



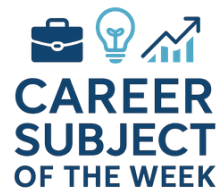
WEEK COMMENCING 26 JUNE

Careers @ Newstead Wood School

We have two new features to share with you - our Subject of the Week, and Unifrog 'how to'. As you know, this week has been all about the weather. As such we thought it best to make our first subject that of the climate. There is a huge 'green skills' market out there with emerging job opportunities. Find out more below.

On the next page, you can read more about Labour Market Information. In a rapidly changing world, it can be helpful to think about this when choosing your future career, education or training route. For example, if you're unsure between two options, LMI can help you see which one may offer stronger opportunities. Unifrog is a great place to explore different routes, so keep checking in regularly.

Subject of the Week



FIVE CAREERS TO TACKLE CLIMATE CHANGE
Make saving the planet your day job

According to LinkedIn's 2022 Global Green Skills Report, jobs asking for 'green skills' have been growing at 8% every year since 2017. It makes total sense that, as climate change becomes an increasingly pressing issue, the demand for workers with the skills and passion to protect the environment continues to grow. If you want to be one of them, use [this guide](#) to explore five rewarding career options.

Work Wednesday



WE'D LOVE YOUR SUPPORT!

We're inviting volunteers to speak with students during our weekly Work Wednesday sessions. Whatever your profession, we'd really encourage you to consider getting involved.

If you'd like to learn more about how these sessions work, please take a look at the [leaflet](#). To check availability or book a slot, feel free to email [Mrs Clarke-McDermott](#) directly.

For help or a chat Visit me on the 2nd floor (opposite Support, next to the library) or [email me](#)



Mrs Clarke-McDermott
CAREERS LEADER

Understanding Labour Market Information (LMI)



unifrog

Understanding Labour Market Information (LMI)

Planning your future means knowing what you enjoy and what jobs are changing. Labour Market Information (LMI) gives clear facts about jobs now and later.

What is LMI?

LMI is information about job demand, pay, skills, working conditions and where jobs are.

Why LMI helps

It guides you to new ideas, shows growing industries, helps you plan skills and compare jobs.

Using LMI

Ask quick questions:

- Is this job in demand?
- What skills matter?
- What's the pay?
- Are jobs nearby?

Where to find it on Unifrog

- [Career comparison feature on the start page](#)

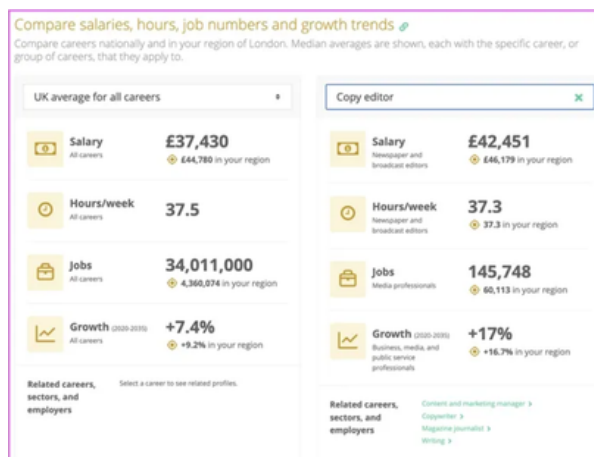
On the Careers library's start page, there's an interactive tool that lets you compare LMI for individual careers with either the UK average, or with another career. From there, you can explore related profiles which include more detailed LMI information.

- Career profiles

On the individual career profiles in the Careers library you can switch between looking at LMI for the UK and for the US (information for the EU and UAE coming soon).

- Career sector profiles

Similarly to how LMI is shown on career profiles, there is an LMI section on the profiles for Career sectors.



Uptree Events

IT'S NEVER TOO EARLY TO START THINKING ABOUT YOUR CAREER.

With so many options to choose from, and so many paths to success, it's hard to know where to begin.

That's where Uptree comes in. We're a free professional network, aimed at students aged 14-21, designed to help you get started in the world of work. Get work experience, find apprenticeships and other opportunities, and begin your dream career.



