



Your weekly guide to careers information, advice and news from Parklands High School

Welcome back to another packed edition of Career News. In this week's issue:

- Open events at Blackburn, Bolton 6th, Burnley, LUSoM, Myerscough, Preston, Runshaw, Westholme and Wigan & Leigh Colleges - Year 11 pupils should visit as many as possible to check out the range of courses and qualifications on offer - each one is very different. They have visited two for sampling in June/July but there are far more choices. Assemblies will take place in the next few weeks to explain the application process.
- Essay competition from Immerse Education with great prizes.
- Career Quiz from BBC Bitesize - should give you a good idea of the kind of career you would be suited to - or what you definitely don't want to do!
- Insight to Lloyds Banking Group for aspiring financiers plus a virtual event with some of the biggest names in the field of law with Young Professionals. Free to take part and you get a certificate for your CV as well as loads of great advice.
- Cyber security course with Innovate Her that pupils can complete in their own time.
- Recipe sheets from Warburtons for young aspiring chefs and food technicians.
- Army open events and news, plus information on MPCT, the military preparation college in Chorley.
- Virtual work experience with HSBC and DigData.
- Weekend work experience opportunities with InvestIn Education - expensive, but there are bursaries available.
- August issue of STEM Dorado, a fabulous free magazine for 6-14 year olds who are interested in science or tech.
- Conferences and virtual WEX options for aspiring medics and dentists with Medic and Dental Mentor - vital for anyone planning a career in healthcare in the future.
- News from CTEC - a collaboration between three major north west colleges to support the construction industry (led by Wigan & Leigh College, and including Blackpool & The Fylde and Nelson & Colne).
- Apprenticeship vacancies plus useful information about apprenticeships.
- Advice on writing your first CV - these will be required for mock interviews after Christmas plus any applications for an apprenticeship. Bear in mind that companies such as BAE, MBDA and Leyland Trucks will open their application windows around November, as the selection process takes such a long time.



Have a good weekend!

15th - 19th September 2025

Essay Competition

Students aged 13–18 have the opportunity to earn prestigious recognition and scholarships to attend an Immerse Education programme at world-renowned university locations



BOSTON



CAMBRIDGE



LONDON



NEW YORK



OXFORD



SAN FRANCISCO



SINGAPORE



SYDNEY



TOKYO



TORONTO



ONLINE

Showcase your academic potential to join our list of distinguished awardees

Scholars Laureate

Awarded to just 100 students globally for exceptional academic insight and originality. Scholar's Laureates receive formal recognition that distinguishes them in competitive university applications, priority programme choice, publication features, and, for select recipients, scholarships of 50–100%.

Academic Distinction

The Academic Distinction is awarded to students whose essays demonstrate strong merit and potential. Recipients receive £500 Immerse Education tuition credit, a certificate, and a digital badge recognising their top-tier performance.

Honours List

The Honours List recognises essays of commendable quality and academic engagement. Awardees receive a certificate, digital badge, publication eligibility, and access to learning opportunities including a free Succeed Achiever plan.

Students who complete the competition will receive a certificate, a free Scholar's micro-course, access to exclusive follow-on opportunities, and early notifications about future Immerse programmes.



Register your interest to receive the essay guide, email reminders and FAQs.

Scan the QR code.

WWW.IMMERSE.EDUCATION

RUNSHAW COLLEGE

You are invited to our

Open Event

Saturday **20 September** 10am - 2pm



runshaw.ac.uk/openevent

Welcome to our Open Event!

At our Open Events you will have the chance to meet our teachers and enjoy our lovely campus, whilst finding out everything you need to know about your next steps! We can't wait to say hi and show you why we're so proud of our lovely college here at Runshaw, and don't forget to pick up one of our famous #RunshawCookies!

RUNSHAW
COLLEGE

Next Open Event

Saturday 20 September 10am-2pm

runshaw.ac.uk/openevent

Gaining Experience Beyond The Classroom

INVESTIN

THE ULTIMATE WORK EXPERIENCE

Why?

Gaining work experience or doing extracurriculars is data-gathering for your future; you will learn what you like and dislike, what motivates you or doesn't. Plus, it's a great way to stand out in future university and job applications! University admissions tutors are looking for applicants who are dedicated to their subject and have taken the time to explore it beyond the classroom.

Work Experience

What counts as work experience?

Any professional environment where you are developing and applying skills is a form of meaningful work experience!



Remember, not all your work experience needs to be industry-specific - any experience provides you with transferable skills!

What?

- **Shadowing**
Observing someone in a working environment
- **Volunteering**
Such as at charity shops, care homes or tutoring
- **Insight days & workshops**
Online or in-person programmes for students
- **Part-time job**
Such as in a cafe/restaurant, shop assistant
- **Formal placements & internships**
Typically more widely available for 18+

Where?

