Case study for careers enrichment, opportunities and work experience

Your full name: Maleeha Nayab

What type of careers support have you received? For example one to one personal guidance, group support, resources like the careers library or any other

I have received support in many ways such as;
1. One to one discussions in the careers office
2. Group support through conferences at the NEC, Academy Hall and common room
3. Accessing the careers library at any time.

Has this been helpful and why?

The career advisory system placed in the school has helped me a lot in deciding what career I want to go into in the future and the possible courses which I can do in the university to get into that profession. Moreover, the UCAS conferences and presentations done by specific universities in the school helped me to understand which universities will be the best to do the chosen course. Being able to access the career library was a privilege because it helped me to spend some time in peace and chose the five universities that I would really like to go to out of the hundreds of excellent universities all around the UK.

What experiences have you engaged in, to include work experience, enrichment, conferences, and presentations?

I have been to the following places which helped me gain a lot of skills and experiences;
1. University of Birmingham for open day
2. Birmingham City University for open day
3. University of Cambridge for maths induction
4. University of Exeter for summer school
5. Deloitte Birmingham office for summer school
6. The Uffculme centre for mental health summer school
7. NEC for conferences
8. Tally Ho for police conference
9. Blackwell court for team activities
10. Parliament house for an induction
11. Binding site for an induction
12. Queen Alexandra College for induction
13. I also did a first aid course
14. Took part in Wednesday student presentations

Please name one particular experience that has helped you and why for example, City Hospital, Deloitte Project, NEC Careers Fair, University Fair, Heartlands Hospital or Solihull Hospital, Mental Health 3 day Experience. It could even be a discussion about career choices –What you did, what was your understanding at the beginning, personal skills learnt

Case study experience University of Exeter Summer School

I attended the University of Exeter Summer School Psychology strand from the 25th to the 27th of July along with 9 other brilliant students from my class. All of us met on Tuesday the 25th of July at 8:00 AM sharp and got on the coach sent from the university of Exeter especially for us. After a long journey around 1:00 PM we reached the university but we were a bit behind the schedule due to the busy motorway.

As soon as we were received by the mentors which were actually very friendly university students, we received our name badges, folders and keys to our amazing rooms. We got half an hour to freshen up before we could go to eat some lunch. After the Lunch all the students who came from all around the country came together and then we were divided into our activity groups. After that we did a small activity of making the longest paper tower using tape, our team managed to be the runner up.

Than we attended a UCAS application conference which was followed by the first part of the Exeter challenge. To accomplish the challenge we were given a set of instructions to take some pictures from around the university. This was a very helpful experience as it allowed us to know each other and develop skills which are required for working as a team. After the challenge around 5:30 PM we were given a break and some free time to spend in our rooms after which at 7:00 PM we had pizzas from dominos for dinner.
After dinner we were divided into three groups of swimming, rounder’s and board games. I and many other people chose to play board game which was another chance to know some more people. Finally around 9:00 PM we were allowed to go where ever we want inside the university premises and the curfew was at 11:00 PM after which until 12:00 PM you can be anywhere inside your apartment. This was the end of the exciting first day at the university of Exeter.

The second day started early for everyone and we were supposed to be in the courtyard by 8:00 PM. There we were divided into our study strands and then we visited the Psychology building of the Exeter university which was slightly isolated from the campus and was under construction. The first day of the psychology strand composed of an introduction to the subject psychology and an experiment with the friendly Trinidadian guppies (fish) to measure how friendly they are. To do the experiment we were divided into groups of 2 but due to odd number I became part of a team of 3.

After that we went to have some wraps, fruits and drinks for lunch at one of the food outlets of the Exeter university. After the lunch we continued with the second part of the Exeter challenge whereby we were given a set of instructions to take some pictures from around the Exeter city centre. We were also given £10 to either eat what we want and withdraw from the challenge or be part of it and get our pictures before the evening. Our activity group decided to spend it on food due to the uncertainty whether we will be able to win the challenge with our pictures.

After completing the challenge we went to the local Tesco to do some grocery shopping with a budget of £30 for our master chef challenge later that evening. It was very hard to buy grocery for a three course meal in the budget given to us but we managed and found out that it is not impossible. After that we went to our apartments to freshen up and then we started cooking at 6:30 AM. Before we started we divided the jobs among ourselves and because I am not very good at cooking I got to plate the salad. In the end our apartment won the master chef challenge.

On the third and last day we got packed lunches and went to the Paignton zoo to study animal behaviour alongside having fun. We were given full freedom to look around the zoo in our teams. After that around 4:30 AM we arrived back at the university and not everyone but I had to quickly pack up as I came back by train to Birmingham.

The overall experience was amazing and alongside developing my skills I also got to learn new ones and make new friends.

**Please can you share a quote?**

- Partnership engagement has improved my skills set immensely.
- Careers guidance has improved my skill of always thinking outside the box.

(Carry on with a few words about how a particular partnership, careers or enrichment has helped you)

Year 12 has been amazing thanks to all the opportunities which the school provided us. The opportunities did not only give us experience but also helped us learn more skills, become confident and make new friends throughout the year from outside the school.