

Gaining Work experience remotely

Introduction

It is a difficult time to try and gain relevant experience

In these circumstances, first time applicants to universities will all be in the same situation. All Universities are aware that the opportunities open to you have been affected and will take this into account.

Consequently, universities will have to adapt their expectations to the situation applicants find themselves in.

What can I do?

Make sure to check the University course website for updates on work experience.

Additionally, keep in mind that work experience is not generally a requirement for applying to courses in any normal year.

Why is gaining experience important?

Universities want to see that you understand what the career involves.

Work experience, and other related experiences, are only as valuable as the way you talk about them.

While you will be **expected to show some understanding of what it is like to be a your chosen career**, part of this involves demonstrating that you know what it is like to work in a responsible role, working with others and the **other skills** and **qualities** that are required

What type of experience do I need?

Work experience is **any activity or life experience** that helps you to prepare for your course /career.

This means any activity that allows you to demonstrate that you have:

1. Had people-focused experience e.g. providing a service, care, support or help to others, and that you **understand the realities of working in a particular profession**
2. **Developed some of the values, attitudes and behaviours** essential to being a career such as conscientiousness, effective communication and the ability to interact with a wide variety of people.
3. A realistic **understanding of a career** and in particular the physical, organisational and emotional demands

Practical ways to gain experience during lockdown

Keep a reflective diary what experiences you have had.

- What is happening in the **news**
- Make use of **online resources** (videos virtual
- **Volunteer** in your spare time, if you can

Medicine

Virtual work experience

- Webinars –
- Virtual tours of the career

See possible links in later slides

Volunteering –

- Hospital

The volunteer office in Altnagelvin has directed students to this website if they are also interested . If you wish to volunteer in relation to COVID-19 please visit the Volunteer Now website. Roles will be advertised there. <https://www.volunteernow.co.uk/>

- charity shops
- Coastal core health care ???

Work experience in the home situation

Helping others such as

- Elderly grandparents
- People with illness in your home
- Younger brothers and sisters in your home
- Vulnerable neighbours

Understand your chosen career

- Using online to find out about you career
- <https://www.nidirect.gov.uk/services/career-z-list>

Family contacts and actual placements

- If you can get into any business to show the ability to work with others and be responsible
- Accessing any business / company gives an insight to the general world of work

News and current affairs

- Current health issues on the news
- <https://www.bbc.co.uk/news/coronavirus>
- <https://www.bbc.co.uk/news/health>

All of this needs to be recorded in a diary

Allied health professions / nursing / pharmacy

Virtual work experience

- Webinars - see possible links in later slides
- Virtual tours of the career
- Check what universities are offering

Volunteering –

- Hospital

The volunteer office in Altnagelvin has directed students to this website if they are also interested . If you wish to volunteer in relation to COVID-19 please visit the Volunteer Now website. Roles will be advertised there. <https://www.volunteernow.co.uk/>

- charity shops
- Coastal core health care ???

Work experience in the home situation

Helping others such as

- Elderly grandparents
- People with illness in your home
- Younger brothers and sisters in your home
- Vulnerable neighbours

Understand your chosen career

- Using online to find out about you career
- <https://www.nidirect.gov.uk/services/career-z-list>

Family contacts and actual placements

- If you can get into any business to show the ability to work with others and be responsible
- Accessing any business / company gives an insight to the general world of work

News and current affairs

- Current health issues on the news
- <https://www.bbc.co.uk/news/coronavirus>
- <https://www.bbc.co.uk/news/health>

All of this needs to be recorded in a diary

Veterinary

Virtual work experience

- Webinars - see possible links in later slides
- Virtual tours of the career

Volunteering –

- Local farms - sheep, dairy, beef, pig, poultry
- equestrian centres
- pet shops
- dog groomers
- Rescue centres
- Local country parks

Work experience in the home situation

Working with animals such as

- Family pet care
- Local wildlife

Understand your chosen career

- Using online to find out about you career
<https://www.nidirect.gov.uk/services/career-z-list>

Family contacts and actual placements

- If you can get into any business to show the ability to work with others and be responsible
- Accessing any business / company gives an insight to the general world of work

News and current affairs

- Current issues on the news
- https://www.bbc.co.uk/news/science_and_environment
- <https://www.bbc.co.uk/news/health>

