

Skills Development Scotland is Scotland's Careers Service. Skills Development Scotland offers careers advice, guidance and information to pupils in school, and to people of all ages in Scotland. Our aim is to support individuals to develop their Career Management Skills for the future.

Skills Development Scotland can offer free and impartial advice on education, training, careers and jobs.

We offer a team approach in St Modan's High School, the team consists of a Careers Adviser, Work Coach and Personal Adviser.



Julia Mitchell is the Careers Adviser for St Modan's High School. She is in school on Mondays, Tuesdays, Thursdays and Fridays & Wednesday afternoons and is available for drop ins at lunchtimes, please contact her in Room PSD103 or in the PSD Base.

You can also contact Julia on [julia.mitchell@sds.co.uk](mailto:julia.mitchell@sds.co.uk).



Vicky Wilson is the Work Coach for St Modan's. She is available in school on Wednesday. Vicky supports individuals who may need extra help in school and post school.

You can contact Vicky on [vicky.wilson@sds.co.uk](mailto:vicky.wilson@sds.co.uk)



Debbie Buchanan is the Personal Adviser for St Modan's. She is in school on a Tuesday. Debbie supports individuals with employability skills and offers help with the preparation of CVs, job applications and interview skills.

You can contact Debbie on [debbie.buchanan@sds.co.uk](mailto:debbie.buchanan@sds.co.uk)

Our Careers Advisers offer pupils group sessions, drop-in lunchtime clinics and face-to-face coaching, where appropriate. This is supported by Scotland's careers and information web service [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk)

[My World of Work](#) helps you with up-to-date information, advice and tools when you need it most:

- **Subject choices** – understand your strengths and make better choices about your subject choices and future career
- **Leaving school** – find a career that interests you and understand the skills you need to get the job you want
- **Exam results** – straight into a job or onto further learning? Whatever your grades find help in planning your next steps
- **Preparing for a job** – discover Scotland’s industries, search for jobs, build your CV and practice for interviews
- **Modern Apprenticeships** – why not earn as you learn? Find out what apprenticeships are available in Scotland and how they work

### **Subject Choices?**

Subject choice at school can have an impact on what you can study at college or university and what jobs you can go for in the future. Skills Development Scotland Careers Advisers are on hand to support you at subject choice time.

[My World of Work](#) can help you prepare for the chats you’ll have with your Careers Adviser, teachers, parents and carers.

When choosing your subjects ask yourself:

What are my strengths?

What do I enjoy learning?

What are my interests?

You can also use the subject choice tool to start preparing to get the career you want. Visit [www.myworldofwork.co.uk/subjectchoices](http://www.myworldofwork.co.uk/subjectchoices) for more information.

### **Parents or carers?**

When it comes to making career decisions, you’re one of the first people your child will turn to for help. Use [My World of Work](#) to access reliable and accurate careers information and advice to help you to support the child in your life through those big career decisions. You can also meet with the school Careers Adviser at parent’s evenings.

Parents of S3 pupils are also invited to attend subject choice interviews and e mails are sent out prior to the interviews to give parents the option of attending.

## Leaving school?

Careers Advice and support to access opportunities is also available from Skills Development Scotland for school leavers. We have a dedicated post school team to work with school leavers to help support them with their next steps. Centres are available in Alloa, Falkirk and Stirling, addresses and phone numbers below:



39-43 Bank Street, Alloa,  
FK10 1HP  
Tel: 01259 215214  
Opening hours: Mon-Fri 09:00 to 17:00  
Except Tuesday 10:00 to 17:00



100 Manor Street, Falkirk, FK1 1NU  
Tel: 01324 620311  
Opening hours: Mon – Fri 09:00 to  
17:00 Except Wednesday 10:30 to  
17:00



66 Upper Craigs, Stirling, FK8 2DS  
Tel: 01786 462036  
Opening hours: Mon – Fri 09:00 to  
17:00 Except Wednesday 10:30 to  
17:00

Useful links

[myworldofwork.co.uk](https://myworldofwork.co.uk) - for all your work, skills and learning needs

[www.apprenticeships.scot](https://www.apprenticeships.scot) - apprenticeship vacancies across Scotland.

[www.digitalworld.net](https://www.digitalworld.net) - for information and support on digital careers.

Find us on [SDS Forth Valley](#) - Facebook pages offer information on events, vacancies and careers support available.