



MAKING YOUR APPLICATION



GAINING EXPERIENCE

Social Work courses at UEA require all applicants to gain valuable work experience before they apply. We will ask questions about your work experience in the interview stage of your application.

EXAMPLES OF RELEVANT EXPERIENCE:

- Peer support in your school
- Voluntary work with the homeless
- Voluntary work in a school with children with additional needs
- Personal experience caring for a family member
- Paid work as a carer



WHAT TO CONSIDER WHEN ON WORK EXPERIENCE:

Will it make you:

- Care for someone?
- Help them?
- Support them?
- Interact with new people?
- Understand peoples' needs?

REAL LIFE: "THE MOMENTS WHEN I HAVE BEEN OUT TO SEE SOMEONE IN A DIFFICULT SITUATION AND WORKED WITH THEM, THEN REVISITING A FEW WEEKS LATER TO FIND THAT THEY ARE BACK ON TRACK HAVE BEEN THE BEST."

TOBY THOULESS, SOCIAL WORK GRADUATE

THINK: WHO WILL YOU SUPPORT?



VALUABLE EXPERIENCE

WHAT DO WE MEAN BY VALUABLE?

It is important that students gain quality work experience over quantity.

It is what you learn and how you interpret it in the context of Social Work that will make you a successful applicant.

HINT: KEEP A REFLECTIVE DIARY AND THINK ABOUT THE QUALITIES YOU CAN BRING TO THE JOB

When you are participating in work experience you should think about the following:

- What services have you seen people with additional needs rely on?
- How have you coped with a stressful situation during work experience?
- What did you learn about yourself during the work experience?
- How were you able to communicate to different groups of people?
- Do you think you have made an impact on someone's life (be it big or small you could have made a difference)?
- Have you seen things you think you could improve within someone's support in a system?

DIRECTORY OF VOLUNTEERING OPPORTUNITIES

Need help finding voluntary work? We have identified some great websites to provide you with guidance on how to find work experience.

OPPORTUNITIES IN NORFOLK:

Voluntary Norfolk - explore volunteering ideas in Norfolk

www.voluntarynorfolk.org.uk

Matthew Project - Norfolk based charity supporting young people with drug problems

www.matthewproject.co.uk

UEA Volunteering - find volunteering opportunities relevant to Social Work here at UEA

www.uea.ac.uk/careers/students/opportunities/volunteering

OPPORTUNITIES IN SUFFOLK:

Suffolk Gov - explore volunteering ideas in Suffolk

www.communityactionsuffolk.org.uk/volunteering

OPPORTUNITIES ACROSS THE UK:

Volunteering England - discover volunteering opportunities across the UK

www.volunteering.org.uk

Do It - an organisation designed to inspire volunteering ideas

www.do-it.org.uk

Over the Wall - why not volunteer to help at a summer holiday camp?

www.otw.org.uk

**GET IN TOUCH: LET US KNOW IF YOU NEED
HELP FINDING WORK EXPERIENCE IN
YOUR LOCAL COMMUNITY**

COURSE DIRECTOR

Peter Jordan

E p.jordan@uea.ac.uk

ENQUIRIES

T +44 (0) 1603 591515

E admissions@uea.ac.uk

www.uea.ac.uk/socialwork

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Instagram and Twitter: @uniofeastanglia

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