



# Springpod Big Work Experience Challenge

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](#)

Start by visiting [www.springpod.com](http://www.springpod.com) and creating your account [here](#). Take a look at the experiences available [here](#). You can favourite some you would like to come back to.

Once you have created your account, your progress is always saved.

Always log back in [here](#) and simply click **Resume**.

**Confidence snapshot:**  
On a scale of 1–10, how confident do you feel about your next steps and why?

### Session 2 – Future Pathways

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**

If you would like to find out more about subjects you could study at university, you can explore Subject Spotlights [here](#). Explore fascinating topics, hear from academics and strengthen future applications.

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**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 – Building Skills

You have two options. Choose one or do both!

**Option A**  
Find the Barclays Lifeskills programme [here](#) and click **START NOW** (Approx 6 to 8 hours total).

**Option B**  
Put together your own programme with **Rolls-Royce**. Choose one or more **Future Ready Skills** and/or **Employability Skills** Programmes. These are all shorter 1 hour programmes.

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**Extra Challenge**

Pick one task from your Springpod programme and explain how that skill could be used in a different job.

### Session 3 – Building Experience and Networks

Click **Resume** to continue with **any programmes you have already started**.

When 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.

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**Extra Challenge**

**Employer lens:** If you were the employer, what would impress you most about a student who has completed the programme you chose?

**Another important task – Let's link you up with some employers.** From your dashboard menu, click **Networks** or click [here](#).

Join your favourite **Networks** to get access to employer learning pathways and access opportunities.

Click on **pathways** to be able to view employers with the AI Interview Coach for you to try. You will need to join the Network and complete a programme with that employer to unlock the AI Interview Coach.

### Session 4 – Employer Focus and Digital Skills

**Time for a tour of a real workplace!**

**Choose an Amazon Career Tour [here](#)** (1 hour) to go behind the scenes of real tech and business roles.

**Explore real workplaces** and see where innovation happens at Amazon  
**Meet Amazon employees** and find out about their jobs, career journeys and top tips  
**Get inspired for the future** and discover a wide range of career paths

You can choose from

Robotics Fulfillment Centre

Prime Video

Amazon Music

Cloud Computing

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**Extra Challenge**

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

**1 Hour Digital Skills Programmes with Amazon**

Build the digital skills you need to succeed – at school, college, and in life. Whether you're sending your first professional email, navigating online safety or figuring out how to use spreadsheets or cloud storage, this has you covered. Choose one or more of the following:

1. **AI and AI Literacy**
2. **Data Analysis and Storytelling**
3. **Research**
4. **Digital Communication**
5. **Cyber Security**

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**Extra Challenge**

**Digital confidence check:**  
Which digital skill do you feel most confident in? Which do you want to improve?

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

### Session 5 – Reflections and Actions

Complete any outstanding experiences.

Check My Achievements and download your certificates

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

**Biggest shift:**  
One thing you think differently about now compared to before the programme.

**Next step promise:**  
Write one realistic action you'll take in the next month.

**Confidence snapshot:**  
On a scale of 1–10, how confident do you feel about your next steps and why?