching potential careers.

YEAR 10/11

All pupils are given the opportunity to take the full Morrisby Aptitude Assessment and to have a one-to-one careers interview with a trained professional careers advisor. These activities are helpful in supporting the girls to make informed choices as they progress to the STAHS Sixth Form. Girls in Years 10 and 11 attend the annual STAHS Careers Evening where they meet professionals representing a wide range of careers and sectors and get first-hand advice about possible career paths. Our annual STAHS Alumni Breakfast introduces our pupils to recent alumni talking about their university experiences.

SIXTH FORM

Our Sixth Formers enjoy a rolling two-year programme of events with professionals from a range of careers in which the girls have expressed an interest. They are also invited to a number of events focused on workplace skills, including workshops run by industry professionals with expertise in recruitment, mentoring and staff development. This skills development is complemented by individual advice appointments with a trained careers advisor for those students who are uncertain about their future plans.

ONGOING SUPPORT

Our Careers Programme benefits from the considerable support of our community of parents, alumni and friends, who help us in many ways, from joining careers lunches and webinars to running workshops and drop-in sessions. Our community helps to ensure that STAHS pupils have regular access to professionals from a diverse and inspiring range of careers and backgrounds.



HIGHER EDUCATION PROGRAMME

Our Higher Education Programme, including our Med/Vet/Dental Society and our Oxbridge Programme, is designed with one goal in mind: to ensure that STAHS pupils are equipped with the information, resources, skills and knowledge not only to make well-informed decisions about their post-Sixth Form education options, but also to be successful in achieving their higher education goals. Whether it's securing a place at Oxford or being offered a prestigious engineering degree-apprenticeship, whatever ambitions STAHS pupils have, we support them every step of the way.

YEAR 10/11

Trinity term of Year 10 marks the beginning of the STAHS 'Life after GCSEs' programme, where girls spend time learning about the STAHS Sixth Form and STAHS Diploma, their post-School options, including university, professional and degree apprenticeship and training schemes, and how their choices now may impact on their future options. Girls are provided with a number of opportunities to attend careers and university fairs and networking events where they can meet recent alumni to talk about their experiences. In Year 11, the focus shifts to A level choices. Girls attend an A level Options Day, experience Sixth Form lessons and spend time with the Head of Sixth Form and the Head of Higher Education.



YEAR 12

Our Sixth Formers attend a Higher Education evening in Year 12, introducing students and their parents to post-18 education in the UK and abroad. They learn about university options, pursuing a foundation course or degree and non-degree apprenticeships and applications to specialist performing arts programmes and conservatoires. A representative from a Russell Group university is our keynote speaker at this event and they offer inside information on the application and selection process. Year 12 students are also invited to our annual Oxbridge conference with speakers from Oxford and/or Cambridge colleges and further information on Oxbridge preparation, application and selection processes.

YEAR 13

By the end of Michaelmas term in Year 13, most UCAS and other applications have been submitted and students often quickly receive their offers. Oxbridge candidates have much more focused interview practice with both alumni and parent volunteers, and in partnership with local schools.

After A level Mock Exams, girls are guided through their options and receive detailed and specific feedback on aspects of university life, such as tuition fees and accommodation.

STAHS does not support a 'one-size-fits-all' approach to higher education and life beyond the Sixth Form. Whether our students embark on a traditional route through university or set off down a less common path, they receive the very best support and guidance along the way.

STAHS ALUMNI

LIFELONG SUPPORT

Being a part of the STAHS alumni community

Once a girl joins STAHS, she will always be a part of our worldwide alumni community – a phenomenal global network of former students and staff, who are interconnected and truly extraordinary.

As well as the social benefits that this brings, such as reunions and keeping connected to friends, we also provide ongoing careers advice and support, offering access to a wide variety of careers events and resources. Working with our alumni community, we ensure that their huge wealth of knowledge and experience can provide opportunities for both current and former pupils.



How can we help you?

Personal development

Through coming back to school to speak to pupils about your own experiences – both at work and in further or higher education – you can develop your own skills. Whether you're expanding your public speaking skills by talking to pupils in school, becoming a mentor, or being a panelist in a webinar, these volunteering opportunities are great additions to your own CV and skill set.

Careers events

Regular careers events are run for alumni. These include our Lean In Supper Clubs, providing networking opportunities over dinner after hearing from an inspiring and fascinating alumna.



We also offer networking drinks and careers events with a specific focus. Past events have focused on changing careers and setting up a creative business.

Alumni profiles

Our alumni profile series provides a snapshot into the careers that STAHS alumni have gone into, including details of their role progression and training, to assist you with your own decision making. And once you've started on your own career path, you can be one of our profiles – encouraging and inspiring future STAHS pupils and alumni!

Mentoring and networking

Being able to have one-to-one advice and support can make a huge difference. Our newly-launched mentoring scheme offers alumna-to-alumna support; whether that's having an informal chat to answer specific questions about a sector or industry,

CV review, getting work experience in a particular field or receiving advice about setting up your own business. Our alumni community has a huge wealth of knowledge and experience and through our scheme we share this, supporting former pupils wherever their careers progress.

Jobs board

Our alumni portal has a jobs board where fellow members of the community can post different opportunities, including jobs, work experience, internships and volunteering roles. It's a great way to develop your network within the alumni community.

Whatever path you choose to go down next and wherever life takes you, we are here to keep you in touch with your friends and to help you stay connected to STAHS.



St Albans High School for Girls

Townsend Avenue, St Albans,
Hertfordshire AL1 3SJ

admissions@stahs.org.uk
Admissions: 01727 792 509

stahs.org.uk