- **Look local**
Research organisations in your local area and enquire about shadowing or volunteering opportunities
- **Use your network**
Ask friends, family, teachers for any relevant connections
- **Look out for formal schemes**
Research opportunities for school students on sites like [Prospects](#), LinkedIn or the [Student Ladder](#)

Extracurriculars

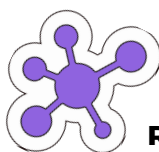


Consider what you already do outside of school - **what does it say about your interests or skills?**

Then, consider how you could develop further the skills required for your dream university course or career.

Socialising

Communication
Empathy



Sport

Leadership
Teamwork

Music or drama

Creativity
Commitment

Reading & writing

Analytical thinking
Attention to detail

What can I do in my free time to develop my skills?

Read or listen to podcasts related to your subject interests

Raise money for a charity or awareness about an issue important to you

Set up a club: STEM, debating, photography, newspaper, documentary...

Create your own portfolio of work, e.g. create a GitHub account to log your coding projects

Produce a journal or research project

Organise an event (marketing, sales & project management)

Manage a budget for a trip or holiday

Talk about your experiences in your applications...



Gaining experiences beyond your studies is only meaningful in your personal statement if you know how to relate them to your chosen course!

THINK: why has your extracurricular/work experience/project contributed to your passion or compatibility for your chosen subject? How did it ignite your spark for that field?

Looking to gain work experience? Check out InvestIN's programmes at www.investin.org



YEAR 10 & 11

PRESTON
COLLEGE

OPEN EVENTS



SCAN TO



REGISTER

WEDNESDAY 1 OCTOBER 4PM - 7PM
SATURDAY 8 NOVEMBER 10 - 2

www.preston.ac.uk/fe-open-events

SEE FACILITIES MEET STUDENTS & STAFF EXPLORE YOUR OPTIONS

Blackburn College Campus



- ① University Centre
- ② The Futures Centre
- ③ Blackburn Sixth Form
- ④ The Elizabeth Building
- ⑤ The Victoria Building
- ⑥ Construction Centre
- ⑦ Beacon Centre
- ⑧ Regional Automotive Technology Hub (RATH)
- ⑨ Blackburn Sports and Leisure Centre
- ⑩ Harrison Centre (Industry Collaboration Zone)



Parking is available
on the Feilden Street
Multi-Storey Car Park
BB2 1LQ



Open Events at Blackburn College and Sixth Form - What to Expect?

If you're in Year 11 and starting to plan your next steps after school, this Open Event is the perfect place to begin.

Find out what makes Blackburn College the college of choice and experience what it truly feels like to be a student here. Explore our industry leading facilities, chat with our supportive teaching staff, and hear first-hand from current students about life at college.

With a wide range of courses designed to match your ambitions, this is your chance to picture your future and see why Blackburn College could be the right choice for you. Come and experience it for yourself - tell us you're coming!

When you arrive on campus...

For all our subject areas head to the Beacon Centre (7) to sign in and you'll be directed to the subject area you're interested in.

Interested in studying A-Levels, Business, Digital and Science? You can sign in at the Sixth Form Building (3) to start your evening.

Our [Campus Map \(PDF\)](#) will help guide you to your desired location and also will be a helping hand while you're heading around campus on the evening.

Can I make an application at the Open Event?

Yes! You will be able to fill out an application form at the event with the help of a staff member.

Support Services

We will also have a range of further services available at the Open Event including:

- Additional Learning Support
- Apprenticeships
- Careers Advice
- Finance Advice
- Maths & English
- Pastoral Service

Parking

FREE Car parking is available on campus (BB2 1LH) or you can pay at Feilden Street multi-storey (BB2 1LQ). Please note Feilden Street multi-storey closes at 8.00pm.



Open Day

10:00 - 12:30 on Saturday 11th October

Students have the opportunity to tour our purpose-built building, attend a talk from the Head of School, Peter Tiltman and speak with staff and current students to learn more about life at LUSoM.

Click here to book: <https://bit.ly/3ZZ0RWs>

LUSoM Maths Revise

16:30 - 17:30 from Wednesday 1st October - Wednesday 10th December

A 10-week revision programme designed to aid the start of your students Y11 GCSE maths revision. Students can join online each week to run through different GCSE topics with our Maths teachers.

Click here to join: <https://bit.ly/45gx532>

LUSoM Extend

First session: 16:30 - 18:00, Thursday 25th September

Meeting at LUSoM once a month from September till March (excluding December), the Extend programme covers material beyond the GCSE syllabus and explores some incredible uses that maths and science can have once studying at a higher level.

Click here to book: <https://bit.ly/4l9yzRA>



LANCASTER UNIVERSITY
SCHOOL OF MATHEMATICS

OPEN

EVENTS

**AT THE
COLLEGE FOR
TECHNICAL
EXCELLENCE**



PARSONS WALK CAMPUS
(WN1 1RR)

4.30pm - 7.00pm

Monday 6 October 2025
Monday 3 November 2025
Monday 26 January 2026
Monday 27 April 2026

LEIGH CAMPUS
(WN7 4JY)

4.30pm - 7.00pm

Monday 13 October 2025
Monday 10 November 2025
Monday 2 February 2026



LLOYDS
BANKING GROUP

**INSIGHT
EVENT**

TUESDAY 16TH SEPT | 5PM - 6PM



Insight to Lloyds Banking Group

Tuesday 16th September 5pm- 6pm

Click [HERE](#) to Kickstart Your Career at LBG

We have a fantastic virtual event on Tuesday, 16th September, 5pm - 6pm with one of the world's biggest banking institutions, Lloyds Banking Group. This event is for anyone who might be looking for apprenticeships, work experience or graduate programs this year.

