

# Careers Exploration and Experience with Springpod

We hope you have a great time exploring Springpod! Try to finish all the experiences and **Extra Challenge** tasks, but feel free to manage your time and choose the ones that interest you the most. Your school or college will keep track of your progress and celebrate your achievements. Good luck from the Springpod Team!

## Session 1

Let's start with a career quiz. **Take the Quiz** on UCAS. This might give you an idea of what experiences to choose this week.

Introduction to Springpod - view **slides** or watch the **video**

Create your Springpod account **here** and search and 'favourite' the programmes you wish to complete **here**. Follow our Step-by-Step Guide **here**

Find a programme and get started.

## Session 2

Log back into your account **here**

Go to **My Virtual Work Experience** and continue with **your programme**

If you complete your programme, why not try a **Sprint** **here** or start another programme of your choice **here**

**Remember to take a break!**

## Session 3

**Exploring Pathways and Employers**

- Complete **Apprenticeships** course
- Complete **Higher Technical Qualifications** course

Discover employers offering apprenticeships **here**

Browse by industry **here**

Listen to a podcast **here** - Getting Ahead with Apprenticeships with UCAS

### Extra Challenge:

- Create a pros and cons list for Apprenticeships
- Do you think this pathway would suit you? Why or why not?
- Create an advert for your dream role. Think about what would make you want to apply. You need to include:
  - A job description
  - Skills and qualifications needed
  - Perks and Benefits
- Complete a search for apprenticeships either by job or area <https://www.findapprenticeship.service.gov.uk/apprenticeshipsearch>

## Session 4

**Exploring University**

Start researching future pathways.

Explore **University Subject Spotlights**

Choose a University Subject Spotlight to complete and click start

Create a UCAS Hub account **here** if you have not done so already

You can use the **personal statement** builder in UCAS to help you think about what you need to include - don't forget to add what you have learnt from your Springpod experiences



## Session 5

Complete any outstanding experiences

### Extra Challenge:

- Create your first LinkedIn post and share what you have learned this week. If you are not ready to post, just draft in a word document.
- Create or update your CV detailing all of your achievements this week. You can use our **CV template** **here** if useful or the **UCAS CV Builder** if you have a UCAS Hub Account
- Prepare a short presentation (3-5 slides) outlining what new knowledge and skills you have learnt this week

Watch our LinkedIn Masterclass **here**

Take a break and find your programme to continue on your dashboard 'My Virtual Work Experience'

