

Work Experience in AP: A guide for young people

Modern work experience

Work experience today may be different from what you might expect. Rather than doing one full-time placement, modern work experience can be more flexible and built up over time.

You might take part in a range of activities across your time in education, that add up to around two weeks' worth of experience. This could include time in workplaces, meeting employers, and activities in school or college to help you prepare and reflect on what you have learned.

This approach is designed to support you, helping you take part in a way that feels manageable and meaningful.

What does modern work experience look like?

Work experience is planned around you, your needs, interests and what you feel ready for. Your experiences may take many different forms, including group activities with employers, curriculum-linked projects, experiences with a variety of employers, and more in-depth one-to-one placements.

Every experience will be planned with clear learning outcomes, so you'll know what to expect and understand the knowledge, skills and behaviours you will be developing. This gives each experience a clear purpose and helps you make the most of every opportunity.

You will also have time to reflect on your experiences, helping you understand what you enjoyed, what you found challenging and what you learned about yourself. This reflection can help you make informed decisions about your future education, training and career pathways.

Building Skills

Work experience is not just about being in a workplace. It is about building skills for life and work, such as communication, teamwork, problem-solving, and confidence.

You are not expected to get everything right. What matters is that you take part, try new things and make progress. Every step, no matter how small, is important.

Your Future

Through work experience, you can start to explore different jobs and industries and learn about your future options. This might include college, training, or employment.

It is a chance to find out what you enjoy, what you are good at, and what you might like to do next. You do not need to have it all figured out; this is just the start.

How will I be supported?

You are not expected to do this on your own. Staff will help you prepare, check that your experience is suitable, and support you throughout. If something does not feel right or needs to change, they will collaborate with you to adjust.

It is okay to ask questions, take your time and let someone know if you are unsure.

Summary

Work experience is about exploring new opportunities, building confidence, and preparing for your future in a way that works for you.

If you have questions or worry at any point, speak to the Careers Team, they are there to support you.