Are you ready to take your first step into the world of banking and finance? Whether you're considering apprenticeships, work experience, internships or graduate schemes - this session is your launchpad.

Lloyds Banking Group is one of the world's biggest financial services companies with over 30 million digital customers. Find out how they help Britain prosper, what makes their culture inclusive, and how their well-known brands are driving real change.

At this event, you will participate in workshops, network with their people, and hear about all of the key application deadlines for this year's opportunities. You'll hear straight from senior leaders about their journey, as well as recent apprentices and graduates and the advice they wish they'd had when starting out.

In addition, all who attend this virtual event will be the first to hear about and apply for over eight in-person events at their offices all across the UK. These events take place on Saturdays, so they don't impact time out of school or university. In-person opportunities are very rare, especially at huge banks, so this will be your head start to getting your foot in the door!

Your future starts now. Let's unlock it - together.

- **Event Details:**
- **Date: Tuesday, 16th September**
- **Time: 5:00 PM – 6:00 PM**
- **For: Year 11, 12 and 13 students**
- **Location: (Zoom link provided upon registration)**

Register now to secure your place!

https://www.surveymonkey.com/r/Insight_LBG

YOU can work in tech!

Debunking the Myths in Cyber Security

In partnership with

BAE SYSTEMS



Bust common myths about cyber careers and explore how your own interests could shape an exciting future in the cyber world

START COURSE

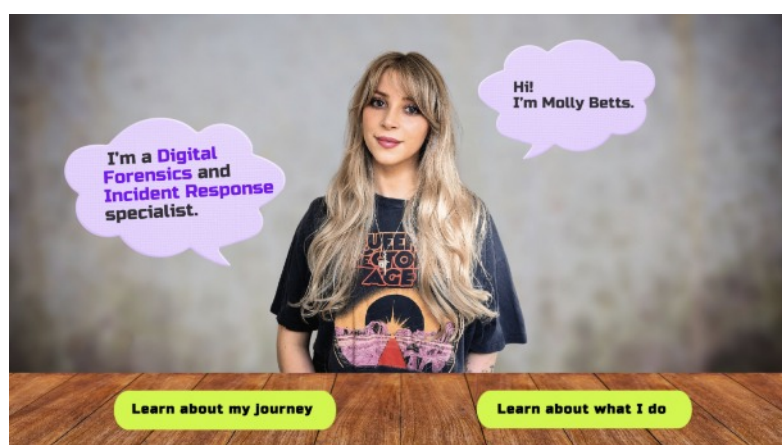
What is this course?

Our Interactive Debunking the Myths in Cyber Security is part of our YOU can work in Tech series, which encourages you to learn more about Cyber Security and your future career in it.

It involves addressing common misconceptions and exploring how anyone with different interests can find their place in the world of cyber security.

What's included

- **Identify** cyber security myths and misconceptions in an interactive setting
- **Get to know Molly**, a Digital Forensics and Incident Response Specialist
- **Explore** how your unique interests can help you find your place in the world of cyber security
- **Reflect and discuss** throughout the course as you evaluate your own beliefs and challenge common misconceptions about the cyber security industry.



It is **FREE** to access and takes **45 minutes** to complete. Suitable for 13-17 yr olds.

