



SPEED NETWORKING EVENT

Student booklet

Student Name:

Warm Up activity - People Bingo

Try and find a different student in the room that has done each of the boxes below. Write their full name in the box as we'll check!

Rules: 1) You can only use each name once. You can use your own name once.

2) You must shake their hand and introduce yourself each time. We will be checking!

3) Shout BINGO when you've filled all the boxes with names!

Has an idea of what job they want in the future	Has volunteered before	Has come from West London	Would like to live abroad one day	Favourite subject is a science
Has a good handshake	Has a talent	Likes to read	Has a part-time job	Knows what an apprenticeship is
Wants to go to university	Is part of a club	Favourite subject is English	Plays a sport	Can play an instrument
Has lived outside of London before	Can speak another language	Has met a celebrity	Has always lived in London	Has come from East London

Making a great first impression

The first impression you make on someone has a huge influence on the way they think about you. There's evidence that suggests it only takes a few seconds for that first impression to take hold!

Our top tips for making a great first impression are:

1. Give eye contact.
2. Greet people confidently with a firm handshake.
3. Smile! Look happy to be there.
4. Stand up to greet them.
5. Introduce yourself and ask for their name.

If you can do this in the first 10 seconds, you'll be well on your way to leaving a great impression on the person you've met!

Another common mistake is to think after leaving a great first impression you can relax completely. Remember you are always communicating with someone, even when you aren't talking, through your body language.

Our top tips for things to avoid:

1. Crossing your arms, this makes you seem defensive and closed off
2. Fidgeting too much as this can make you seem nervous and distracted
3. Appearing distracted as there's nothing more annoying than talking to someone who doesn't look like they are listening!
4. Slouching and seeming tired. Don't put your head on your hand!

Try to practice these tips today when meeting our volunteers! Good luck!

Questions for you

We want you to talk to the volunteers about yourself as well ask them questions. Here are some practice questions that you might get asked!

1. What do you like doing outside of school? Do you have any hobbies?

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2. What is your favourite subject? What GCSEs did you choose and why?

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3. What has been your biggest achievement so far? What are you proud of?

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4. Have you thought about what you would like to do when you leave school?

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5. Have you had any work experience? Where might you like to gain work experience in the future?

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6. What is your dream job?

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Questions you might ask our volunteers

Below are some questions to help you if you get stuck when speaking with the employers. Remember to ask about the things that matter to you most!

1. What is the best advice you ever received regarding your career?
2. What has been your biggest achievement in your career?
3. Which 'soft skills' do you use in your role?
4. What is your career history?
5. Do you need a degree for your job? Did you go to university?
6. Which sector do you work in?
7. What are the best and worst parts of your job?
8. How important is [insert a skill] in your current role?
9. Did you always want to do this job?

Your own killer questions

1.....
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2.....
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Your Speed Networks

1

Name:
Organisation/Job:
Top tips: 1. 2. 3.
Notes:

2

Name:
Organisation/Job:
Top tips: 1. 2. 3.
Notes:

3

Name:
Organisation/Job:
Top tips: 1. 2. 3.
Notes:

4

Name:
Organisation/Job:
Top tips: 1. 2. 3.
Notes:

5

Name:
Organisation/Job:
Top tips: 1. 2. 3.
Notes:

6

Name:
Organisation/Job:
Top tips: 1. 2. 3.
Notes:

7

Name:
Organisation/Job:
Top tips: 1. 2. 3.
Notes:

8

Name:
Organisation/Job:
Top tips: 1. 2. 3.
Notes:

9

Name:
Organisation/Job:
Top tips: 1. 2. 3.
Notes:

10

Name:
Organisation/Job:
Top tips: 1. 2. 3.
Notes:

11

Name:
Organisation/Job:
Top tips: 1. 2. 3.
Notes:

12

Name:
Organisation/Job:
Top tips: 1. 2. 3.
Notes:

13

Name:
Organisation/Job:
Top tips:
1.
2.
3.
Notes:

14

Name:
Organisation/Job:
Top tips:
1.
2.
3.
Notes:

Action Plan

The top five people I spoke to:
1.
2.
3.
4.
5.
What I learned today: <i>Did you learn anything you didn't expect? Did you like or dislike something you didn't expect to?</i>
What I'd like to learn more about: <i>Do you still have questions? Did you find out about a new career you had never thought about before?</i>

Next steps and links

Take this quiz to find out about your strengths and weaknesses:

<https://www.prospects.ac.uk/planner>

Find out more about your GCSE options and what decisions to make:

www.careerpilot.org.uk/information/your-choices-at-14

Find out about different jobs, take a quiz to see how suitable they are and record your experiences

<https://www.startprofile.com/>

Watch 1000s of videos about different careers:

www.careersbox.co.uk

After Year 11 what will you do? Get more information about your choices here:

<https://www.careerpilot.org.uk/information/your-choices-at-16>

If an apprenticeship might be right for you, look no further: www.ucas.com/apprenticeships-in-the-uk

And www.findapprenticeship.service.gov.uk

If university might be the right route, get more information here: www.ucas.com/ucas/undergraduate/getting-started/thinking-about-uni

To find out more about volunteering and get inspired, visit the Team London website: www.london.gov.uk/volunteer

