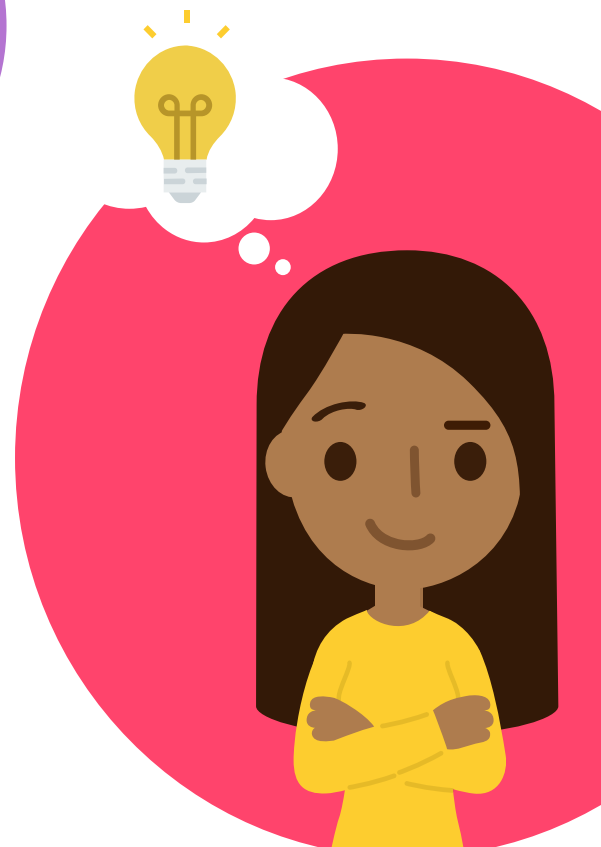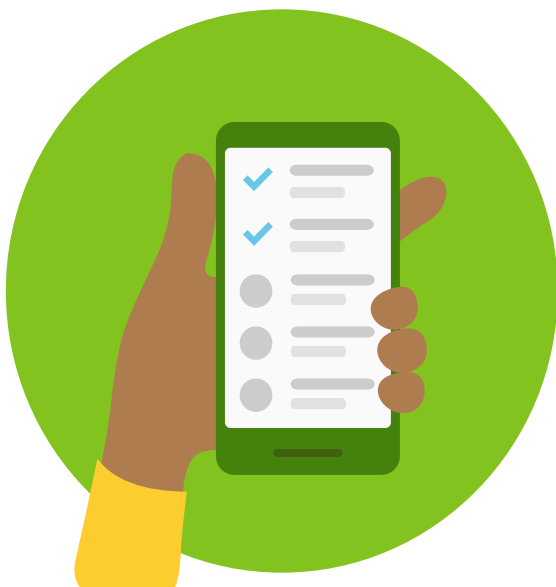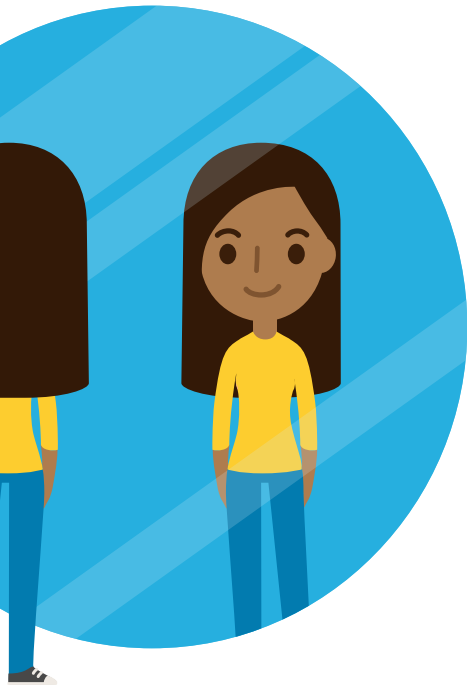# xello

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Introducing your students to Xello

Turn-key lessons and supporting activities
for years 7 through 13

Say hello to Xello!

Xello is an engaging online program that helps students in years 7 - 13 create their very own, unique roadmap for future success — enabling them to discover their own personalised pathway through self-knowledge, exploration, and planning.
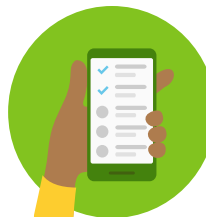
Build Self-Knowledge

Explore Options

Create a Plan

Learn & Reassess

To encourage continuous learning and reassessment, Xello includes age-appropriate content with year group specific lessons. Lessons cover six core themes: *Self-knowledge*, *Learning Pathways*, *Career Exploration*, *Decision Making & Goal Setting*, *Success Skills*, and *Real World Readiness*. Each addresses the academic and real-world skills relevant for years 8 - 14 to help prepare students for a constantly changing world.

