



**Future  
First**

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**Virtual work experience week  
in Health and Social Care  
Student workbook**





## Welcome

Future First is an education charity that helps schools and colleges across the country connect with their former students (or alumni). These former students form a community that supports the school and its current students.

We also work with a range of organisations to help facilitate opportunities with employers so that students can identify and develop sought-after transferable skills.

## Why work in Health and Social Care?

Jobs in Health and Social care need compassionate people with excellent interpersonal skills.

There are over 350 Health and Social Care related careers. Whilst these roles may require different skill sets, they all provide physical, emotional and social support. Healthcare roles are generally focused on helping people with their physical and mental health, while social care looks at supporting vulnerable people in the community, for example in their homes or day centres, so they can have a better quality of life.

If you want to use your career to make a real difference in people's lives, a career in Health and Social Care could be the right path for you.



# Why pursue a career in Health and Social Care?

## What interests you about a career in Health and Social Care?

You can use information from slides 4 and 5 or your own research

Using your knowledge so far, think about the debate statements below

### How far do you agree or disagree?

*To work in Health and Social Care you have to have an A-level in Health and Social Care.*

**Agree** ←————→ **Disagree**

### What do you think and why?

*To work in Health and Social Care you have to be empathetic.*

**Agree** ←————→ **Disagree**

### What do you think and why?





# Preparing for work experience



**Write any notes on health and safety, safeguarding or data protection here**

**Day 1:**

# **Meet Juliette**

**What is Juliette's job and what tasks does it involve?**

**What did Juliette do to qualify for this job?**

**What experiences did they say helped to prepare them for this role?**

**What are the main skills Juliette needs for this job?**

**Do you have any of these skills?**

**What aspects of Juliette's job would you enjoy?**

**Is there anything you would find challenging?**

**What advice did Juliette give you?**

**What questions do you have for Juliette?**

**Day 1:**

# Your task

## List of tasks for prioritisation

## Order

A family member has called the ward and would like an update on their relative's condition and care

A healthcare assistant has approached you expressing concern about a patient who is very drowsy and has low blood pressure

A fellow nurse asks if you can help with a drug round (giving prescribed medication) to patients – it's already 15 minutes late

Attend a meeting with your line manager about reviewing improvement and priority plans for the ward

File a clinical incident form about a patient who had a fall overnight

A member of your team discloses to you that she is struggling at work and feels isolated and unsupported

Phone the supply department to send up new bedsheets for patient beds

Phone IT to register a computer not working on the ward. There are only four computers at the nursing station

A patient is in cardiac arrest, put out an emergency call to get the crash team to help

## Explain how and why you prioritised the tasks

Not sure what some of these medical terms mean? Don't worry, use this as an opportunity to look them up and advance your knowledge.

**Day 1:**

# **Daily reflection**

**How did you find today's task? What did you learn?**

**What skills did you use?**

**What did you do well and are proud of?**

**What would you would do differently if you had the chance?**

**Day 2:**

# **Meet Jade**

**What is Jade's job and what tasks does it involve?**

**What did Jade do to qualify for this job?**

**What experiences did they say helped to prepare them for this role?**

**What are the main skills Jade needs for this job?**

**Do you have any of these skills?**

**What aspects of Jade's job would you enjoy?**

**Is there anything you would find challenging?**

**What advice did Jade give you?**

**What questions do you have for Jade?**

## Day 2:

# Your task

Public Health England have suggested the following possible health care interventions with the associated costs:

A social media campaign to raise community awareness on healthy living. This is projected to reach the majority of the population. **£15,000**

Free exercise classes for 30,000 people aged 65+. **£15,000**

An initiative to help improve access to healthcare for homeless people in the community. There are 1000 known homeless people in your town. **£35,000**

Mental health outreach programme to improve access to mental health therapies to young people. This could reach up to 60,000 people under 25. **£30,000**

