



My Learning My Future

Work It reference document

Work It is a series of videos careers talks with young people, for young people developed by The Careers & Enterprise Company.

Students can learn about some of the different routes available after leaving education by watching these videos.

We've developed this reference document to help you link the Work It videos to the different subject areas or key themes to help bring these stories to life in the classroom.

We are continually creating new Work It videos, so take a look at the latest one by visiting our YouTube channel [here](#).

If you have any questions or feedback, contact us at education@careersandenterprise.co.uk.

Under each video, you will be able to find key information to support you in implementing it, including:

- The sector
- The subject link
- The essential skills from Skills Builder
- Key themes or quotes
- Suggested questions that can be used with students
- Linked resources to support you





[Watch video>](#)

Name: Bejay

Video length: 2.38 minutes

Sector: Entrepreneurship

Subject link: Business studies

Skills Builder link: Creativity/Leadership

Key themes/ quotes

Opportunity Awareness: "Double down on that curiosity". "Luck has been me working hard".
Overcoming challenges. Ambition.

Suggested questions

When did Bejay start his first enterprise and what was it? Why did Bejay choose the Entrepreneur route?
What challenges has he faced and what advice does he offer you? What skills or qualities would you say Bejay has?

Linked resources

MWOW (Thursday Lesson 3 [Understanding Entrepreneurship](#). Barclays Life Skills [Enterprise and Business Skills](#) resources. Teaching Entrepreneurial Thinking [FutureLearn](#). [Youth Social Action Toolkit](#). [Skills Builder Hub](#).



[Watch video>](#)

Name: Callum

Video length: 2.14 minutes

Sector: Finance/Insurance

Subject link: N/A

Skills Builder link: Speaking/Listening/Staying positive

Key themes/ quotes

Disengagement from school. Apprenticeships.
Matching skills/qualities to roles and opportunities.
"Be relentless in whatever it is you feel passion in"/ "learn who you are as a person". Confidence in interviews.

Suggested questions

Why does Callum recommend an apprenticeship?
What was Callum's 'wake-up' call? What is Callum's advice to you?

Linked resources

[Buzz Quiz](#). [Skills and Career Activities](#). [Youth Employment UK](#). [Amazing Apprenticeships](#). [Skills Builder Hub](#).



[Watch video>](#)

Name: Elysia

Video length: 2.19 minutes

Sector: Energy

Subject link: Computer Science

Skills Builder link: [Aiming High](#)

Key themes/ quotes

Girls into STEM. Apprenticeships. Value of Employer Encounters.

Suggested questions

What sparked Elysia's interest in a career in STEM?
Why did Elysia choose to take an apprenticeship?
What advice does Elysia have for you? What advice does Elysia specifically have for girls considering a career in STEM? Extension: What is a degree apprenticeship?

Linked resources

STEM Learning Toolkit. [Stemettes](#). [Girls into STEM](#). [Amazing Apprenticeships](#). [Degree Apprenticeship UCAS](#). [Skills Builder Hub](#).



[Watch video>](#)

Name: Mia

Video length: 2.19 minutes

Sector: N/A

Subject link: N/A

Skills Builder link: [Staying positive/Aiming High](#)

Key themes/ quotes


Gap Year. Decision Making: "Do not think that because your friends are doing it that it's the right thing". Work Experience.

Suggested questions

How did Mia make a decision at 16? What does she recommend if you are not sure what to do next in your career?

Linked resources

[Gap Year ideas \(UCAS.com\)](#). [Not Going to Uni](#). [Amazing Apprenticeships](#). [Skills Builder Hub](#).





[Watch video>](#)

Name: Dr. Radha Modgil

Video length: 1.54 minutes

Sector: Health and Well-Being

Subject link: N/A

Skills Builder link: [Staying positive/ Problem solving](#)

Key themes/ quotes

How to maintain emotional well-being when goals, exams and future plans have been changed. Goal setting. Mental Health and Well-Being.

Suggested questions

Which top tip made most sense to you?

Linked resources

[NHS Mental Health and Well-Being. Young Minds.](#)
[NCW A film about 'Hope' and related resources.](#) [Think Ninja.](#) [Skills Builder Hub.](#)



[Watch video>](#)

Name: Alex

Video length: 2.20 minutes

Sector: Civil Service

Subject link: N/A

Skills Builder link: [Staying positive/Aiming High](#)

Key themes/ quotes

Decision Making, Resilience, Apprenticeships.

