

**Guidance Notes to tailor the session to either Year 11s or Post-16 students.**

**Year 11:**

Generally speaking during year 11 there is less pressure to have already determined a career path and therefore be limited to work experience that students think is specifically required. At this stage the aims are more general:

- Experience the world of work, first hand.
- Begin to understand the differences between school and work.
- Try out things that might be interesting and enjoyable, even if they are not necessarily linked to a specific career aim

This session can be used more generally and extremely successfully as the points raised and skills talked about are valuable in any working environment, the skills/character traits that are highlighted in this session are as important in any career, not just in healthcare.

It is also teaching students that useful lessons can be learnt and new skills found in any setting under any circumstances, if they are good at reflecting on them.

The task of getting students to think of one 'thing' they are doing that is not specifically related to their course/career of choice and extracting what skills they can from it, is extremely helpful when applying for any course of study.

The advice on preparing for work experience holds true for any placement students might be on or planning to undertake to make the most of the time they have for work experience. For example reading up about where you're going, finding out what is expected of you etc.

The Journal to help with reflecting on work experience can be used across all careers and is useful for any university interview when they will undoubtedly be asked about their experiences.

## **Post 16 Students:**

At this stage in their education students will have already made decisions to undertake a narrower range of subjects thereby taking the first step on the road to their chosen career.

Just like year 11 students there are many helpful tips that can be taken from this session, but this site (and session) becomes extremely useful for those students who are now starting to seriously commit to studying to become a healthcare professional.

Post 16 students applying for a university course leading to a career in healthcare are required to have lots of experience demonstrating an understanding of working in healthcare and the skills that are important in order to be considered for a place. It is also advantageous to have a wide range of different experiences to draw upon.

This session gives a wide range of ideas for work experience and the video clips from students who have been through it all before gives a great insight for prospective students to learn from.

Training to become a healthcare professional requires a great deal of reflection. Often they have to deal with difficult situations and reflecting on these is fundamental to how students and professionals learn to cope in the future. The earlier students can pick up this skill the easier it becomes.

The interview section in this session is extremely relevant for post 16 students as they are likely to be submitting applications for university courses (or employment) at this time, and good interviews can be a crucial part of getting accepted into university or obtaining a job.

This session also contains lots of contact information to enquire about work experience in all sorts of different settings specifically useful for those wanting healthcare related work experience.