



# Parent and Carer **Guide** to Springpod

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Springpod is a FREE online platform offering virtual experiences designed to inspire, inform, and empower young people. This guide will show you how Springpod works, what it offers, and how your student can use experiences to explore their interests, build confidence, and make informed decisions about their future.



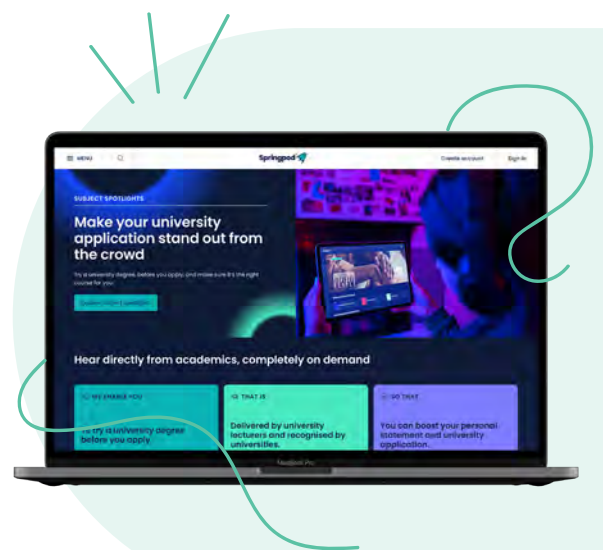
## What is Springpod?

Springpod is a free careers platform dedicated to preparing young people for the world of work and next steps. In this guide, we aim to explain how young people can explore career opportunities and subjects through a variety of activities. Virtual experiences play a key role in helping them learn about the world of work and career pathways, and we're excited to show how these opportunities can support their career exploration and decision-making.



Our partnerships with leading employers, universities and UCAS ensure that these experiences are recognised and valued by students, universities and industry leaders. We are committed to offering experiences that complement in-person opportunities.

We recognise the importance of providing your student with a range of experiences to support their career decisions. Young people need multiple avenues to explore the world of work, which is why we believe a hybrid approach—blending virtual and in-person experiences—provides many more valuable opportunities to gain insight and make informed choices about their future.



## Why should there be a virtual option for work experience and university experiences?

Your student may encounter challenges when trying to secure an in-person work experience placement, whether due to location, limited opportunities, or other factors. Virtual work experience removes these barriers, opening up access to opportunities that might otherwise be out of reach. Similarly, students may not always be able to take advantage of university visit opportunities or subject taster sessions due to the costs and time constraints involved.

All young people deserve the chance to connect with leading employers and universities. Springpod acts as a gateway, connecting students with top employers and universities and offering valuable insights that inspire ambition and growth.

For some students, anxiety or a lack of readiness to attend in-person placements or university visits can be a significant barrier. Virtual experiences through Springpod provide a risk-free way for them to explore different careers and subjects, build confidence, and try something new in a supportive, accessible environment.

## What do we want young people to learn by taking part in Springpod experiences?

- To explore the wide range of career opportunities available to them.
- To broaden their horizons and discover the many possibilities for their future.
- To develop an understanding of various job roles or subjects and gain valuable insights through interactive tasks and activities.
- To encourage self-reflection, helping them recognise their skills and qualities and how these can connect to different career options.
- To build confidence in pursuing their career ambitions.
- To understand the importance of qualifications and subjects related to their career choices.
- To learn about the different pathway options that lead to their chosen career.





## What is available on Springpod?

Our programmes are open globally for any student age 13 years and above. A few programmes may have additional criteria based on age or location.

Your student can access 100+ virtual work experience programmes in a wide range of industries for FREE. View all of the available programmes here -

<https://www.springpod.com/virtual-work-experience/search>

Your student can access University Subject Spotlights to explore subject areas and develop their subject knowledge in preparation for university applications. They can search for subject spotlights here -

<https://www.springpod.com/subject-spotlights/search>

Each programme will vary in length, and there are usually no deadlines to meet, so they can just work at their own pace.

Each programme is self-led, and all progress is saved and can be tracked by the school or college.

They can log-in anywhere and anytime

Each programme is interactive, with tasks and activities which must be completed to gain a certificate. These tasks have been created in partnership with employers and universities who want to provide useful insight into work and university subjects.

## How can my student get started?

**Step 1:** Create a student account - <https://space.springpod.com/sign-up>

**Step 2:** Search for experiences

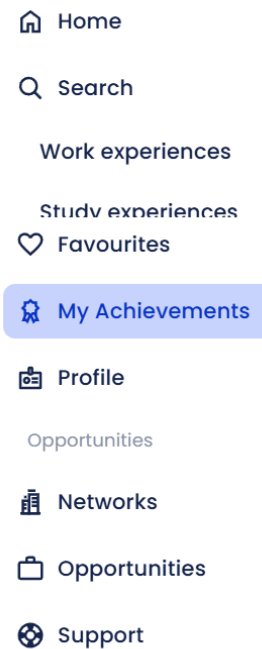
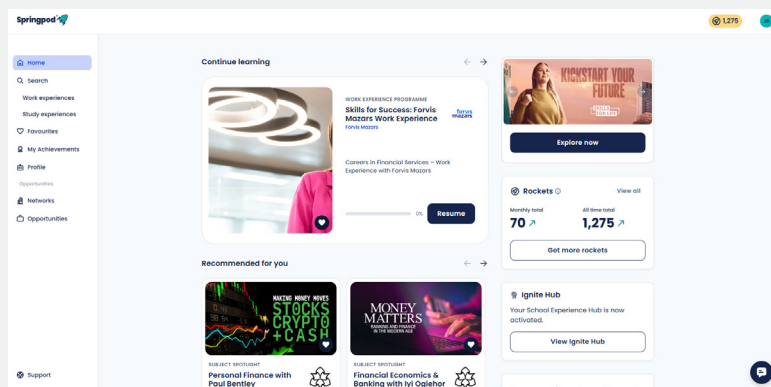
→ **Work Experience** - <https://www.springpod.com/virtual-work-experience/search>

→ **Subject Spotlights** - <https://www.springpod.com/subject-spotlights/search>

**Step 3:** Click **Start** on the chosen experience

**Step 4:** To find the experience again, always sign in <https://space.springpod.com/sign-in> and click Resume on the student dashboard. All progress is saved.

**Step 5:** Once complete, download the certificate



## How can my student showcase these experiences on their University applications, CV, or LinkedIn profile (for students 16+)?

The questions we often get asked are, 'Are these experiences worth it?' 'Do employers and universities value these experiences?'

The quick answer is YES! Both employers and universities will be eager to understand the value your student has gained from participating in a Springpod programme. Encourage your student to clearly highlight the skills and knowledge they've developed, the tasks they undertook, and how these experiences have shaped and strengthened their career goals.

We always recommend that students go beyond simply listing their experiences — it's crucial to explain what they've learned! Instead of just naming the tasks completed, encourage your student to focus on the valuable skills, insights, and knowledge they've gained throughout the programme.

**We hope your student finds their Springpod experience valuable. If you have any questions or need assistance, please don't hesitate to reach out to Springpod at [hello@springpod.com](mailto:hello@springpod.com). We're here to help!**