Sign up via the link: **CLICK TO ACCESS**

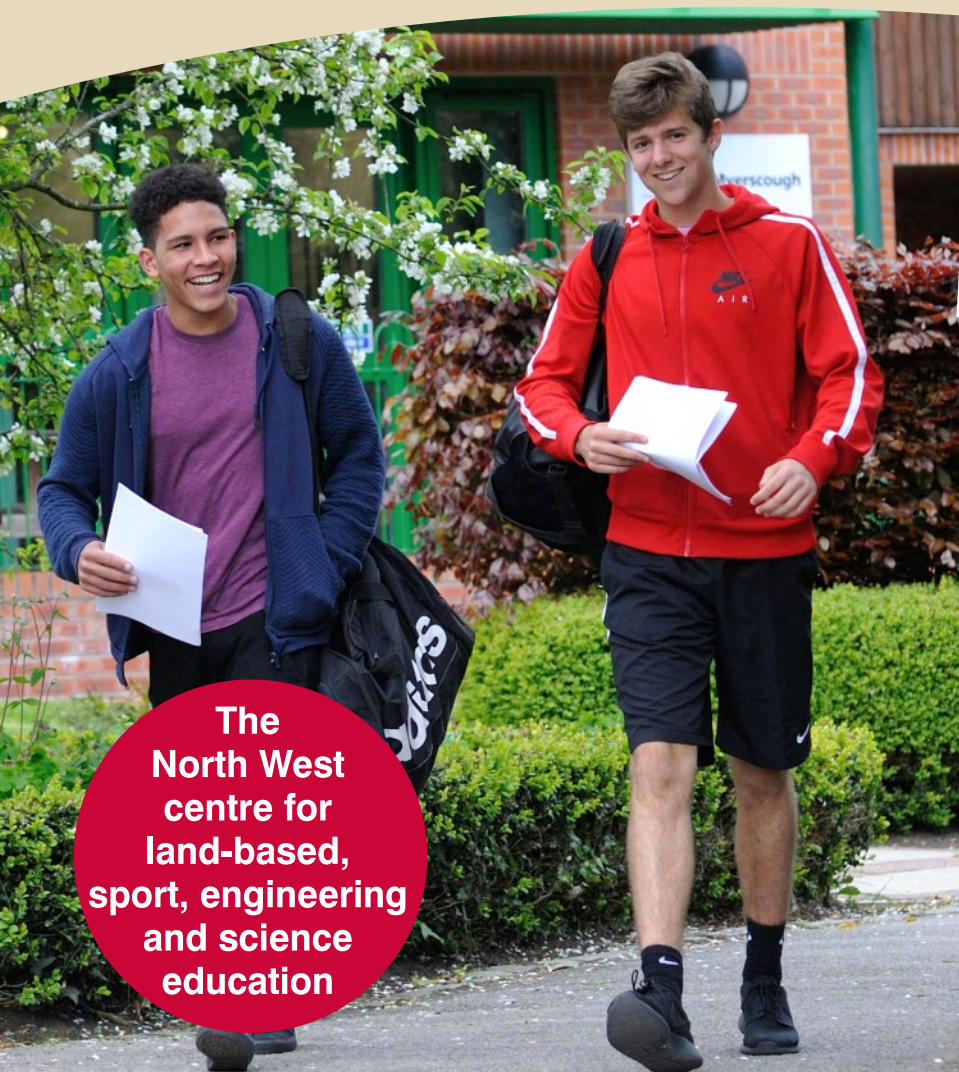
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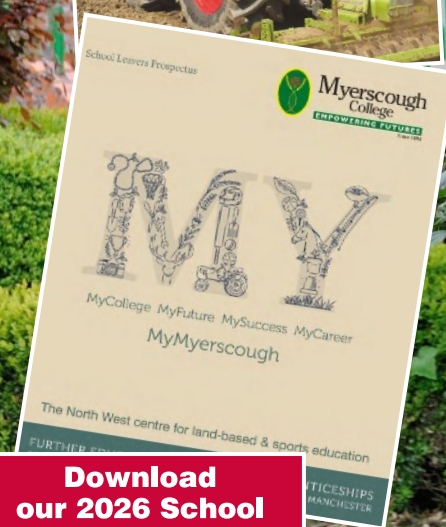
Myerscough
College & University Centre
EMPOWERING FUTURES
Since 1894

- ✓ School Leavers
- ✓ Apprenticeships
- ✓ University Degrees

Course Advice Morning



The
North West
centre for
land-based,
sport, engineering
and science
education



**Download
our 2026 School
Leaver Prospectus**

Saturday 4th October 2025
Saturday 15th November 2025

**CENTRES ACROSS
THE NORTH WEST**

**PRESTON • WARRINGTON
LIVERPOOL • MANCHESTER**

www.myerscough.ac.uk

WHAT'S NEW



MYTH BUSTING

ARMY EDITION

NEW EPISODES WEEKLY >

A VIDEO SERIES DESIGNED TO SUPPORT YOUNG PEOPLE EXPLORING A FUTURE IN THE ARMY.

Each short episode features real serving soldiers answering the most common questions and concerns about Army life.



BRAND NEW

VIRTUAL HARROGATE OPEN DAY

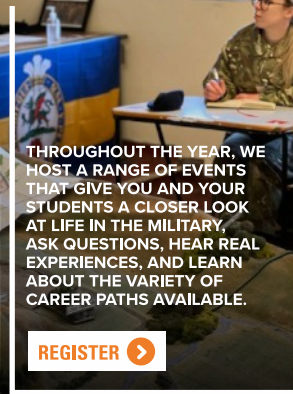
ON DEMAND >

DID YOUR STUDENTS MISS THE HARROGATE VIRTUAL OPEN DAY?

They can still catch up – it is available to watch on demand now. This is a brilliant opportunity for young people to explore what life is like at the Army Foundation College.

CPD EVENTS

MEET YOUR ARMY



THROUGHOUT THE YEAR, WE HOST A RANGE OF EVENTS THAT GIVE YOU AND YOUR STUDENTS A CLOSER LOOK AT LIFE IN THE MILITARY, ASK QUESTIONS, HEAR REAL EXPERIENCES, AND LEARN ABOUT THE VARIETY OF CAREER PATHS AVAILABLE.

REGISTER >

STRENGTHEN YOUR CAREERS PROVISION WITH THE BRITISH ARMY

Designed for you to explore how the British Army can enrich your teaching and careers provision and meet the Gatsby Benchmarks.

