



Year 12 PHSCE

UNIFROG & Work Experience

November 2024

What is Unifrog?



- Unifrog is a Careers Platform that provides you with a one-stop-shop where you can *easily explore* your interests, then find and successfully apply for your *next best step after school*.

- Unifrog will help you to explore your *key interests* and what career paths you can take to *reach your goals!*

The screenshot displays the Unifrog platform interface, organized into several sections:

- Quizzes:**
 - Interests profile: Quiz last taken 19 Oct 23; C and I and A
 - Personality profile: Quiz last taken 25 Jan 23; ISTP
- Recording:**
 - Activities: Recorded at least 10
 - Skills: Completed all 12
 - Interactions: Missing 5 interaction types
 - Academics: No Classes selected
- Searching:**
 - UK universities: 0 shortlists
 - European universities: 0 shortlists
 - Oxbridge: 0 shortlists
 - Apprenticeships: 0 shortlists
 - College / Sixth Form: 0 shortlists
 - Irish universities: 0 shortlists
- Exploring:**
 - Careers library: Careers favoured
 - Subjects library: Subjects favoured
 - Know-how library: Guides favoured
- Materials:**
 - UK Personal Statement: Subject added
 - Subject References: No References selected
 - Notes for Reference writers: 1 notes missing
- Applications:**
 - Post 18 Intentions: Plan A and Plan B complete
- Other sections:**
 - Courses: 1 course added, 0 completed
 - Unifrog events: Interact directly with experts
 - Placements: No placements added
 - Special opportunities: 0 shortlists

What can you use it for?

- The *Exploring Pathways* section gives you access to everything you need to research the career pathways and subject fields that lie beyond school or college, and understand how to access them.

Exploring

- Careers library** >
✓ Careers favourited
- Subjects library** >
✗ Subjects favourited
- Know-how library** >
✗ Guides favourited
- Courses** >
✓ 1 course added, 0 completed
- Unifrog events** >
Interact directly with experts
- Placements** >
✗ No placements added
- Special opportunities** >
0 shortlists



What can you use it for?

- The *Searching for Opportunities* section helps you to compare universities, degree options, apprenticeships, college and Sixth Form courses

Searching

- UK universities** >
0 shortlists
- European universities** >
0 shortlists
- Oxbridge** >
0 shortlists
- Apprenticeships** >
0 shortlists
- College / Sixth Form** >
0 shortlists
- Irish universities** >
0 shortlists



What can you use it for?



- The *Recording what you've done* section helps you to keep track of activities you've done, along with skills and experiences you have had that will be useful to talk about when you start making applications.
- The Activities Section is where you'll record all your Super Curricular activities ready for your Personal Statement

Recording

Activities

✘ Recorded at least 10



Skills

✘ Completed all 12



Interactions

✘ Missing 5 Interaction types



Academics

✘ No Classes selected



What can you use it for?



- The *Drafting and Making Applications* sections are full of helpful tools to make sure that no matter where it is you want to go - you make the best application you can. It is here you'll write your Personal Statement
- Personal Statements are needed whether your pathway is University or Apprenticeship

Applications

Post 18 Intentions

✘ Plan A and Plan B complete



Materials

UK Personal Statement

✘ Subject added



Subject References

✘ No References selected

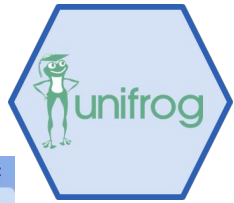


Notes for Reference writers

✘ 1 notes missing



Introduction to UNIFROG



Staff Dashboard | Whickham S... x U Sign In - Unifrog x +

unifrog.org/sign-in

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UNIFROG Treasure Hunt



TASK: UNIFROG Treasure Hunt



Sign into your Unifrog account, go to the Careers Library and try to answer the following questions.



1. What are the typical working hours for a **Gas service technician**?
2. If your favourite subject in school was **Art & design**, find 3 careers that might be of interest to you.
3. Name a skill you should have as a **Personal trainer**?
4. Do you need a degree to be a **Clinical scientist**?



Careers Library - Personal Research



TASK: UNIFROG Treasure Hunt



Using the Careers Library, find three careers you might be interested in and list:

- The qualifications you'll need to become qualified
- The salary you can expect to earn
- 3 key skills needed to carry out the job



Personal Reflection





TASK: Personal Reflection

Complete the Unifrog Quizzes:

1. Personality Quiz
2. Interests Quiz
3. Work Environment Quiz
4. Skills Quiz

Personality profile



Quiz profile



Your Work Experience week is **Week commencing 30th June**

You will need to upload details of your placements to
UNIFROG no later than **MONDAY 7th APRIL**

(there'll be separate guidance on how to complete the forms in Unifrog coming soon!)

Work Experience



Employers and Universities value candidates who have done some form of work experience.

Getting Work experience will *impress them* and show them you are *motivated and willing to learn*.

Doing Work experience will also help you to:

- *Get an insight* into a particular kind of career and find out if its for you
- Establish a *professional skill set*, to help you in future job positions
- Build *networks and relationships* – which may lead to future paid opportunities
- Develop *confidence in a professional setting , build your aspiration and determination*

Remember all experience counts!!

https://www.youtube.com/watch?v=xse_7vqmbog



STEP 1

*Deciding what to do for
Work Experience week*



Step 1 - Deciding what to do



- *Personal Awareness*

- What are your interests, skills, hobbies - would you like to do something in those areas?



- *Careers or Job Aspirations*

- Do you have a career in mind or is there a job you would like to try out to see if it's for you?



- *Use Unifrog to help you*

- Try doing the quizzes to figure out what jobs your skills and interests could lead you to
- Use the Careers Library to find out more about different jobs and careers

<https://www.youtube.com/watch?v=o2F4bZX2yUg>

Task 1 - Deciding what to do



● *Personal Awareness*

- Write down 3 things that interest you outside of school
- Write down 3 things that you are good at (or skills you have - it doesn't have to be school related)
- Write down 2 of your favourite subjects (or the 2 you are best at)



● *Careers or Job Aspirations*

- Write down 3 different jobs or careers that you think may be interesting to you



● *Use Unifrog to help you*

- If you are struggling with this task remember Unifrog has lots of resources to help you



STEP 2

Finding a place to go



Step 2 - Finding a Place

- Use your current *networks of family and friends* who may work in or have contacts who work in the places you would like to try - perhaps they can help you out
- *Research companies in the area* where you would like to work. Look around when you are out and about - try a google search
- *Make a list of all the places you might like to go* – visit their websites and get contact information (email addresses and telephone numbers)
- *Don't rely on someone else to find you a place* - employers LOVE it when students contact them directly - it shows you have initiative and enthusiasm



Task 2 - Finding a Place

- *Family, friends, neighbours*
 - Write down 3 people who you know that work
 - Note what jobs they do (if you know them)
 - Speak to them about their job - does it sound like something you'd be interested in?
 - If so, ask them if their employer would let you go to work with them for 2 days to shadow them
- *Companies or Businesses in the Area*
 - List 3 kinds of workplaces that you'd like to work in e.g. Law, Hospital, engineering firm, school, care home, IT Company etc
 - Try think of at least 2 places that you know of in each category
- *Google*
 - If you're not sure then use Google to find local companies - make yourself a shortlist of places