Lessons are interactive, fully digital and turn-key. By automatically bringing in students' own saved careers, schools, and interests, Xello provides a completely personalised, seamless and relevant learning experience. You can easily integrate lessons into your curriculum, providing students with a self-directed and engaging way to meet your learning goals and help students make more meaningful decisions about their future.

In this document you'll find a recommended year-by-year sequence for the lessons available in Xello, details about what students need to do before starting each lesson, and an overview of what your students will learn in each one. We've also suggested additional activities that students can complete in Xello at each year.

A few notes:

✔ Activities in this document, and their sequence, are recommendations. Feel free to customise the activities and lesson sequence to meet your needs.

✔ Lesson lengths outlined in this document are approximations—students may take more or less time to complete a lesson.

✔ More details about lessons in Xello, including how students work with lessons, and how you can review and report on lessons can be found in the **Support** section of Xello educator accounts and at **https://help.xello.co.uk**

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Year 7

LESSON	BEFORE BEGINNING...	STUDENTS WILL...
School Subjects at Work ⏱ 20 to 30 minutes	✔ Save 3 careers	• Explore how people in a variety of careers apply different school subjects on the job • Investigate how people in various careers use a school subject they like on the job • Explore the school subjects related to careers they like
Interests ⏱ 20 to 30 minutes	✔ Add at least 5 interests ✔ Save 3 careers	• Reflect on a few of the interests they've saved in Xello's interest inventory • Explore the link between interests and various careers • Investigate how their interests match up with a career they like
Time Management ⏱ 20 to 30 minutes	✔ Save 3 careers	• Explain why time management is important in school and on the job • Create a time budget to assess how they currently manage their time • Explore ways to improve their time management skills

Suggested activities

ABOUT ME

✔ Upload a profile picture and cover photo

✔ Add hobbies and interests to *Interests*

✔ Explore *Career Clusters* and save ones of interest

GOALS & PLANS

✔ Set 3 *Goals*

DASHBOARD

✔ Create one or more *Portfolios* to showcase personal work and save relevant files

EXPLORE OPTIONS

✔ Explore careers and use filters to refine results based on specific school subjects

✔ Research some career profiles and save ones of interest

Year 8

LESSON	BEFORE BEGINNING...	STUDENTS WILL...
Discover Learning Pathways ⏱ 30 to 40 minutes	✔ Save 3 careers	• Investigate their post-secondary pathway options • Explore the post-secondary pathways to various careers • Evaluate the pathways they could take to a career that interests them
Explore Learning Styles ⏱ 30 to 40 minutes	✔ Complete the *Learning Style* quiz ✔ Save 3 careers	• Investigate visual, auditory, and tactile learning styles • Explore how understanding their own learning style can help them in school and in their career
Biases and Career Choices ⏱ 20 to 30 minutes	✔ Students can dive right in!	• Identify biases of gender, ethnicity, ability, and class in the workplace • Explore how biases can influence career choices

Suggested activities
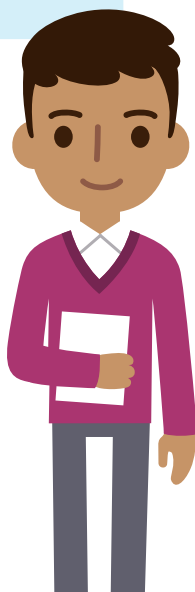
ABOUT ME

✔ Complete the *Learning Style* quiz

✔ Identify areas of expertise and add skills in *Skills*

EXPLORE OPTIONS

✔ Try out the filters and see how changing filters impacts results

✔ Select a career profile and read interviews with real people currently in that career

✔ Check out the profiles of colleges or sixth forms of interest

Year 9

| LESSON	BEFORE BEGINNING...	STUDENTS WILL...
Skills ⏱ 30 to 40 minutes	✔ Save 3 careers	• Explore how school, extracurricular, and leisure activities help build skills • Identify skills needed for a variety of occupations • Investigate career options related to their own skills
Explore Career Matches ⏱ 30 to 40 minutes	✔ Complete the *Matchmaker* quiz ✔ Save 3 careers	• Investigate central, secondary, and other aspects of the career match assessment, and how they relate to careers • Reflect on their own career assessment results • Explore the aspects of a career that interests them
Self Advocacy ⏱ 20 to 30 minutes	✔ Students can dive right in!	• Understand the concept of self-advocacy • Identify skills and behaviours required to effectively advocate for themselves, such as leadership, confidence, and communication • Explore ways they can advocate for themselves in school, the community, at home, and in a career