OCTOBER
7TH

16:00 - 17:00

BRITISH ARMY INSIGHTS: WHAT PARENTS & GUARDIANS NEED TO KNOW

Created to give parents and guardians an opportunity to gain a clear picture of what life in the Army is really like for young people.

OCTOBER
21ST

18:00 - 19:00

ARMY OFFICER INSIGHT DAY

Do you have students that are interested in becoming an Officer in the British Army but are unsure if this is the right path for them? Come and join us for a day at Sandhurst and find out more.

NOVEMBER
15TH

10:00 - 16:00



CLASSROOM SUBJECTS

TO CAREER OPPORTUNITIES

School subjects can link directly to roles in the British Army by providing foundational knowledge and skills that are essential for specific careers.

MATHEMATICS IN ACTION

Army roles often require strong mathematical skills, ranging from basic arithmetic to advanced calculations.



INTELLIGENCE ANALYST

- Uses data and statistics to spot patterns in enemy behaviour.
- Applies probability to predict future threats and risks.
- Works with graphs and charts to present information clearly.
- Uses logical thinking to solve problems and make decisions.
- Maths helps them turn complex data into useful intelligence.



ROYAL ARTILLERY

- Uses trigonometry and angles to aim artillery accurately.
- Calculates distance, speed, and elevation to hit targets.
- Applies basic physics to understand how ammunition travels.
- Uses mental maths for quick decisions in the field.
- Maths ensures safety and precision during operations.

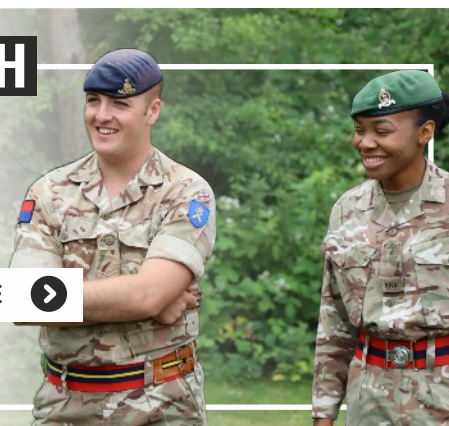


GET IN TOUCH

WANT TO BOOK TALK, REQUEST MATERIALS OR ASK A QUESTION?

Call your local office or email the Army Outreach team at rg-nrcoutreachadmin@mod.gov.uk

FIND A RECRUITMENT CENTRE >





The MPCT Way

At the college, students follow a weekly routine of activities and curriculum. This includes vocational and skills training, physical training, military training days, and assessments.

The MPCT curriculum has been designed to develop our student's physical fitness, essential skills, and self-confidence. The academy operates a 'roll on, roll off' joining process with no set deadline by which to apply, allowing new recruits to join on a weekly basis.

Physical Training

You will be expected to participate in physical training every day at MPCT. This makes up for 50% of the course at MPCT, and will support learner preparation and progression into the military. Being fit and healthy is an essential part of military life and civilian employment. Daily physical training helps you to concentrate and focus during lessons, and you'll become more physically and mentally robust.

Education

Regardless of where you learn, you will conduct daily fitness training, weekly military training and citizenship lessons. You will also take part in monthly careers education sessions, supported by military and civilian recruiters and employers.

Military Training

Our courses are designed to give learners the skills needed to start their journey towards a rewarding career in the British Armed Forces or to progress on to further education or training. Problem-solving and leadership skills are essential in the Armed Forces and civilian employment. Learners will take part in a range of problem-solving activities both in the field and in academic lessons. The ability to work effectively as a team member will be essential to your success.

Find out more - get in touch: 0303 003 3677



SIXTH FORM TASTER DAY

24 SEPTEMBER | 8:30AM - 4PM



Scan to register
your interest





WESTHOLME

PREP | SENIORS | SIXTH FORM

SIXTH FORM OPEN EVENING

23 SEPTEMBER | 5:00PM - 7:00PM

YOUR NEXT STEP TO SUCCESS

www.westholmeschool.com

Get into Law Insight Networking Evening with eight global law firms!

Monday 22nd September, 5pm - 7pm

**Meet with A&O Sherman, Farrer & Co, Slaughter and May,
Fragomen, Clifford Chance and many more!**

Are you considering a career in law but unsure about the best route to take? Join us for the Get Into Law Insight Networking Evening on Monday, September 22nd, from 5 pm to 7pm. At this event, you will hear directly from leading law firms and legal experts about the different pathways into the legal profession through interactive workshops and breakout room sessions.

This event is designed for students exploring options such as legal apprenticeships, solicitor training contracts, and university pathways. Whether you seek an alternative to university, want clarity on the legal profession, or want work experience, this session will give you the information you need to make an informed decision about your future.

