

Employability menu

The following selection of tasks will help you understand more about the world of work and highlights some key opportunities to complete Virtual Work Experience.

We have selected the experiences which we think are suitable for Y10-11 learners.

Barclays Lifeskills and **Future First** (Health and Social Care) can be done at anytime and students can work at their own pace.

Springpod requires students to apply (by a set deadline date) and these experiences are run at specific dates throughout the year.

Virtual Work Experience will help you to learn more about the world of work, even when you can't do this face to face due to the impact Covid-19 has had on work experience placements.

While you are at home over the summer holidays, we suggest you choose one of these to complete in preparation for starting Year 11 and the application you will be making to college, sixth form and/or apprenticeships.

Virtual Work Experience

BARCLAYS LIFESKILLS

Create an account on the Barclays Lifeskills website to complete interactive tasks and build up your point score.

The link for this is: <https://barclayslifeskills.com/young-people/>

Use the website to gain some virtual work experience or complete tasks to improve how employable you are in the future.

Aim is to gain 200 points.

Activity choices – choose from the following sections or work through some particular tasks from each section:

- Get Virtual Work Experience
- Prepare for interviews
- Develop skills for the future workplace

When you click on the section choice, you need to read the information on what tasks are available on this section and the points awarded for each.

Decide on what you want to complete and then make a start.

You can save and come back to your work through your account.

You can print off work completed or make a log of the activities you do.

Print off your final point score as evidence to refer back to when applying for part-time jobs or the next steps of your career.

You can also use evidence of this experience to update your CV.



Springpod is an online platform through which you can apply for Virtual Work Experience. The opportunities are varied, from sales to vets.

You need to apply through the website which should take about 30 mins. You will then be notified if you have been successful and what to do next.

The link for springpod is: <https://www.springpod.co.uk/virtual-work-experience-programmes>

Each Virtual WEX lasts for approx. 10 hours over a specific two-week period.

Opportunities are run in rounds - the next available round for many of these is for the date of 2nd August (with a deadline to apply of 26th July)

You get a certificate after successful completion of the Virtual Work Experience you have taken part in.

Print off to keep as evidence and as a reminder of what you have done when applying for work experience in Years 12 and 13.

You can also use this to update your CV and in preparation for making your Post 16 education choices.

FUTURE FIRST – VIRTUAL WORK EXPERIENCE IN HEALTH AND SOCIAL CARE

This company offers a work experience pack which contains a guidebook and student workbook.

The programme is set up for students to complete at times that suits them (no set time), over a one-week period.

Students read and work through the guidebook and complete the relevant sections of the workbook as they move through the week.

The structure is set out so that students meet a new volunteer each day (via video clip) who work in a different area of Health and Social Care. You will find out more about their job and how they got into their role. They will then set you a task to complete that day, in order to give you an insight into what it's like and opportunities to develop relevant experiences and skills.

Your evidence at the end is your completed work book and the knowledge and skills you have built up over the week.

You can find the resources for this on the school website (a link will be sent to you via your school e-mail).

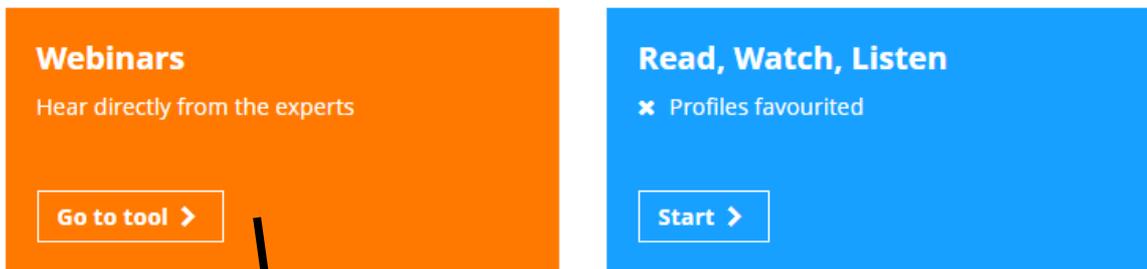
 [Virtual Work Experience Health and Social Care - Student Workbook.pdf](#)

 [Virtual Work Experience in Health and Social Care - Guidebook.pdf](#)

Understanding work sectors and easing transition between school and work



There are two tools in Unifrog that you could use to help you with your understanding of certain work sectors, what to study and help you with your overall understanding and ease your transition into careers and the world of work.



1. The webinars tool

View the ones you can listen to 'on demand' by scrolling down the page.. each webinar has a description of what it will cover and takes from about 30 mins to one hour. Topics are varied and include – Medicine, Engineering, Computer Science etc.

Past webinars

Watch our previous webinars now.

After listening to a webinar that interests you, your task would be to complete a short paragraph in answer to the 3 questions below. You could then print your work off and include as evidence for CV or work portfolio, interviews etc.

1. What was the title of the webinar, when did you listen to it, what information did it basically cover?
2. What did you learn about the subject area when you were listening that has helped you with your career planning?
3. Are you interested in this work area, why and why do you think it would suit you?

2. The Read, Watch, Listen tool

Search for topics related to career and subjects of your choice.

Read, Watch, Listen

✖ Profiles favourited

Start >

Read, Watch, Listen

Find stuff to make you smarter

There are articles, Ted talks, book and film recommendations.

You will find that the videos are often blocked if using on school site as some content will be unable to play due to our Firewall – controversial content, topics, language.

After learning about a topic you have accessed, your task would be to complete a short paragraph in answer to the 2 questions below. You could then print your work off and include as evidence for CV or work portfolio, interviews etc.

1. What was the title of the activity you accessed, what was it about (brief summary) and when did you do it?
2. What did you learn and how has it inspired you or helped you with your career planning or aspirations?