

What is upReach's Rise (John Lyon's Charity) Programme?

upReach's Rise Programme is typically a 3 year programme of personalised careers support, designed to help eligible university students from nine London boroughs. 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 the [John Lyon's Charity](#), an organisation that provides grants to charities, like upReach, to support young people from nine London boroughs.

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 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.

Location: Students with a home address in one of the following nine London boroughs; Barnet, Brent, Camden, Ealing, Hammersmith & Fulham, Harrow, Kensington & Chelsea and Westminster are eligible for this programme.

A-level grades: To be eligible for this programme, you need to have achieved BBB at A-level.

Please note we consider grades on a contextual basis, meaning 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 a B in A-level Maths, you may find that your contextual grade is

actually an A, 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
- 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 sectors of interest

We are able to provide this support as a result of our partnership with John Lyon's Charity, as well as our relationships with our partner employers. For a [full list of our employer partners, please visit our website](#).