Event Details:

- Date: **Monday, 22nd September**
- Time: **5:00 PM – 7:00 PM**
- For: **Year 11, 12 and 13 students**
- Location: **(Zoom link provided upon registration)**

Meet Leading Law Firms & Institutions

You will have the opportunity to engage with representatives from some of the most prestigious law firms in the UK, as well as legal education providers, including 4 Magic Circle:

Farrer & Co: A specialist firm with expertise in private client and corporate law

Freshfields: A global firm offering expertise in corporate, dispute resolution, and finance law

Slaughter and May: A leading firm specialising in high-profile corporate and commercial cases

Clifford Chance: A leading firm known for its expertise in finance, corporate M&A, and litigation, particularly in cross-border transactions.

Linklaters: A global law firm with expertise in banking, corporate, and dispute resolution

University of Law: A leading provider of legal education and solicitor training

Fragomen: A leading global immigration services firm worldwide

A&O Shearman: known for its expertise in finance, complex cross-border M&A, capital markets, and litigation

What to Expect?

- Workshop rooms on Zoom, where you can rotate around rooms to chat with different employers and dive deeper into different areas of law
- Insights into solicitor apprenticeships, training programmes and work experience schemes
- First-hand experiences from current legal apprentices and trainees
- Advice on applications, securing work experience, and making yourself stand out
- Interactive sessions with Early Careers teams and senior lawyers from top firms

This event is a must-attend for anyone considering a legal career. Whether you are set on becoming a solicitor, interested in alternative routes, or simply exploring your options, this session will provide valuable insights to help shape your future.

In addition, all students who attend this event will have the first chance to apply for some in-person legal opportunities this year!

[Click here now to secure your place!](#)



SCAN TO
SIGN UP



GET INTO LAW

VIRTUAL EVENT

FARRER & Co

SLAUGHTER
AND MAY

CLIFFORD
CHANCE



Charles
Russell
Speechlys

MONDAY 22ND SEPT | 5PM - 7PM

FRAGOMEN A&O SHEARMAN Linklaters Mishcon de Reya

MONDAY 22ND SEPT | 5PM - 7PM

YOUNG PROFESSIONALS



University of Central Lancashire

Training 2000



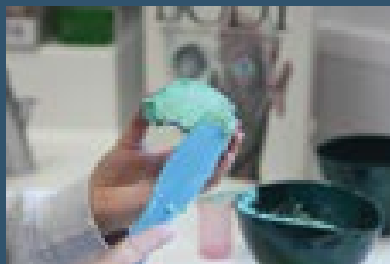
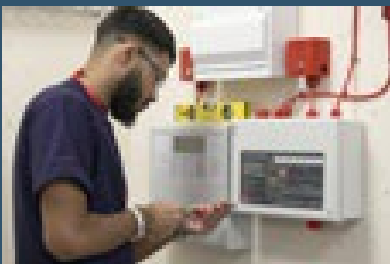
Apprenticeship open evenings

Explore our site, discover our facilities and talk to staff and students about the courses you want to study at our Apprenticeship Event.

**Wednesday 28th January &
Thursday 29th January 2026**
between 4.30 - 7.30pm

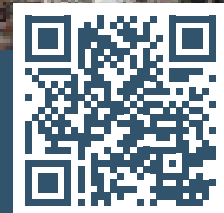
Where: Furthergate Business Park, Harwood Street, Blackburn, BB1 3BD

Accountancy | Business | Dental | Engineering | Fire & Security | Optical | Scaffolding



Book your place:

www.training2000.co.uk/events



Part of the
University of
Central Lancashire



University of
Central Lancashire
UCLan

Traineeships

Apprenticeships



July 25 M1164 Training 2000 Ltd is a company limited by guarantee. Registered in England: 2380675 Registered Charity: 701770



University of Central Lancashire

Training 2000

**** 14~16 year olds ****
ASPIRING CLUBS

Are you an aspiring apprentice?

Our Aspiring Clubs are aimed at giving you a taste of life as an apprentice. Whether you are an Aspiring Engineer or interested in becoming an Optician, we have lots of options available.

Aspiring Engineers

November 2025: Thursday evenings for four weeks
4.30 - 7pm | 6th, 13th 20th 27th November 25
March 2026: Thursday evenings for four weeks
4.30 - 7pm: 5th, 12th 19th, 26th March 26

Aspiring Dental Nurses

Mon 16th Feb 2026 | 9.30 - 12.30pm
Mon 6th July 2026 | 9.30 - 12.30pm

Aspiring Optical Professionals

Mon 16th Feb 2026 | 1pm - 4pm
Mon 6th July 2026 | 1pm - 4pm

Aspiring Accountants

Mon 16th Feb 2026 | 9.30 - 12.30pm
Wed 8th July 2026 | 9.30 - 12.30pm

Aspiring Business Professionals

Mon 16th Feb 2026 | 1pm - 4pm
Wed 8th July 2026 | 1pm - 4pm

Why not make a full day
of it and combine both
sessions?

Why not make a full day
of it and combine both
sessions?

