

Work Experience in AP: A guide for parents and carers

Modern work experience

Work experience today may look quite different from what you remember. In the past, it often meant a one- or two-week placement with a single employer. Modern work experience is more flexible, personalised and delivered over time. It is designed to include a range of meaningful experiences, helping your child explore different jobs, sectors and pathways while building their knowledge and skills.

Your child will build their experience through a variety of activities that, together, add up to the equivalent of two weeks' engagement. This may include time in workplaces, encounters with employers, projects and activities in their educational setting that help them prepare for and reflect on their experiences.

This approach helps ensure work experience is accessible, meaningful and tailored to your child's individual needs. By experiencing different workplaces and roles, your child can develop a broader understanding of future opportunities and the steps they can take to achieve their goals. You can find a brief overview of this approach [here](#).

What does modern work experience look like?

Modern work experience is designed around your child's needs, interests and readiness. Rather than a single placement, it may include a range of meaningful activities and experiences with different employers, helping your child build skills, increase their awareness of different careers and make positive decisions at key transition points.

These experiences aim to bring learning to life by helping your child understand how the subjects they study relate to the workplace and their future opportunities. Time is built in for reflection, allowing them to recognise what they have learned, what they have enjoyed and the skills they have developed. Together, these experiences build confidence gradually and help your child develop a better understanding of the world of work over time.

Building Skills

The focus is not just on spending time in a workplace, but on developing skills for life and work, such as communication, teamwork, problem-solving, resilience and understanding workplace expectations.

This flexible approach allows your child to build confidence over time, with success measured through their progress, engagement and personal development, rather than attendance alone.

Your child will also gain insight into the skills and behaviours valued by different employers and learn how to develop these for future education, employment and other positive transitions.

Pathways

Through these experiences, your child will explore different roles and sectors, understand pathways into further education, training, and employment, and recognise how their strengths and interests connect to future opportunities. This helps them begin to see what is possible and plan their next steps in a realistic and positive way.

Value

Work experience helps your child understand how they can contribute to the world around them. By exploring different workplaces and roles, they can see the positive impact people have on their communities while building a sense of responsibility, belonging and self-worth. These experiences bring learning to life, helping your child connect what they learn in school with future opportunities and ambitions.

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How will my child be supported?

Work experience is carefully planned, with wellbeing and readiness at the centre. Staff will prepare your child through curriculum activities, match opportunities to their needs, maintain contact with employers, and adapt support where needed. The focus is on creating a positive and supported journey, enabling your child to develop relevant skills for their future.

How can I support my child?

You can support your child by talking to them about their experiences, helping them prepare for routines, encouraging reflection, and celebrating small successes. Your involvement makes a real difference.

Summary

Modern work experience is about building confidence, developing skills, and opening future possibilities in a way that works for your child. If you have any questions or concerns, please contact the Careers Team, they are there to support you.

