

Online help if you are getting ready for Work Experience

To make the most of your work experience you should think carefully, plan and prepare well.

➔ Log on to www.workabout.org.uk

1. Not sure why you have to do it?

Go to **Yr 10** and select

➔ **Check out work experience** and then **Q and As about work experience**.

Answer the following statements

You get paid on work experience True/False

You don't have to do it if you have a Saturday job True/False

Work experience is done in the summer holidays True/False

2. ➔ Find out what other students thought – check out **photo stories**.

3. Not sure what to do? You have to choose six types of work you would like to do from: outdoor work, practical work, care, food preparation and service, administration, customer service work, animals, construction, finance, science based work, IT, graphic art, legal and sport.

➔ Go to



and check out your choices.

1. 2. 3.

4. 5. 6.

4. Make the most of it! Don't let old fashioned ideas about 'jobs for men' and 'work for women' hold you back.

⇒ Go to



Choose '**Rights and Responsibilities**' and then

Employment Rights. Select **Works4 me.** Click on '**Work Experience**'. Now read this page and go to the Quiz.

Put your answers here, How did you do?

- 1.
- 2.
- 3.
- 4.
- 5.

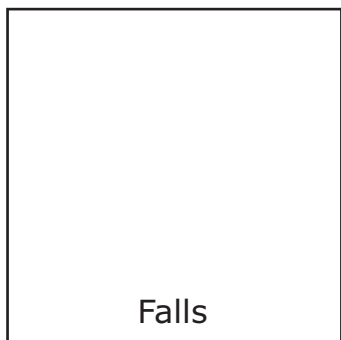
5. During work experience you will have to take care of your health and safety. From



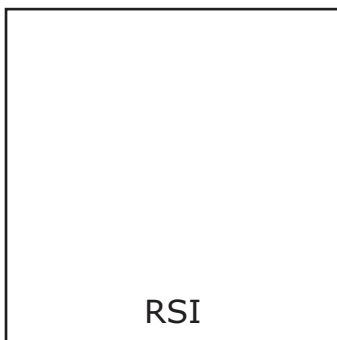
select **Rights and Responsibilities**, then **Employment Rights**

and click on **ROSPA Young Workers.** This website is full of information and advice. Click on **Young Workers** and select **Rights and Responsibilities.** Read through your responsibilities and check out the hazard signs in question 8.

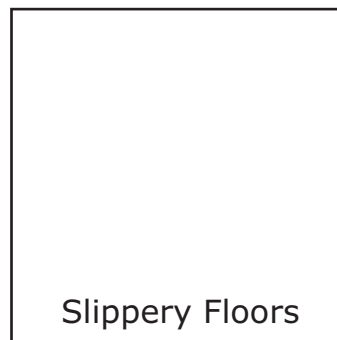
Draw the signs for:



Falls



RSI



Slippery Floors

6. For more advice about health and safety go to **Wise up to work** from the work experience section of Y10 on Workabout and take the Hazard Awareness Course.

7. Now read the **Guide for Students** and **Work Experience Checklist** on the work experience area of Y10 on Workabout.

You may need a CV to take to your interview. Click on



and create your

own online. You can save this and update it wherever you need to.

Good Luck!