Suggested activities
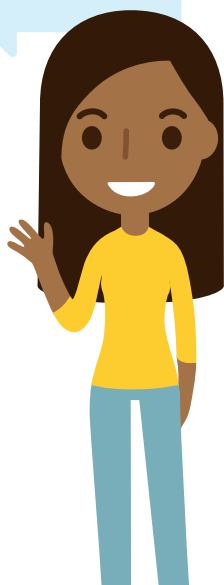
ABOUT ME

✔ Complete the *Matchmaker* quiz

✔ Update *Skills* and *Interests*

✔ Add life and education experiences to the timeline to begin populating the shareable profile

DASHBOARD

✔ Add to, update, or create new *Portfolios* to prepare for transition to high school

GOALS & PLANS

✔ Create a *Plan* using a saved career as a starting point

✔ Set or update 3 *Goals*

EXPLORE OPTIONS

✔ Choose career profiles of interest and find out why certain options may be a better fit than others by reviewing *Matchmaker* answers

✔ Focus on the education section in a career profile and explore colleges offering related training

✔ Choose a career profile and save it, record feelings about saved careers, and further investigate these options.

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Year 10

LESSON	BEFORE BEGINNING...	STUDENTS WILL...
Getting Experience ⏱ 20 to 30 minutes	✔ Save 3 careers ✔ Add 3 experiences to the *Experiences Timeline*	• Explore different ways to get work experience • Identify several ways to get experience while still in school: community service / volunteerism, part-time job, internships, etc. • Assess which type of experience is best suited for their career interests and goals
Personality Styles ⏱ 30 to 40 minutes	✔ Save 3 careers ✔ Complete the *Personality Styles quiz* ✔ Complete *Matchmaker*	• Investigate *Personality Styles* • Explore how their own personality style can help them at home, school, work, and other areas of their life
Study Skills and Habits ⏱ 30 to 40 minutes	✔ Students can dive right in!	• Identify skills, habits, and behaviours they need to succeed in school • Explore potential obstacles to success in their schoolwork (such as lack of motivation, distractions, and lapses in self-confidence) • Plan how to develop positive study habits and behaviours

Suggested activities

ABOUT ME

✔ Update avatar and cover photos

✔ Complete the *Personality Styles* quiz

DASHBOARD

✔ Save interesting and helpful resources to help bring ambitions to life in *Portfolios*

GOALS & PLANS

✔ Create one or more *Plans*

✔ Set at least 3 *Goals*

EXPLORE OPTIONS

✔ Start to explore courses and apprenticeships, and see which are available at local colleges or sixth forms

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Year 11

LESSON	BEFORE BEGINNING...	STUDENTS WILL...
Work Values ⏱ 30 to 40 minutes	✔ Save 3 careers	• Consider what work values are • Explore their own work values • Investigate careers that may be satisfying based on their values
Workplace Skills and Attitudes ⏱ 20 to 30 minutes	✔ Students can dive right in!	• Explore skills and behaviours that employers look for, such as time management, dependability, good attitude, communication skills and problem solving. • Explain why these skills and behaviours are important to various careers and how they manifest on the job • Assess their own employability skills
Transition to FE ⏱ 20 to 30 minutes	✔ Save 5 interest	• Explore ways to make their transition to 6th Form or college easier and more successful • Identify questions and concerns they have about entering 6th Form or college • Explore clubs, activities, and other resources to help handle transition to 6th Form/college; and develop other strategies to deal with transitions

Suggested activities
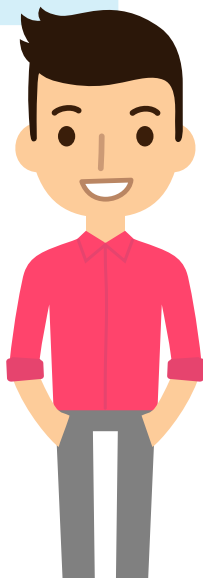
ABOUT ME

✔ Complete *Matchmaker Mission Complete* questions

✔ Add volunteer experiences to the *Experiences Timeline*

GOALS & PLANS

✔ Create a post-16 study plan by selecting a college of choice and adding the courses or apprenticeships they wish to apply to