National: Arm, Technology Work Experience Event

Tue 30th Jun 2026 @ 10:00 AM

[View event](#)

[This is an online event](#)



National: KPMG, Virtual Insight Session

Wed 1st Jul 2026 @ 10:00 AM

[View event](#)

[This is an online event](#)

Work Experience (Years 10 & 12)

Work experience week (13th-17th July 2026) is fast approaching. Students should now be actively securing placements and completing the required paperwork on Unifrog. If support is needed, please speak to the careers team – we are here to help.



APPLYING FOR MEDICINE?

Get **free** personalised advice on your application from an FY1 doctor

Online masterclass
Sunday 26th July



Discuss your application in a small-group setting
Get advice on key areas of the admissions process
Access valuable resources like UCAT practice questions

Open to:

- Year 11, 12 or 13 students
- Gap year students
- Graduate students

Apply by Monday 13th July

Limited places available

Visit rmbf.org/masterclass or scan the QR code



Springpod[®] EXPLORE THE LATEST PROGRAMMES



PROMOTED

WORK EXPERIENCE PROGRAMME

Amazon: On Cloud Nine - Cloud Computing Work Experience

Amazon



On Cloud Nine - Cloud Computing with Amazon Future Engineers



PROMOTED

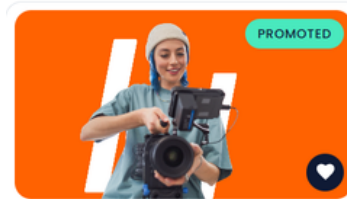
WORK EXPERIENCE PROGRAMME

Amazon: Innovation in Motion - Robotics & Engineering Work Experience

Amazon



Innovation in Motion - Robotics & Engineering with Amazon Future Engineers



PROMOTED

WORK EXPERIENCE PROGRAMME

Amazon: Behind the Scenes - TV & Production

Amazon



Behind the Scenes - TV & Production with Amazon Future Engineers



PROMOTED

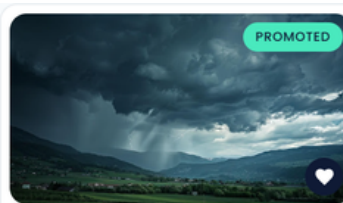
WORK EXPERIENCE PROGRAMME

Amazon: Beyond The Code AI & Computer Science

Amazon



Beyond The Code - AI & Computer Science with Amazon Future Engineers



PROMOTED

WORK EXPERIENCE SPRINT

Met Office Careers: Data Science and Meteorological Phenomenon

The Met Office



Overview Weather plays a crucial part in our lives - but how can we understand it



PROMOTED

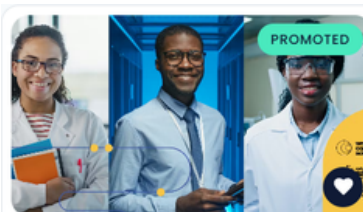
WORK EXPERIENCE SPRINT

Drax Sprint: Carbon Capture

Drax



Overview In this Sprint with Drax, you'll take on the role of a Process Engineer in the



PROMOTED

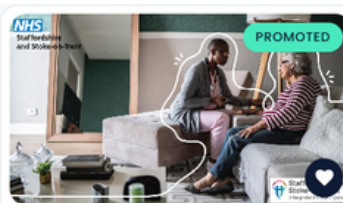
WORK EXPERIENCE PROGRAMME

Genomics, Science and Data Careers with the Wellcome Sanger Institute

Wellcome Connecting Science



Explore genomics careers & entry routes. Discover labs, data roles & more in this



PROMOTED

WORK EXPERIENCE PROGRAMME

Social Care Work Experience

Staffordshire and Stoke-on-Trent ICS



Uncover the world of social care with Staffordshire and Stoke-on-Trent ICS.

[Eligibility Criteria](#)



PROMOTED

WORK EXPERIENCE PROGRAMME

Primary Care with Staffordshire and Stoke-on-Trent ICS

Staffordshire and Stoke-on-Trent ICS



Ready for a future that cares? Discover key roles in the heart of health and care with



WORK EXPERIENCE SPRINT

Heathrow Engineering Sprint: Improving Sustainability

Heathrow



Overview In collaboration with Heathrow, you'll take on the role of an environmental



WORK EXPERIENCE PROGRAMME

Innovating for a Safer Future: Leonardo Work Experience

Leonardo



If you want a career that makes a real difference, you're in the right place.



WORK EXPERIENCE PROGRAMME

Becoming a Chartered Surveyor - Surveying Work Experience with RICS

RICS



Explore the world of surveying with RICS!