All of this needs to be recorded in a diary

Engineering / Computers / Science

Virtual work experience

- Webinars - see possible links in later slides
- Virtual tours of the career

Volunteering

Work experience in the home situation

- Your personal interests and hobbies
- Activities relating to your career
- Projects that you have undertaken at home
 - Building
 - Designing
 - Investigating

Understand your chosen career

- Using online to find out about you career
<https://www.nidirect.gov.uk/services/career-z-list>

Family contacts and actual placements

- If you can get into any business to show the ability to work with others and be responsible
- Accessing any business / company gives an insight to the general world of work

News and current affairs

- Current issues on the news
- https://www.bbc.co.uk/news/science_and_environment
- <https://www.bbc.co.uk/news/technology>

All of this needs to be recorded in a diary

Teaching

Virtual work experience

- Webinars - see possible links in later slides
- Virtual tours of the career

Volunteering

- Working with children - Sunday school teaching/ youth groups / sports teams

Work experience in the home situation

- Helping others brothers / sisters/ relatives with online/remote learning work
- Babysitting responsibilities

Understand your chosen career

- Using online to find out about you career
<https://www.nidirect.gov.uk/services/career-z-list>

Family contacts and actual placements

- If you can get into any business to show the ability to work with others and be responsible
- Accessing any business / company gives an insight to the general world of work

News and current affairs

- Current issues on the news
- <https://www.bbc.co.uk/news/education>

All of this needs to be recorded in a diary

History / Politics / Media / Law / Accountancy / Business

Virtual work experience

- Webinars - see possible links in later slides
- Virtual tours of the career

Volunteering

Work experience in the home situation

- Your personal interests and hobbies
- Activities relating to your career
- Projects that you have undertaken at home
 - Debates
 - Animations / video creations
 - Entrepreneurial ideas or activities / part time jobs

Understand your chosen career

- Using online to find out about your career
<https://www.nidirect.gov.uk/services/career-z-list>

Family contacts and actual placements

- If you can get into any business to show the ability to work with others and be responsible
- Accessing any business / company gives an insight to the general world of work

News and current affairs

- Current issues on the news
- <https://www.bbc.co.uk/news/business>
- <https://www.bbc.co.uk/news/politics>
- All of this needs to be recorded in a diary

Possible useful virtual links

Barclays Lifeskills

<https://barclayslifeskills.com/i-want-virtual-work-experience/school/virtual-work-experience>

Medicine Brighton & Sussex Medical School

<https://bsmsoutreach.thinkific.com/courses/VWE>

Medicine - Observe GP

<https://www.rcgp.org.uk/training-exams/discover-general-practice/observe-gp.aspx>

The Mullany Fund 0- a social mobility charity

<https://themullanyfund.org/en/what-we-do/virtual-work-experience/> Video Resources provided

- A day in the life of a research scientist.
- A day in the life of a virologist.
- A day in the life of a forensic science lecturer.
- A day in the life of a pharmacist
- A day in the life of a GP.
- A day in the life of a GP (Welsh version).
- A day in the life of a marine biologist.
- A day in the life of a vet student.

Law - White & Case

<https://www.allaboutlaw.co.uk/law-jobs/job/1910021129/training-contracts-virtual-work-experience->

Law - Pinsent Masons

<https://graduate.pinsentmasons.com/your-route-into-law/work-experience/virtual-work-experience/>

Law Jacksons Law firm

At Jacksons we have, for a number of years, had students attending our offices on work experience placements. More often than not, there wasn't a week that went by when we didn't have students in our offices. We want to continue to support students and develop their work experience and we have therefore devised a virtual work placement scheme which can be undertaken during lockdown.

Insidsherpa work experience programmes

<https://www.insidsherpa.com/>

But virtual work experience isn't the only way you can find information about careers online. Here are a few more resources you can use to get a taste of your dream career.

1. Study Work Grow Job Spotlights

Each week we release our job spotlights, showcasing a different job and the skills and pathways you need to get there.

Take a look through the huge variety of careers we've featured here: <https://studyworkgrow.com.au/job-spotlights/>

2. SkillsRoad 360 Virtual Workplace

Get a look at a workplace in 360 degrees and find out more about individual careers featured in short videos.

Check it out here: <https://www.skillsroad.com.au/360virtualworkplace>