

Preparing for the first day in a new job

Advice from real apprentices.

The transition from full-time education to employment is a big one and your child may be feeling nervous. We asked some apprentices for their top-tips on what parents can do to help their child to prepare so that the first few days and weeks run smoothly.

“ Find out as much as you can about the company ”

Even when you have secured the job and been given a start date, you should not stop researching the company. Follow the company on Twitter and Instagram, sign up for any news alerts via their newsletter, and visit their website. This will help you to keep up to date about what's going on in their business.

Alice, Hertfordshire ”

“ Talk about the workplace ”

I think it really helps to talk through work scenarios that could occur and how you might deal with them in a professional way. It could be anything from arriving on time (early is better), when it's ok to use humour/make jokes, how to look interested in a meeting (even if they don't really understand what's being discussed) etc. If you're not sure then there are loads of online chats that you can join to get a feel for what to expect.

Sian, Yorkshire ”

“ Think through and plan the journey ”

I remember that I researched all of the different transport routes and I even tried out a few different buses before the big day so that I could have a couple of different options for how to get to work. You never know if there might be delays or cancellations. This planning was really useful so on the first day I wasn't stressed about being late or getting the journey wrong.

Steven, London ”

“ Look smart and get a haircut ”

Before I started my first apprenticeship I went shopping and got myself a new suit because I know I was going to be in an office and I wanted to make sure I looked smart. I already had loads of shirts from when I was at school sixth form so I carried on wearing those. I also made sure that I went for a new haircut!

Kyle, Birmingham ”