For more information and to book visit our website
[www.training2000.co.uk /aspiring-clubs](http://www.training2000.co.uk/aspiring-clubs)



Part of the
University of
Central Lancashire



University of
Central Lancashire
UCLan

 Apprenticeships

 Traineeships

Keep Calm and Cook Recipes

Warburton's



SERVES 4

Spaghetti Bolognese

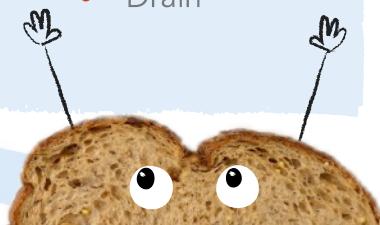
Ingredients:

- 1 onion
- 1 clove garlic
- 1 carrot
- 1 celery stick
- 15ml oil
- 250g minced beef
- 400g canned chopped tomatoes
- 15ml tomato puree
- 100ml water
- 1 x 5ml spoon mixed herbs
- Black pepper
- 150g spaghetti










Food Skills

- | | |
|------------------|-------------------|
| • Weigh | • Fry |
| • Measure | • Stir |
| • Peel | • Boil and simmer |
| • Chop and slice | • Drain |



Method

1. Peel and chop the onion. Peel and crush the garlic. Peel and slice the carrot. Finely slice the celery. 
2. Fry the onion, garlic, carrot and celery in oil. 
3. Add the meat and cook until the mince is lightly browned. 
4. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper. 
5. Bring to the boil, then simmer. 
6. While your sauce is simmering, place the spaghetti in a separate saucepan of boiling water. 
(or until the pasta is tender)
7. Drain the spaghetti using a colander. 
8. Place the spaghetti on a plate, and pour some of the Bolognese over the top. 

Keep Calm & Reduce Food Waste



Did you know...

7 million tonnes of food and drink are thrown away across the UK every year!

Together we can help to reduce food waste. All we have to do is change the way we think about leftover food.

Top tips to reduce food waste

- Plan your meals and only buy ingredients you're going to use that week.
- Measure ingredients and use recipes so you only cook what you need.
- Cover and refrigerate any food leftover from dinner and have it for lunch the next day.
- Store food leftovers correctly in the freezer or airtight containers in the fridge.
- Did you know, you can freeze bread close to the best before date and pop it in the toaster to defrost it when you need it!
- Think 'ingredients' not 'leftovers'. Use any leftover food as ingredients to create new delicious and healthy meals.
- Other food can be frozen too - peppers and mushrooms are easily stir fried from frozen.

DESIGN YOUR OWN RECIPE CHALLENGE

Today you've been amazing at adapting your recipes.

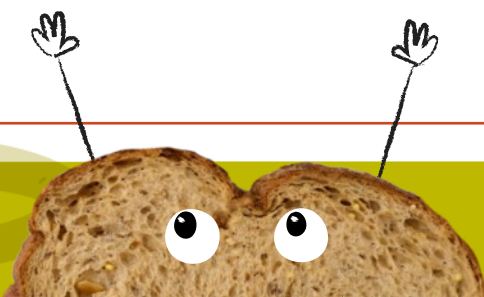
If you had cooked the original recipes, these are the items you would have had left:

- If you cooked the Thai green curry: 200g coconut milk, half a lime and one chicken breast.
- If you cooked Minestrone soup: $\frac{3}{4}$ cabbage, 5 rashers of bacon, garlic, 200g pasta
- If you cooked Spaghetti bolognese: 350g spaghetti, 150g tomato puree, garlic and herbs

Design a recipe that uses these ingredients – you may wish to add other ingredients to make it into a proper meal but remember you should still ensure you include all the food groups. Share it on social media with the hashtag **#bakethemostoflife**



Remember you should check your ingredients are still good to eat: there should be no mould, they should still be within their use by date, and they should have been kept in the correct storage.



MYTH: Uni isn't for
'people like me'

BUSTED!

**Most graduates who were the first in
their family to go to university feel
their job prospects were enhanced
by uni.**

73%



...Of first-generation graduates agree their degree gave them the confidence to apply for jobs without feeling like an imposter.