Providing a supply of a new medication to prevent Type II Diabetes. Initial studies show this is effective in 50% of people that take it. **£25,000 would supply medication to 10,000 people**

Research funding to investigate a new medication to reduce cholesterol. It will be 5 years before results are available. **£40,000**

Knee replacement operations for 1500 people with arthritis. This will help improve their mobility for working and exercise. **£25,000**

**Total budget = £100,000**  
**Total population = 150,000**

Before you decide how you would spend the money and why, think about:

- **Severity of the problem**  
What health problems do these interventions prevent?
- **Level of prevention**  
How far will it *prevent* the development of health problems or will it *mitigate* the risks?
- **Cost effectiveness**  
How will these interventions save money in the long term?
- **Scale**  
What extent of the population will be reached using this intervention?
- **Sustainability**  
How long will the intervention have an impact for?

## Day 2:

# Your task

### Rules

You can choose to use one intervention twice (with twice the cost and twice the number of people treated) or halve the quantity of the intervention (half the cost and half the number of people treated) in order to fit the budget. For example providing free exercise classes for 15,000 65+ year olds instead of 30,000 would cost £7500.

### Use this budget sheet to help you allocate money and resources

Intervention	Price £	Quantity	Subtotal £
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Total £

### Write a summary of your plan here

You can use this as the basis for your pitch

Practice your pitch out loud or to a friend or family member to gain confidence in communicating your ideas convincingly. How would you ensure your pitch is compelling when delivering it virtually?

**Day 2:**

# **Daily reflection**

**How did you find today's task? What did you learn?**

**What skills did you use?**

**What did you do well and are proud of?**

**What would you would do differently if you had the chance?**

**Day 3:**

# **Meet Elise**

**What is Elise's job and what tasks does it involve?**

**What did Elise do to qualify for this job?**

**What experiences did they say helped to prepare them for this role?**

**What are the main skills Elise needs for this job?**

**Do you have any of these skills?**

**What aspects of Elise's job would you enjoy?**

**Is there anything you would find challenging?**

**What advice did Elise give you?**

**What questions do you have for Elise?**

## Day 3:

# Your task

Today you will be writing a proposal for funding of a new medical or social care service that you think is important for improving lives in your community.

Imagine you are seeking funding for a new research project in the field of medicine or social care. You have heard from someone who works for NHS Digital in IT Service Management, and have developed an understanding about their job, the activities they undertake on a regular basis and the challenges they face when managing health-related services. Using what you have learnt from this perspective, you will be writing to a potential funder to ask for money for your own project.

You should come up with a new medical or social care service that you think is important so that you can demonstrate your interest in this area.

You will need to address the funders in a professional manner and outline why your idea is so important to be funded.

- **Start by outlining the importance of your project**

Your proposal should be addressing a need within the community. You need to be able to convey why your idea is important – do some research into the cause i.e. a new care service provision for people with dementia. The funder will receive dozens of applications a day so yours will need to stand out.

- **What key information are you going to include?**

Think about the way the researcher spoke about their job and the things they have developed. It doesn't have to demonstrate an extensive level of scientific knowledge but should show that you have looked into a Health or Social Care issue that you are passionate about.

- **Explain how you would like to develop your project further**

The Wellcome Trust has advice and guidance for submitting funding applications and it may be useful for you to read this. Click [here](#) to be taken to their advice and guidance page.

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**Day 3:**

# **Your task**

**Use this space for planning the proposal or noting down key facts from your own research that you will use**

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**Day 3:**

# Your task

**Use this space for writing your proposal**

Remember the word limit is 500 words

**Day 3:**

# **Daily reflection**

**How did you find today's task? What did you learn?**

**What skills did you use?**

**What did you do well and are proud of?**

**What would you would do differently if you had the chance?**

**Day 4:**

# **Meet Grace**

**What is Grace's job and what tasks does it involve?**

**What did Grace do to qualify for this job?**

**What experiences did they say helped to prepare them for this role?**

**What are the main skills Grace needs for this job?**

**Do you have any of these skills?**

**What aspects of Grace's job would you enjoy?**

**Is there anything you would find challenging?**

**What advice did Grace give you?**

**What questions do you have for Grace?**

## Day 4:

# Your task

### **Job description for Statutory Social Worker**

In today's task, you are stepping into the scenario where you are applying for the role of a Statutory Social Worker. This type of social worker has to ensure that people are looked after within the law, and has the power to enforce the law.

