

What is upReach's Rise Excel Programme?

upReach's Rise Excel Programme is typically a 2 year programme of personalised careers support, designed to help eligible university students at upReach's partner universities. 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.

The aims of the programme are to help you explore your career options, develop key skills to enhance your employability, widen your professional network, and - ultimately - to secure top opportunities that suit you and your career interests.

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 the following eligibility criteria.

To become an upReach Associate on the Rise Excel programme:

- **University:** You must currently be an undergraduate that is in full-time study. This programme is open to students at universities upReach currently partner with. A [full list of our university partners is available on the upReach website](#).
- **Degree year:** This programme typically starts working with students in their penultimate year of university. Once you have joined the Rise programme you will receive support throughout your time at university and support with employer partner applications for 12 months after you graduate, should you require it.
- **Degree subject:** We encourage students from any degree background to sign up.
- **For the Rise Excel Programme there are no GCSE or A Level grade requirements.**

All applicants complete our REALRating form, which will tell you your contextual grades. For example, if you achieved a B in A-level Maths, you may find that your contextual grade is actually an A, once your background is taken into consideration.

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 on the upReach programme.

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,
- 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
- Skills Workshops designed to develop your employability skills, which will take place on your university campus
- Opportunity to be matched with a professional mentor in your sector of interest
- A place on upReach's exclusive Residential Employability Academy.

upReach are able to provide this support as a result of our partnerships with our university partners, who part-fund your place on the upReach Rise programme, as well as our partner employers. For a [full list of our employer and university partners, please visit the upReach website](#).