

Grow throughout Life



Virtual Work Experience Programmes

Virtual University Subject Spotlights

Our **virtual experience programmes** always include information about learning pathways highlighting the skills, knowledge and qualifications needed.

Interactive tasks and activities highlight the skills needed for various pathways and encourage young people to reflect on their own strengths and aspirations.

Young people can attend webinars where they hear from those working in industry who share their career journeys and talk about the roles and pathways available.

Our **university subject spotlights** offer the chance to explore university pathways and subjects before applying.

Students can take responsibility for their own Springpod journey to seek out new challenges and opportunities.

Springpod content is designed to encourage ambition and dispel myths and stereotypes around career pathways.

Upon completion of any Springpod experience young people receive a certificate so they can record their achievements.

Explore Possibilities



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Our experiences encourage young people to explore a variety of roles. Our employer partners are always keen to broaden career ideas and develop an understanding of opportunities and pathways available.

We often feature role models and case studies in our experiences and events to show all of the possible pathways including apprenticeships.

We always ensure our virtual experiences include the latest LMI information in an accessible format for young people.

Speakers will offer insight into careers, workplace cultures and expectations alongside typical recruitment and selection processes.

Young people can create a Springpod profile detailing their career ambitions and interests which allows us to personalise their Springpod experience. If they choose they can receive information on real opportunities with employers that are relevant to them.

Links to further sources of sector specific information are provided within experiences with suggested links to company websites or professional bodies.

Manage Career



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Our intention is that Springpod can help kickstart a career journey and help students understand the concept of career. Experiences encourage self-reflection so students think about what this means to them. Pathways information will allow them to map out how they achieve their career ambitions.

Experiences will highlight the challenges and rewards of different careers and encourage young people to use their experiences to inform decision making.

Springpod experiences can be used to support young people at key transition points. For example, completing a university subject spotlight before making decisions about university.

Every experience will include information about alternative pathways to careers to allow young people to consider a plan B if needed.

Employers often share their career journeys including setbacks and challenges with advice on how to overcome them.

Create Opportunities



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Young people can take responsibility for managing their own Springpod experiences. All experiences are self-led and students can apply independently.

Our experiences offer a range of learning opportunities around the skills they will need to manage their careers.

Speakers often talk about what has led to their career success and what career success means to them. We encourage young people to reflect on this and often task them with creating their own career pathways detailing their career objectives.

Young people are often proactive in reaching out to employers following a Springpod experience conducting their own additional research into upcoming opportunities.

Balance Life and Work



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A virtual experience will highlight the challenges and rewards in a wide variety of roles including information on work-life balance.

Content allows students to recognise, consider and take action to challenge prejudice, stereotypes and discrimination in learning and workplaces.

Many of our experiences are created to widen participation and dispel myths and stereotypes around certain careers and industries

We include where relevant information about salary expectations related to particular roles so this information can be used to inform decision-making.

Our university experience hub can be used to access information about student finance and budgeting.

See the Big Picture



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Accurate and up-to-date LMI looking is included in all Springpod experiences

We have a large number of STEM-related experiences that focus on the implications of technology and science

Activities within virtual work experience often challenge young people to think about how roles interact and any links to the community, politics, economy or environment.

Our communities feature in our virtual experience programmes allow participants to communicate and support each other around tasks and activities in a moderated and safe forum. This creates mutual respect and allows young people to think about their communication styles and how they reach a consensus as a group.

We encourage young people to use social media professionally and introduce LinkedIn as a professional networking opportunity when age appropriate.

Experiences are available focused on technology and digital media throughout the year. Speakers will often highlight how their roles can be impacted by advancements in technology.