Social workers are people who work with families and individuals to ensure the safest and best outcomes for the community. They often work with families and individuals to ensure that vulnerable people are safeguarded from harmful situations.

### **Tasks Social Workers frequently undertake**

- Assessing and meeting with families or individuals to find out how best to support them.
- Supporting and advocating for the people the Social Worker works with.
- Suggesting and in some cases implementing plans on behalf of the people they work with.
- Sometimes, attending court or preparing for other legal processes.
- Putting a support plan in place including suggesting where funding would be best spent to support individuals.

### **Key skills Social Workers need**

- Good communication – both written and verbal
- Ability to work in a fast-paced environment
- Ability to respond quickly and calmly to emerging situations
- Ability to use a number of different Microsoft packages and databases
- Fantastic organisational skills as often working under pressure

## Day 4:

# Your task

Be sure to read the job description on the previous page before you attempt the activity below. This activity will then help you prepare and practice 'interviewing' effectively for this position.

### The STAR method

- **Situation**

What happened?

- **Task**

What did you have to do?

- **Action**

How did you complete the task?

If it was a team effort, ensure you explain what your role was.

- **Result**

What was the outcome?

### In your answer

- **Be clear and concise**

Don't share too many details that aren't relevant for the interviewer. Think about the way you phrase your answer. If you are talking about a time you solved a problem, cover what happened but do not dwell too much on the problem – focus on how you overcame it.

- **Think about what you are trying to get across**

Be positive about the situation, even if it was a negative experience. This will demonstrate a can-do and resilient attitude.

- **Body language**

In interviews you will need to make eye contact with the employer. Although you are writing your answer, you should practice saying it out loud with someone to see how your answer flows and to practice open body language.

Day 4:

# Your task

## Possible interview questions

- Tell us about a time when you had to act quickly to resolve a problem?  
What did you do?
- What experiences have you had of supporting others?
- How has your volunteer or work experience prepared you for this role?

Choose one question to answer using the STAR method.

## Write your answer here using the STAR method

You could practice answering these interview questions verbally with a friend or family member to help build your confidence in showcasing yourself, your skills and abilities effectively.

**Day 4:**

# **Daily reflection**

**How did you find today's task? What did you learn?**

**What skills did you use?**

**What did you do well and are proud of?**

**What would you would do differently if you had the chance?**

Day 5:

# Final challenge

As your final challenge of this virtual work experience, you will be applying all that you have learned into pitching an app to an investor. The app aims to support young people's mental health. For this activity you will need to create a PowerPoint presentation answering the following questions, as a summary for your pitch:

- What do you want your app to do?
- Who is your app for?
- What do you want your app to look like?  
You can design a home page and insert it into your PowerPoint.
- How will you ensure your app is accessible?
- How will you promote your app?  
Write one Tweet below that you could use to promote your app – remember you have only 280 characters.

Send your PowerPoint presentation to [info@futurefirst.org.uk](mailto:info@futurefirst.org.uk) along with your completed student workbook. Your pitch may be selected for feedback from one of our employer partners, who will be able to give you personalised feedback to boost your CV!

You have space for your notes on the next page of this workbook.

**Day 5:**

# **Final challenge**

**Use this space for your notes**

**Day 5:**

# **End of week reflection**

**How did you find this week?**

**Looking back over this week, did you meet your targets?  
What skills did you develop and how?**

**What are you most proud of this week?**

**Going forward, what are your targets for after this placement?**

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# Notes



**Write any other notes here**