

Lockdown Work Experience Suggestions



Future First have collaborated with alumni across our network to gather advice and guidance on how students can gain some crucial work experience whilst staying at home. If you would like further information about any of these particular jobs, please get in touch with us.

Job title: Civil Engineer

Sector: Engineering

Core responsibilities: Building and repairing infrastructure such as sea defences, pipelines and pumping stations, roads and buildings.

Key interests and skills for this job: Working in **teams, problem solving**, science and maths

Lockdown work experience tip: **Research** the professional institutions, for example The Institute for Civil Engineering (ICE)

<https://www.ice.org.uk/> and Chartered Institution of Water and Environmental Management <https://www.ciwem.org/>

Post-lockdown work experience tip: Visit a **university or college** to see what courses they do in this area and what content they cover.

Contact companies to see if they offer work experience or **apprenticeships**.



Mark Young went to Caedmon College (1992), Civil Engineer.

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Job title: Deck Officer

Sector: Military

Core responsibilities: The main responsibility of my role is to navigate the ship and maintain safety of crew at all times.

Key interests and skills for this job: An interest in **geography** would be useful, the job involves travelling to many different countries and understanding and predicting the weather. **Mathematics** is an important part of the job, sometimes we calculate our position using the stars which does require maths skills however these maths skill can be learnt and individuals without natural mathematic abilities should not be discouraged.

Lockdown work experience tip: Learning **nautical knots** would be helpful and learning different types of buoys and what the colours mean. The **phonetic alphabet** is also simple thing to learn, I use it daily and is necessary for the role, **Morse code** and world flags would also be useful for the role. We also require an in depth knowledge of **first aid**, there are no doctors at sea and we have to treat crew when required, there are many first aid opportunities for young people these days and those skills will be useful for life. If you show an employer that you have this basic knowledge they will be impressed.

Post-lockdown work experience tip: Any sailing experience, or first aid experience would help a young person into a job at sea.

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Job title: Head of Operations

Sector: Hospitality

Core responsibilities: Looking after employees, driving sales into the business, offering great service to our customers, ensuring our teams serve great food, limiting our spending and making sure that the business is profitable.

Key interests and skills for this job: You should enjoy talking to people and being a part of a team. You need to love a busy and fast paced environment and you should want to have lots of fun at work!

Lockdown work experience tip: Read up on what makes a great team, listen to Ted Talks on **leadership** and how to be a great boss. Spend time thinking about what great service looks like and ask friends and family about which brands or shops they have had a great experience in. Sign up for **Propel**, a free daily newsletter on hospitality news and get to know the big brands that have a great reputation.

Post-lockdown work experience tip: Gain some experience working in a restaurant or cafe. Spend time waiting tables to get some knowledge of how to talk to the public and deal with queries. Perhaps find work in a fast food restaurant or 'drive thru' to get the chance to see the fast paced side of the sector. Take part in team activities such as sports or clubs to understand the strengths of a great team and find out what works for you to be able to influence people and reach a common goal.

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Job title: Merchandiser

Sector: Retail

Core responsibilities: Working alongside the **buyers** to **analyse sales** data in order to make profitable trading decisions. Planning and budgeting for future Autumn Winter/Summer Spring seasons.

Key interests and skills for this job: Number analysis therefore interest in **maths** would be beneficial. Interest in **business**, but degree in **buying and merchandising** is desired.

Lockdown work experience tip: Learning about **gross profits, margins, percentages** (lots of good resources available online search “**calculations a merchandiser would use**” or similar). Also **research** retail companies; learn their history and how the business grew to what it is today. **Analyse different retailer’s websites** and look into the following as examples: what makes the shopping experience good or bad? How could the retailer improve? What type of products do they sell? What products/brands do they currently offer and what could they offer that they currently don’t? What are the price points of the products - are their products more affordable or luxury? What are the payment options? If you look into a sports company i.e. JD Sports - who are their competitors? What do the competitors do well that JD could improve on?

Post-lockdown work experience tips: Work experience in a **retail head office** environment and working for a **retailer in a store**.

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Job title: Criminal Barrister

Sector: Law

Core responsibilities: I both **prosecute and defend** criminal cases in mainly the **Crown Court**

Key interests and skills for this job: Confident **public speaker** with the ability to **think on your feet** and willing to continue a **learning journey** that never ends.

Lockdown work experience tip: **Court attendance** is advisable but not currently available.

Online research into different routes into the profession and **student discussion forums** are available such as <https://thestudentlawyer.com/>. If possible speaking to **people in the profession** that can answer your questions is helpful.

Post-lockdown work experience tips: A number of chambers offer **mini pupillages** (work experience). It is also possible to make an application to courts to do **marshalling** (work experience with Judges). Invaluable experiences can be gained from work experience in **solicitors offices** and the Crown Prosecution Service (<https://www.cps.gov.uk/>).