Unifrog Events



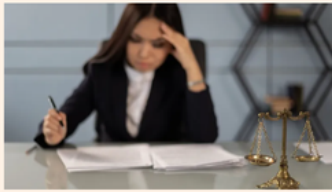
Step inside the mind of a criminal

Students Virtual

Take a deeper look at the dark side of society and uncover the truth behind some of the world's most shocking offences. In this session with the University of Plymouth, you'll dive into how crime happens – and how we can stop it. Find out what it's like to study real crime at university, from genocide to environmental crime, and from Jack the Ripper to the harms of the modern city.

> Mon 29 Jun 17:30-18:15 UK time

Sign up >



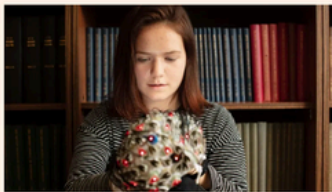
Law taster: where did human rights come from, and why do they matter?

Students Virtual

What are human rights and how did they develop? In this session with the University of Essex, you'll explore where the idea of human rights came from, how these principles became part of law, and why they still matter today. Learn how human rights connect to the history of England and the UK, and how they influence politics, justice, and everyday life.

> Tue 30 Jun 16:30-17:15 UK time

Sign up >



Brain science: can we use drugs to make us more intelligent, productive, and creative?

Students Virtual

Can we overcome our limits as humans? Over the last 100 years, scientists have been working to transcend the limits of human performance by developing drugs to make us more intelligent, productive, and creative. Join the University of Plymouth's Dr Sean James Fallon - an expert on the neurotransmitter dopamine - as he reviews the science of human cognitive enhancement. Ideal for anyone with an interest in pursuing a career in medicine, psychology, or neuroscience.

> Tue 30 Jun 17:30-18:15 UK time

Sign up >



Study modern languages: unlock a global future

Students Virtual

Join UCL to explore where a degree in modern languages could take you, from global careers to international experiences. This session will also give you a taster of what studying languages at UCL is like, including how the university teaches its degrees. Discover how languages can open doors and help shape your future in an increasingly globally connected world.

> Tue 30 Jun 18:30-19:15 UK time

Sign up >



Add activity

Record what you've done.

Don't forget to log your work as an activity!

* Title

0 of 50 characters

What type of activity was it?

Check [how to define the different types](#) ▾

* Activity type

Unifrog Events



Criminology taster: thinking seriously about crime

Students Virtual

Crime can be a constant presence in everyday life, whether through the news and popular media, or whether you're a victim or offender. You might hear opinions like 'crime is getting worse' or 'just lock them up and throw away the key'. But how much do we really know about crime? Join Lancaster University Professor in Criminology Gary Potter to explore how criminologists move beyond assumptions, stereotypes, and political rhetoric to study crime in a more rigorous, evidence-based way.

> Wed 1 Jul 16:30-17:15 UK time

Sign up >



The philosophy and psychology of conspiracy theories

Students Virtual

Why do people believe in conspiracy theories? Join the University of Birmingham to find out why we're more likely to believe conspiracy theories during chaotic times, and the role social media plays in making even the wildest theories go viral. You'll leave the session with strategies to improve your critical thinking and implement societal changes that reduce the influence of these narratives.

> Wed 1 Jul 17:30-18:15 UK time

Sign up >



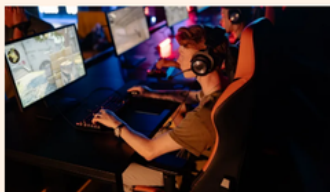
Crime and punishment: how do the law and the criminal justice system work together?

Students Virtual

In this interactive session with City St George's, University of London, you'll explore how the law operates in real-world settings and how criminology helps explain crime, punishment, and social responses. You'll look at how law and the criminal justice system connect, and how legal decisions shape lives and communities. Ideal if you're interested in justice, criminal behaviour, and the wider role of law in society.

> Thu 2 Jul 16:30-17:15 UK time

Sign up >



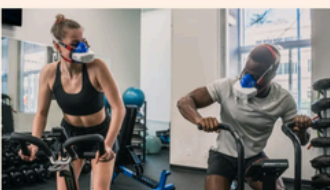
Esports taster: what does gaming reveal about the modern world?