EXPLORE OPTIONS

✔ Review saved careers, update list and further investigate preferred careers

✔ Save courses or apprenticeships of interest

Year 12

LESSON	BEFORE BEGINNING...	STUDENTS WILL...
Choosing a University ⏱ 40 to 50 minutes	✔ Save 3 universities	• Identify which factors are important to them when selecting a university • Investigate how a university stacks up to their priorities
Career Demand ⏱ 30 to 40 minutes	✔ Save 3 careers	• Learn about career projections and outlooks • Analyse factors that impact career demand, such as changes in technology, demographics, business practices or production methods, consumer preferences, and workplace restructuring • Explore how their career plans may be shaped based on the demand for a career that interests them
Work/Life Balance ⏱ 30 to 40 minutes	✔ Save at least 3 careers	• Assess how their current work (school) demands affect family life, free time, etc. • Identify the work demands of a career of interest • Explore strategies for maintaining a healthy life-work balance now and in the future

Suggested activities
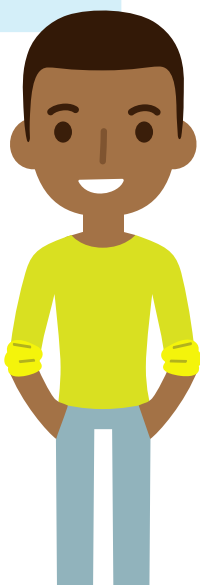
ABOUT ME

✔ Add part-time and/or summer job experiences to *Experiences Timeline*

✔ Explore educator-provided links and resources

GOALS & PLANS

✔ Update, edit, or set at least 3 *Goals*

✔ Update and edit *Plans* or delete any that may no longer be relevant

EXPLORE OPTIONS

✔ Save university profiles that are of interest and further explore academic options by looking at admission requirements for courses of interest

✔ Review saved universities and courses, and update list based on new experiences or insights

Year 13

LESSON	BEFORE BEGINNING...	STUDENTS WILL...
Career Backup Plans ⏱ 30 to 40 minutes	✔ Save 3 careers	• Learn the importance of career backup plans • Investigate strategies for dealing with obstacles that may come up in their career path • Explore potential backup careers for themselves
Career Path Choices ⏱ 30 to 40 minutes	✔ Students can dive right in!	• Explore ways to prepare for a job interview • Describe their own abilities and qualifications in the context of an interview • Investigate job interview questions in the context of a career that interests them • Explore appropriate post-interview behaviors and actions
Defining Success ⏱ 20 to 30 minutes	✔ Save at least 3 careers	• Explore what success means to them in various aspects of life, including their personal life, school, and career • Explore ways they can make a difference and achieve success in a career that interests them

Suggested activities

ABOUT ME

✔ Review content and make any updates

GOALS & PLANS

✔ Identify one or more *Plans* to put into action and delete any that might be outdated

✔ Review saved universities and courses and begin UCAS application process

✔ Reflect on any past *Goals* and set new ones

EXPLORE OPTIONS

✔ Conduct a final exploration of schools and majors of interest, and become familiar with campus locations, culture and program requirements

DASHBOARD

✔ Explore educator-provided links and resources

Ongoing Activities

Explore Options

Students are encouraged to browse, filter and research to learn more about the range of career, further, vocational and higher education courses available. The more exposure, the better!

Building About Me

Good career decisions start with strong self-knowledge. With regular updates to the Experiences, Skills and Interests sections of About Me, students create a fuller picture of who they are.

Lessons and Assignments

Educators can activate new lessons and activities for students at any time. Students are encouraged to login regularly to stay on top of their assigned projects.

Curate Saved Options

Review, reflect and update saved options over time to keep pace with new learnings and evolving preferences. An up-to-date list of saved options is a great foundation for students' future planning.

Portfolios

Students can continuously update, create, and share vibrant portfolios to showcase their work and reflect on what they've learned. Students can highlight the self-exploration and planning they've done in Xello and add their own artefacts, like photos, videos, and journal entries.

Setting Goals

Students should often update their goals to keep them relevant and continue to define, set manageable tasks, and track personal, academic, and other types of short- and long-term goals. They can mark old goals as complete and create new ones at any time.

Building Plans

Keeping plans current requires periodic creation of new plans to reflect new interests and editing or deletion of existing plans. Ongoing planning allows students to gain experience with this critical skill, strengthening their overall ability to plan.

For help getting the most out of your service, you can explore Xello Support
https://help.xello.co.uk at your convenience.

Or contact your Success Manager directly:

+44 (0)1509 381070
help@cascaid.co.uk