

## What is upReach's Rise (Allen & Overy) Programme?

upReach's Rise Programme is typically a 3 year programme of personalised careers support, designed to help eligible university students who have previously taken part in the Allen & Overy Smart Start programme or A&O Accelerate. The programme supports students to achieve their career ambitions with support applying for work experience, internships and graduate opportunities at any employer in any career sector. This programme is sponsored by Allen & Overy.

**Additional Requirements:** This programme is suitable for students who have previously participated in Allen & Overy Smart Start programme or A&O Accelerate prior to joining the upReach programme. You are not required to have an interest in pursuing a career in commercial law in order to participate in this programme, given you will be supported to achieve your career ambitions no matter which sector you are interested in".

## Am I eligible for this programme?

upReach is a social mobility charity, and our objective is to support students from under-represented backgrounds. This means every student we support (we call them "upReach Associates") must meet our [general eligibility criteria](#).

To become an upReach Associate on this particular programme:

**University:** You must currently be an undergraduate that is in full-time study.

**Degree year:** This programme typically starts working with students in their first year of university, although we may also begin working with students at the beginning of their second year. Once you have joined the Rise programme you will receive support throughout your time at university, and support for 12 months after you graduate should you require it.

**Degree subject:** We encourage students from any degree background to sign up.

**Additional Requirements:** This programme is suitable for students who have previously participated in Allen & Overy Smart Start programme prior to joining the upReach programme. You are not required to have an interest in pursuing a career in commercial law in order to participate in this programme, "given you will be supported to achieve your career ambitions no matter which sector you are interested in.

**A-level grades:** To be eligible for this programme, you need to have achieved (or have a [REALrating](#) contextual equivalent\* to) at least BBB in your top 3 A-Levels or an equivalent qualification (including Access to Higher Education courses).

\*Via REALrating, we consider grades on a contextual basis, which means that we also take into account factors such as the school you attended or the area you live in. We believe this gives us a better indication of your true academic potential.

All applicants complete our REALRating form, which will tell you your contextual grades. For example, if you achieved BBB in your A-levels, you may find that your contextual grades are AAB, once your background is taken into consideration. We will consider your REALRating result when determining your eligibility.

## **What does it involve?**

When joining the programme, you'll be matched with a dedicated upReach Programme Coordinator, who will get to know you and be on-hand to provide ongoing 1-to-1 support throughout your time with us.

They'll be able to give you extensive support at each stage of the job application process, including:

- Reviewing your CV and offering feedback
- Reviewing your applications and cover letters for any application you make to any employer opportunity
- Skills development support
- Personalised career coaching
- Mock job interviews, and;
- Assessment centre preparation

As well as support from your upReach Programme Coordinator, you'll also have access to:

- Exclusive work experience opportunities
- Exclusive employer events, like insight days to help you learn more about different organisations
- Extensive online resources, including guides to different employers, practise online tests, and career courses to help you explore your sectors of interest in more depth
- Daily 'Video Forums' (webinars) to help you build your employability skills
- Opportunity to be matched with a professional mentor in your sector of interest

We are able to provide this support as a result of our partnership with Allen & Overy, as well as our relationships with our partner employers. For a [full list of our employer partners, please visit the upReach website.](#)