Suggested questions

How did Alex make his decisions about the right university for him? What would be the things you would for in a university? How did Alex show resilience in applying to join the Civil Service?

Linked resources

[Choosing a course/uni \(UCAS\).](#) [Talentino Careers Advice Support & Development\(SEND\).](#) [Skills Builder Hub.](#)



[Watch video>](#)

Name: Jamie

Video length: 2.18 minutes

Sector: N/A

Subject link: N/A

Skills Builder link: Staying positive/Problem Solving/
Teamwork/Speaking

Key themes/ quotes

Opportunity Awareness. Employer Engagement.
Power of a solid careers programme (may support with
SLT/staff engagement. Careers provision supporting
engagement in teaching and learning.

Suggested questions

How have Jamie's career plans changed? What did he
gain from the experience with Greenpower?

Linked resources

BM1 Guidance and [Resource](#) (Creating a Strategic
Plan and Building a Stable Careers Programme).
Greenpower. [Skills Builder Hub](#).



[Watch video>](#)

Name: Josh

Video length: 2.09 minutes

Sector: Communications

Subject link: Computer Science

Skills Builder link: Staying positive/Aiming High

Skills Builder link

Staying positive/Aiming High.

Key themes/ quotes

SEND/Resilience. Apprenticeships. Value of hobbies to
develop skills. Decision Making.

Suggested questions

Why did Josh consider the apprenticeship route? Why
does Josh believe you should get involved in activities?

Linked resources

[Amazing Apprenticeships](#). [Talentino Careers Advice](#)
Support & Development (SEND). [Skills Builder Hub](#).



[Watch video>](#)

Name: Bintou

Video length: 2.18 minutes

Sector: Transport/Logistics

Subject link: Business Studies (Project Management)

Skills Builder link: Creativity/ Aiming High

Key themes/ quotes

You can do whatever you want to do! "There is no reason as to why women can't go into Engineering". Value of Careers Fair. Apprenticeships. Girls into Engineering.

Suggested questions

What surprised Bintou about Apprenticeships?

Linked resources

[Amazing Apprenticeships](#). [STEM Learning Toolkit](#). [Stemettes](#). [Girls into STEM](#). [Skills Builder Hub](#).



[Watch video>](#)

Name: Alexandra

Video length: 2.17 minutes

Sector: Retail

Subject link: MFL: Spanish and Italian

Skills Builder link: Teamwork/Listening/Speaking

Key themes/ quotes

Following your passions: option choices. What's important is what a subject teaches you! Value of a year abroad at University.

Suggested questions

How did Alexandra make choices about:

- A-levels
- University

Linked resources

[Choosing a course/uni \(UCAS\)](#). [Skills Builder Hub](#).



[Watch video>](#)

Name: Girls into STEM

Video length: 2.06 minutes

Sector: STEM

Subject link: STEM

Skills Builder link: [Staying positive/ Aiming High](#)

Key themes/ quotes

Stereotyping. "There is no reason as to why girls should not go into Engineering". Why girls should consider careers in STEM.

Suggested questions

Why should girls consider careers in STEM? What advice did the speakers in the video have for girls considering careers in STEM?

Linked resources

[Choosing a course/uni \(UCAS\)](#). [Stemettes](#). [Girls into STEM](#). [Skills Builder Hub](#). [Amazing Apprenticeships](#).



[Watch video>](#)

Name: Girls into STEM (Ext.)

Video length: 4.26 minutes

Sector: STEM

Subject link: Design Technology

Skills Builder link: [Aiming High/Staying Positive](#)

Key themes/ quotes

Stereotyping. Considering Uni and Degree Level Apprenticeships.

Suggested questions

What made Rebecca and Katie want to pursue a career in Engineering? What advantages did Jacobs see in hiring Rebecca and Katie?

Linked resources

[Choosing a course/uni \(UCAS\)](#). [Amazing Apprenticeships](#). [Stemettes](#). [Girls into STEM](#).



[Watch video>](#)

Name: Bilyana

Video length: 2.14 minutes

Sector: Administration

Subject link: N/A

Skills Builder link: [Communication/ Speaking](#)

Key themes/ quotes

Following your passion. Apprenticeships.

Suggested questions

What advice does Bilyana have for making a decision about post 18 routes?

Linked resources

[Skills Builder Hub](#). [Amazing Apprenticeships](#).



My Learning My Future

If you have any or further suggestions about this guide, contact us at:
education@careersandenterprise.co.uk

All the resources, all in one place:
[CEC Resource Directory](#)

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