Exploring Career Pathways and Opportunities with Springpod and the Department for Education

We hope you have a great time exploring Springpod! Every time you engage with Springpod, you will earn Rockets! Read all about them **here**. Put simply Rockets unlock opportunities, rewards and prizes!

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 teachers will keep track of your progress and celebrate your achievements at the end of the week. Good luck from the Springpod and let's start earning those Rockets!

Session 1 - Getting Started

Introduction to Springpod - watch our short animation **here** to find out more about Springpod

Start by visiting **www.springpod.com** and creating your account **here**. Our **Quick Start Guide** is here to help if you need it.

Before you start write down your 10-Year headline! For example:

In 10 years, I'd like people to say I designed something useful or I helped improve the environment or I started my own business

Session 2 - Future Pathways

Now you have created your account we can start exploring - click here **https://www.dfe.springpod.com/**

Let's start with researching future pathways. For a quick overview, visit **Skills for Life**. Then choose one or more of the following Springpod programmes (1 hour):

Skills for Life: An Introduction to Apprenticeships	Skills for Life: An Introduction to T Levels	Skills for Life: An Introduction to Higher Technical Qualifications

Extra Challenge

- **One-pathway deep dive:** Pick one option (college, apprenticeship, job, gap year, etc.) and list one pro, one con, and one question you still have.
- **Advice to a friend:** If a friend had your interests and skills, what option would you recommend and why?
- **Write down at least 3 actions** that you will take to continue your research into your next steps

Session 3 - Industry Insight - Digital & AI

Digital technology and AI aren't just industries you might work in one day they're already shaping how you learn, connect, create and solve problems. Whether you're interested in healthcare, sport, fashion, business, gaming or the arts, digital skills are becoming essential everywhere.

Let's explore how AI and digital technology power every sector and discover the exciting career opportunities waiting for you. You'll explore the Industry through the work of a typical company you'd expect to see - through their work, you'll explore the trends, tools, and careers shaping the UK's future.

Log back into your account **here**

Choose **Digital and AI https://www.dfe.springpod.com/experiences/industry-insight-digital-ai** Click Start.

Extra Challenge

Digital confidence check:
Choose one skill you developed through this experience.

- Where else in your life have you used this skill?
- How could it help you in a non-digital career?

Future-proofing: What's one skill you think will be more important in 5 years than it is now?

Employer lens: If you were the employer, what would impress you most about a student who has completed this industry experience?

Final reflection: Complete these sentences...
Before this experience I thought AI & Digital Industry was ....
Now I think ....

If you complete, choose another programme of your choice **here**. If you know which sector interests you, use our **Job Sector Collections** to find one that matches your interests.

Session 4 - Industry Insight - Construction

Look around you. The buildings you learn in, the roads you travel on, the places you socialise – none of them exist without construction. But modern construction is much more than building. It includes design, sustainability, technology, heritage conservation, engineering and major infrastructure projects.

Whether you're interested in creativity, problem-solving, the environment or innovation, there's a place for you in this industry. Let's explore the wide range of opportunities construction has to offer. You'll explore the Industry through the work of a typical company you'd expect to see - through their work, you'll explore the trends, tools, and careers shaping the UK's future.

Log back into your account **here**

Choose **Construction https://www.dfe.springpod.com/experiences/industry-insight-construction** Click Start.

Extra Challenge

Unexpected role: Identify one job you didn't expect to see in this industry.
Would this suit me? One reason this industry appeals to you, and one reason it might not.

Employer lens: If you were the employer, what would impress you most about a student who has completed this industry experience?

Finding the links: List 3 careers you're interested in (even if they seem unrelated to construction). For each one, answer:

- How might construction link to this career?
- What skills from this experience would be useful in that job?

Final reflection: Complete these sentences...
Before this experience I thought AI & Digital Industry was ....
Now I think ....

If you complete, choose another programme of your choice **here**. If you know which sector interests you, use our **Job Sector Collections** to find one that matches your interests.

Session 5 - Bringing It All Together

Complete any outstanding experiences

One-year letter: Write a short note from your future self one year after leaving school. What choice did you make? How do you feel about it?

My Career Mindset Now:

1. One industry I now see differently is ....
2. One career I hadn't considered before but now might explore is ...
3. One skill I realise is important across all industries is ...
4. One thing I need to find out more about is ...

Career Boardroom Reflection

Imagine you are presenting to your future self explaining:

- Why you chose the pathway you're considering
- What skills you are building now
- How this programme influenced your thinking