



Springpod Big Work Experience 1 Day Challenge



Key Messages

- ★ Earn Rockets as you go!
- 🎯 Choose what interests you most
- 🏆 Your progress will be celebrated



REMEMBER

- ✓ Take your time
- ✓ Try your best
- ✓ Choose what you enjoy
- ✓ Have fun learning



Key Links

📌 Create your Springpod account here:

<https://space.springpod.com/sign-up>

📌 Sign in to your Springpod account here:

<https://space.springpod.com/sign-in>

📌 If you need help, email hello@springpod.com





Session 1: Getting Started (1 hour)

Learn about Springpod

- Watch the animation [here](#)
- Create your account [here](#)
- Explore Springpod and favourite experiences you would like to try [here](#)
- Once you have created your account, your progress is saved. Always log back in [here](#) and simply click **Resume** on your dashboard

How confident do you feel before starting when making decisions about your future? (1-10): _____ Why?



Session 2: Future Pathways (1 hour)

Explore your options

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:


[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.

Which pathway did you explore (Apprenticeships, T Levels or Higher Technical Qualifications)?

One PRO 	
One CON 	
One QUESTION 	





What pathway do you think suits you most? Why?

Write 3 actions you will take next to explore your future pathway:

Session 3: Building Experience (1 hour)

Choose a **Sprint** for a 1 hour insight into a role of your choice. There are 50+ to choose from [here](#) with companies such as Rolls Royce, Amazon, Barclays and the RAF.

Which programme(s) did you complete?





What tasks/activities did you complete?

What did you learn from completing this programme? Did it help you discover new career ideas, develop skills or learn more about that industry?

If you were an employer, what would impress you most about a student who has completed this programme?





Session 4: Tour a Workplace (1 hour)

Explore a workplace

Time for a tour of a real workplace!

Choose an Amazon Career Tour [here](#) 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 Fulfilment Centre](#), [Prime Video](#), [Amazon Music](#) or [Cloud Computing](#) or [Amazon Studios](#)

What Amazon Career Tour did you explore?

A job that surprised you:





Would you enjoy working there? Why / why not?

Session 5: Digital Skills (1 hour)

Build the digital skills you need to succeed - at school, college, work 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](#)

Which Digital Skill programme (s) did you complete?

- AI and AI Literacy
- Data Analysis
- Research
- Digital Communication
- Cybersecurity





What do you think is your strongest digital skill now?

What is a skill you would like to improve?

Session 6: Reflection & Actions (30 mins)

 **Think about your future**

Write a short message from your future self (1 year later):





Since completing these programmes, what has changed in how you think about your future?

One action you will take next month:

How confident do you now feel when making decisions about your future? (1-10): _____ Why?

