






2025-2026

Name: _____
Year Group: _____
School: _____
Email used: _____



 What do YOU want from life and future work?

 Exploring work experience opportunities and YOUR skills.

 Having what YOU need to apply for and have a great work experience.

Where are you now?

Do you have an idea of a work experience already? _____

Any ideas of a future job? _____

Exploring YOUR interests and personality type

BUZZ QUIZ: Which animal were you and name 2 job sectors suggested in the results?

Job Quiz Results

1

Job sector

%

2

Job sector

%

3

Job sector

%

Researching Jobs

Name of job _____

Pay _____ Grow by _____

Pathway 1: _____

Pathway 2: _____

Two skills this job needs: _____

Name of job _____

Pay _____ Grow by _____

Pathway 1: _____

Pathway 2: _____

Two skills this job needs: _____

What do you want from your work experience? Tick which apply

To find out about a company		To see what a working day is like	
To learn/practice new skills		To see if I have the skills for the job	
To try out a new role		To see what it is like talking to older people in a workplace	
To be seen as a future worker		To find out what working conditions are like	
To see if I like a job I am interested in		To find out how I can get into this job	

Which job sectors are you interested in? _____

Which jobs? _____

Researching local companies

Name of company: _____

What is their business e.g supermarket? _____

Address _____

Post code _____ Telephone number: _____

Can you find a contact name/email? _____

What do they say about careers/work experience?

How would you get there? _____ How long will it take? _____

Top skills you have to offer

Your top three skills on the Skills Profile

Using your Skills Map to apply for work experience

Name two or three skills that you have on your Skills Profile that are also mentioned on the job profile of the job you are interested in doing for work experience.

Job name _____












Skills job needs and I have

1. _____
2. _____
3. _____
4. _____

Recognising Success on Work Experience

You could think about the skills you are likely to be able to practice on your placement.

Record what which skills you DO get a chance to use and add to the Skills Profile – and your CV.

	Skills I think I will use	Skills I did use	What was the activity you were doing when you used this skill? (you could add this to your Skills Profile)
 Mathematical*			
 Adapting*			
 Computing skills*			
 Planning*			
 Time management*			
 Speaking*			
 Creativity*			
 Teamwork*			
 Listening*			
 Problem solving*			
 Leadership*			

You have been amazing – good luck!