Students Virtual

How did esports become a global industry, and what can it tell us about the world today? In this session with Norwich University of the Arts, find out how gaming connects to technology, culture and global trends. Led by industry expert Michael Archer, you'll discover how esports has grown, what shapes it behind the scenes, and what studying it can reveal about how the modern world works.

> Thu 2 Jul 17:30-18:15 UK time

Sign up >



Sports and exercise science taster: the science behind health and performance

Students Virtual

Join Lancaster University to get a taste of university-level study in sports and exercise science. You'll explore key concepts in biomechanics, physiology, and psychology, and discover how theory connects to real-world scenarios. You'll also find out how the research-led teaching, state-of-the-art laboratories, and supportive academic environment at Lancaster University helps prepare students for careers in sport performance, health, and further study.

> Thu 2 Jul 18:30-19:15 UK time

Sign up >



Years 10
and 12
only

WORK EXPERIENCE

MONDAY 13TH – FRIDAY 17TH JULY 2026 (5 DAYS)

WHAT'S THE POINT?

Work experience is crucial for exploring career paths and gaining essential skills. It provides real-world exposure, boosts confidence, and helps build a professional network.

Key benefits include:

- Testing personal interests
- Developing transferable skills like communication and problem-solving
- Understanding the relationship between education and job opportunities

LOCAL BUSINESSES

You can find a list of local businesses in this file. Please note, the places listed here have not agreed to offer work experience, this is just a directory.

[Local businesses](#)
[Unifrog contacts](#)

FINDING A PLACEMENT

If you're not sure where to start, here are some useful ideas:

- **Ask around:** Speak to family members, friends, or neighbours – someone may know a workplace that can offer you a one-day placement.
- **Local businesses:** Visit shops, hairdressers, cafes, garages, nurseries, or offices nearby and ask politely if they offer short placements.
- **Email or phone employers:** Write a short message explaining that you're a student looking for a placement (include the dates)
- **Think about what interests you:** Whether you're interested in animals, technology, sport, healthcare, or something else, try contacting places linked to your interests.
- **Be flexible:** Many places are busy, so be open-minded and positive about a wide range of opportunities.

If you're stuck or need help, speak to your form tutor or the careers team – we're here to support you.

HOW TO GUIDES

Helpful links:

- How to guide - [finding a placement](#)
- How to guide - [contacting potential employers](#)
- How to guide - [Researching possible placements](#)
- How to guide - [Uploading your placement on Unifrog](#)



WORK EXPERIENCE

MONDAY 13TH – FRIDAY 17TH JULY 2026

CONTACTING POTENTIAL EMPLOYERS

It can be really nerve-wracking contacting employers to ask them for work experience. But it doesn't have to be that way!

On this page, we'll discuss how to be prepared when contacting employers.

- Use your school email address
- Use a straight-to-the-point subject.
- Use the employer's name if you know it, or Sir/Madam if you don't.
- Remember to proof read the email so there aren't any mistakes.

SETTING THE EMAIL OUT

Your email should be professional and include all relevant information:

- **Paragraph 1:** Introduce yourself and the school or college you go to.
- **Paragraph 2:** Say a little about why you are interested in the industry; a couple of sentences is enough. This shows that you've done research and have thought carefully about where you'd like to do work experience.
- **Paragraph 3:** Politely ask about work experience opportunities on dates you are able to attend. You can also ask for a meeting/phone call here too.

Emailing an employer

To: hello@StarkIndustries.com

Subject: Work experience

Dear Mr. Stark,

My name is Peter Parker and I am a student at Midtown High School.

My interest in work experience with the Avengers was sparked when I visited your laboratory in Malibu, where I got to see your inventions. I have worked very hard to develop my teamwork skills and spider sense. I feel that with some guidance, I would be a great addition to the Avengers team.

I am looking to do some work experience between the dates of 10-24th February, to help develop my competencies and start to learn how to protect Earth. Do you have any spaces for work experience students at that time? I have attached a copy of my CV for your records.

Yours sincerely,
Peter Parker



WORK EXPERIENCE

MONDAY 13TH – FRIDAY 17TH JULY 2026 (5 DAYS)

RESEARCHING POSSIBLE PLACEMENTS

It can be difficult to know where to start looking for work experience and find a workplace that you're interested in. This session is here to help though!

Your placement will give you the chance to explore a workplace of interest to you. That way, you'll find out whether you it could suit you in the future!

