

### WORK EXPERIENCE: CONVERSATIONS AT HOME



Work Experience is a valuable opportunity for your young person to get insight into what it's like to have a job. There are so many transferable skills they can learn and valuable experiences that will help them shape their ideas about the future. As a parent or carer, you can support them to reflect on what they've learned, what skills they've developed and what feelings they have about the world of work.

### CONVERSATION STARTERS

We've put together some suggested questions to ask your young person each day about their work experience placement. These questions are designed to help your young person reflect on what they've learned and encourage them to make the most out of their placement.

Find a time that's best for your young person to have a chat. It could be in the morning over breakfast, in the car on the way to their place of work, or in the evening after dinner.

These questions won't necessarily be applicable to all work experience placements. They're purely suggestions that could be used as starting point and might serve as inspiration to have a conversation at home.

Encourage your young person to record their responses to the questions – this could be in a journal or filming themselves talking about their working week. If you print this resource, there's space for notes on page 4.



### USEFUL WEBSITES AND RESOURCES:

Take Your Place features a huge range of resources to help you support your young person find their future pathway:

[www.takeyourplace.ac.uk](http://www.takeyourplace.ac.uk)

Skills Builder – helping you to support your young person to build essential skills at home:

[Skills Builder Homezone](#)



# BEFORE THEIR WORK EXPERIENCE STARTS

You might want to ask some questions, so you understand how your young person feels about their work experience before they start.

How does thinking about your work experience make you feel? Excited? Nervous? Scared?

What can I do help you feel more confident or excited about your work experience? E.g. Can I help you to ensure you get there on time? Would you like some advice on what to wear?

What are your expectations of your work experience? What do you think the environment will be like? What tasks do you think you'll be doing?

Can you name one thing you're looking forward to about your work experience? What is it and why?



## FIND OUT MORE...

Click the link below to access the Take Your Place website and a video that supports your young person to get the most out of their work experience placement.

[Advice about Work Experience](#)

## DAY ONE



At the end of day one, you might want to ask them how their first day went and what were their first impressions of the workplace.

What's the working environment like?

Are you working by yourself, or as part of a team? Which do you prefer and why?

Do you know what the rest of your working week will look like? What are you looking forward to the most? What are you not looking forward to?



## DAY TWO

The people your young person work with are valuable in shaping how they feel about the world of work. Encourage them to find out more about these people, including how they got into that career. This will support your young person to understand more about what pathways can lead to certain jobs.

Have you got a role model at your work experience? Who is it and why?

What skills and traits do you admire in this person?

Do you know how they got into that job? If not, are there some questions you can ask them to find out more? Make a list of questions to take with you tomorrow.





## DAY THREE

At this stage, it might be good to check in with your young person about if their work experience is meeting their expectations.

Think back to what your expectations were before you started your work experience. How does it compare so far with what you expected it to be like?

If the work experience isn't meeting your expectations, who can you talk to about it? Can you ask your manager if you can get experience working in a different team or department? If the work is too challenging or easy, can you ask to have easier or harder tasks?



## DAY FOUR

Work Experience could help increase your young person's confidence in skills that are needed in the workplace. Ask them about their confidence and how they think it might have improved.

What's an area you've gained confidence in during your work experience placement?

What things can do more confidently now?

What other areas would you like to gain more confidence in?



## DAY FIVE

At the end of your young person's work experience placement, it's important for them to reflect on how their experience could shape what kind of job or career they'd like to do in the future.

Based on your experience, what did you like and dislike about your week at work? You could write a list.

Thinking about all the likes in your list, can you name a job or workplace that might feature everything you liked about your work experience?

What has your work experience taught you about what you might like to do (or not like to do) for a job in the future?

## TALK ABOUT YOUR EXPERIENCES

As a parent or carer you can help your young person to talk about their work experience placements by reflecting on your own experience of work. When asking any questions, make sure you tell your young person what you liked and disliked about your work experience, what skills you learned and how it shaped your chosen career path.

Sharing experiences helps your young person learn more about the world of work and make informed decisions about their future.

## GET IN TOUCH

We'd love to hear your feedback about this resource. Was it useful for you and your young person? Would you like to find out more about what we do?

Email: [norfolk@takeyourplace.ac.uk](mailto:norfolk@takeyourplace.ac.uk)

**IF YOU PRINT THIS RESOURCE - HERE'S SOME SPACE TO WRITE ANSWERS TO THE QUESTIONS...**