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Job title: Full Stack Marketer

Sector: Digital Marketing

Core responsibilities: Creating advertising campaigns to appear on Facebook, Instagram and Google.

Key interests and skills for this job: You should be interested in **social media**. You should be **creative**, have good IT skills and be a good communicator both written and verbally.

Lockdown work experience tip: You can do free online courses with both Facebook and Google (for example: <https://learndigital.withgoogle.com/digitalgarage>) about their advertising features. You could also learn **video editing**, design and photo editing online.

Post-lockdown work experience tip: Any **copywriting** opportunities particularly for the Web. Try to get experience in a **marketing departments** if possible.



Sarah Fenwick went to Whitby School (1990), Full Stack Marketer

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Job title: Laboratory Technician

Sector: Sciences

Core responsibilities: Adhering to **Health and Safety Regulations** and completing COSHH (Control of Substances Hazardous to Health) forms. Planning and improving **Lab practicals**, maintaining the Lab and storerooms. **Budget control** and general lab duties i.e. preparing agar plates, producing indicators and dyes, testing electrical circuits, preparation of dissection materials, sterilising and autoclaving.

Key interests and skills for this job: Education - **science (Bio/Chem/Phys)**, Maths, Health and Safety. Skills - **independent working**, collaborating when needed, learning on the go, **confidence** in a lab setting (however this will grow with your career and studies!)

Lockdown work experience tip: Look into current specifications for exam boards (in particular the required practicals!) Go over **basic chemistry** i.e. dilution from stock, calculation of molarity, concentrations, nomenclature. **Research** CLEAPSS (a lab tech's bible <https://www.cleapss.org.uk/>) and Manufacturer's Safety Data Sheets for chemicals and equipment (particularly on sites such as Philip Harris, TimStar and GLS Education) **Reach out to schools/colleges/universities** to see if you can correspond with a current lab technician. **Collate your lab skills** onto an A4 sheet for interviews

Post-lockdown work experience tips: Build up a **good professional network** (I'm a big fan of LinkedIn for this!) Any **internships or lab experience** would be a good or ask to shadow Technicians.

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Job title: Football Coach/Coach Educator

Sector: Sports

Core responsibilities: Coaching football - setting **long and short term development plans** for players in keeping with my own methods and also in line with '**club philosophies**'. Coach educator - **online session preparation**, preparation of field-based sessions and providing **tailored guidance** for coaches to grow, directing them towards formal education and reading around topics to apply to their own coaching style

Key interests and skills for this job: An interest in the **wider science of team sports** and **willingness to learn** from peers, industry professionals and formal education provided by various governing bodies. There is no 'best methods', only best practice which means you need to be **open to learning at all times** and applying this learning to your own ideas and visions. As a personality trait, a **motivation to help people** and a genuine interest in **empowering others through sports**.

Lockdown work experience tip: **Reading biographies/autobiographies** from professional managers and **books on leadership**. Watching recorded football/sports in general with **an analytical eye** to try to understand how the game went the way it did. Planning sessions and **viewing sessions** done by other people through **YouTube** and various other medias.

Post-lockdown work experience tips: **Volunteer** as an assistant coach and take in as much knowledge as you can from others with experience, obtain **entry level qualifications** through the English FA (<http://www.thefa.com/learning/courses>) or any local governing bodies.

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Job title: Brand Partnerships

Sector: Music Media

Core responsibilities: Selling music partnerships to brands, creating editorial, creating social and video campaigns for partners and generate revenue.

Key interests and skills for this job: Music, media, digital marketing, social media, technology and an interest in a variety of brands, project management

Lockdown work experience tip: Look in to free online digital marketing courses, read websites like Campaign (<https://www.campaignlive.co.uk/>), The Drum (<https://www.thedrum.com/>) and Digiday (<https://digiday.com/>), learn about project management

Post-lockdown work experience tips: Stay passionate about music or other interests close to culture, connect with people and network in any way you can.

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Job title: Teacher of History

Sector: Education

Core responsibilities: Teachers **create lessons** and are responsible for children's learning.

Student safety and **progress** are the most important things for us. History is important to teach; *“a person who cannot remember the past is condemned to repeat it”*.

Key interests and skills for this job: Wanting the best for your peers! You must have a **love** for your subject.

Lockdown work experience tip: **Research, research and more research.**

Find the training course that is right for you, there are lots to choose from: <https://getintoteaching.education.gov.uk/> . Set **realistic targets** for each day.

Post-lockdown work experience tips: Try and get some work experience in a school setting **specific to the subject** you like.

Interview your current teachers.



Megan Heyes went to St John Rigby College (2015), Teacher of History