Researching the work experience options in your area is great way to figure out what you are interested in learning about.

THE UNIFROG APPRENTICESHIP TOOL

The Unifrog Apprenticeships tool isn't just for looking for apprenticeships!

The tool can help you to:

- Search for businesses to approach for work experience
- Get an idea of the types of industries that are available in your area

The Apprenticeship tool also shows you businesses that you're interested in on a map, so you can see how far they are from home!

Start by logging into your Unifrog account...

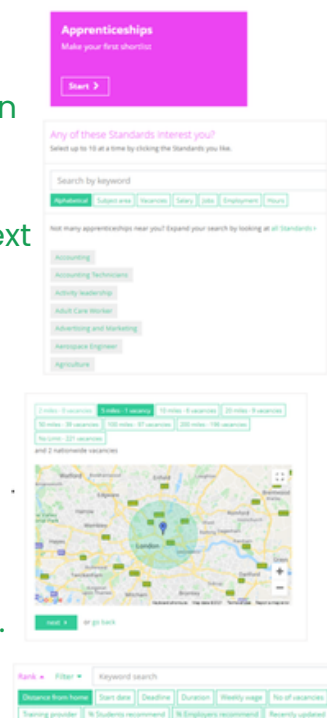
To use the Apprenticeships tool on your homepage:

- Search across various industries and select up to ten to explore.
- Filter results by travel distance using the map.
- Rank your results by "Distance from home" on the next page.
- Choose your preferred opportunities to create a shortlist.

This shortlist provides employer information, required skills, and job locations.

- Use the tool to identify companies for work experience.
- Note company names and your reasons for interest.

Conduct further research for contact details before reaching out. Don't forget to save to your Locker!



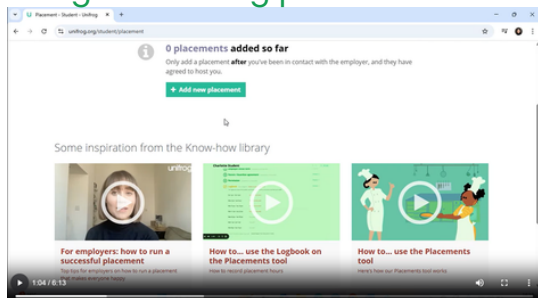


WORK EXPERIENCE

MONDAY 13TH – FRIDAY 17TH JULY 2026

UPLOADING YOUR PLACEMENT

We use Unifrog's placement tool to make sure all the paperwork and compliance is completed before you go on your work experience. Once you have agreed with an employer that you are able to work, you need to complete a form online. You can watch this handy [video](#) which will lead you through using the Unifrog placement tool.



THE UNIFROG PLACEMENT TOOL

At a basic level the tool is a series of forms which need to be completed by specific people at specific times; when one person finishes their form, the system automatically messages the next person in the chain.

The tool makes it easy:

- For students to get the ball rolling, then reflect on the placement afterwards;
- For the employer to follow
- For the parent/guardian to agree to the placement and stay informed of what's happening;
- For the school/college coordinators to have an overview of the whole process

Open the **placements** tool, via a tile on your homepage.

- Click 'Add new placement'
- Enter your start and end date, and placement advisor (Mrs Bull)
- For time commitment, choose 'full time', and choose 'in-person' for how you will meet the employer
- Complete the employer details, you will need to put in an address including postcode.
- Explain how you will travel to your placement
- Write down your objectives for the placement, this will go to the employer
- Enter the employer details - double check to make sure this is correct. It must be accurate or the employer won't get their email!
- Input your details, and your parents details. Again, make sure the email is correct as they will need to approve the placement.
- Check the tick boxes and click 'add placement'

The screenshot shows the Unifrog placement tool interface. At the top, it says '0 placements added so far' with a '+ Add new placement' button. Below this are three video thumbnails. The 'Logistics' section includes a 'Full time' dropdown menu and a 'Will you meet the employer in-person' dropdown menu. The 'Employer contact details' section has fields for 'Employer placement lead: name', 'email', 'email (again)', and 'phone number', with a 'country code' dropdown. At the bottom, there is a 'Do you agree to:' section with a 'Yes, I agree to all four points above.' checkbox and a 'Form finished?' section with a 'Check this form as finished and notify employer to fill in their initial form' checkbox and a '+ Add placement' button.