Source: Censuswide, 2024

**UNI MYTHS
BUSTED!**

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amazingapprenticeships.com

SCAN ME





Sixth Form Centre

OPEN EVENING

Wed 17 Sept

5.30pm – 8.30pm



BOOK NOW – burnley.ac.uk



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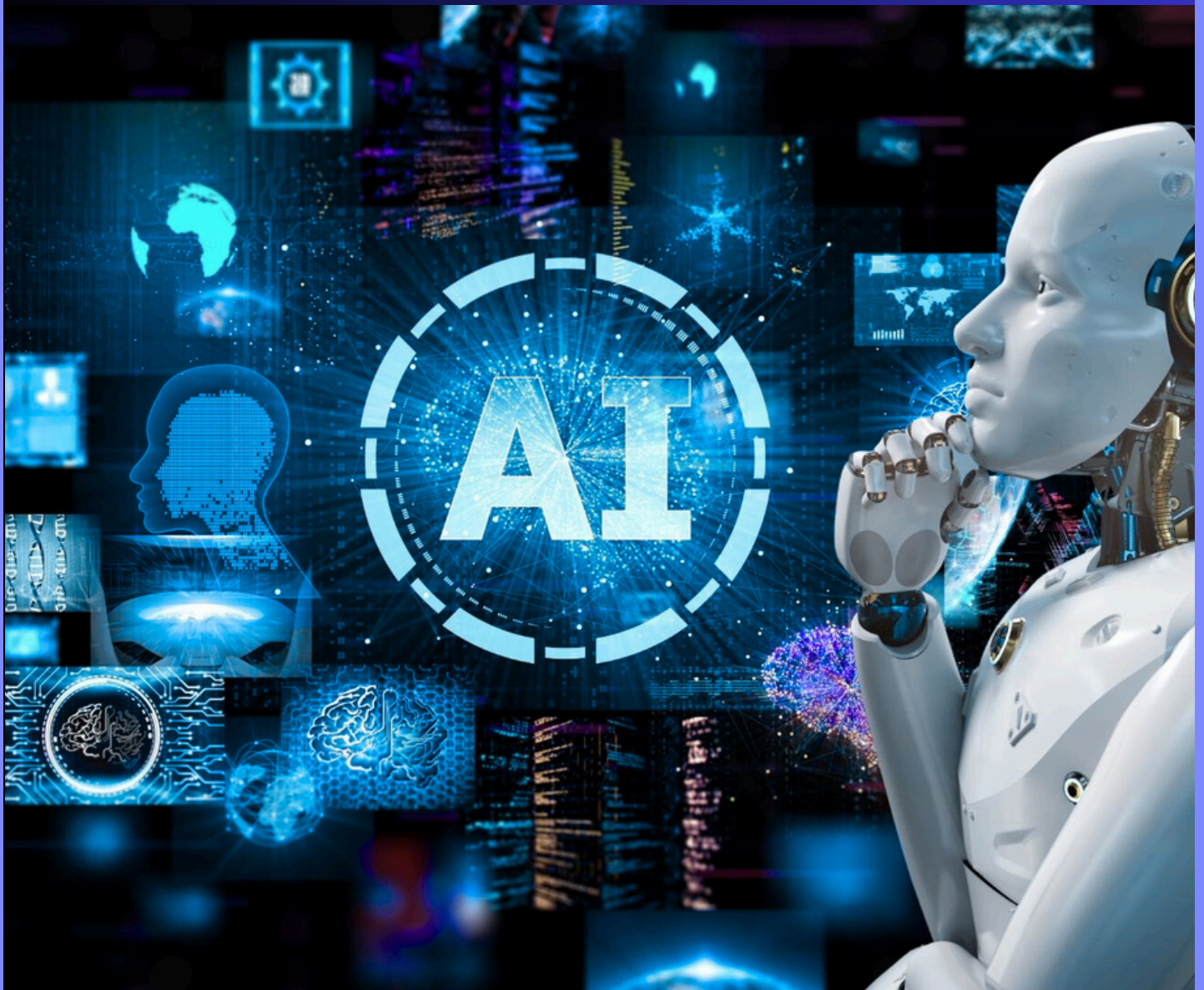
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Science



Vol.10, August 2025

OPEN EVENTS 2025

WEDNESDAY 8 OCTOBER

Open Evening - 5.00pm - 8.00pm

to include a 30-minute quiet session 5.00pm-5.30pm*

SATURDAY 22 NOVEMBER

Open Day - 10.00am - 1.30pm

to include a 30-minute quiet session 10.00am-10.30am*

*Reduced number session - places will be reserved for visitors with special educational needs and disabilities, including those with social or sensory challenges.



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SCHOOL OF PERFORMANCE, PRODUCTION AND MEDIA AT THE SIXTH FORM BOLTON



Take part in our fun and creative after-school clubs.

The Sixth Form Bolton is proud to offer two exciting after-school clubs for pupils with a passion for Performing Arts, Media and Music and for those interested in pursuing a career within the creative industries. These interactive sessions will help you learn and develop a wide range of performance and music skills.

Venue: The Sixth Form Bolton

Course cost: £10 per course to be paid in full in advance

Age group: Year 10 - Year 11 pupils

COURSE 1: **PERFORMING ARTS AND MEDIA**

Duration: Three sessions

Dates: 4th December, 22nd January and 26th March

Day: Thursday, see overleaf for times

COURSE 2: **MUSIC AND MUSIC TECHNOLOGY**

Duration: Three sessions

Dates: 4th December, 22nd January and 26th March

Day: Thursday, 5pm-6pm

To book your place please contact us on: afterschoolclubs@bolton-sfc.ac.uk



COURSE 1: PERFORMING ARTS AND MEDIA

SESSION 1: PERFORMANCE

Students are invited to watch our Year 1 and 2 Diploma in Performing Arts performance evening, 5pm - 7pm.

Performance 1: Movement in performance

Performance 2: Missing Dan Nolan by Mark Wheeler

Drinks and refreshments will be provided prior to the performances and in the interval.



SESSION 2: ADVANCED DEVISING TECHNIQUES, 5PM-6PM

Elevate your creative skills in theatre by mastering advanced devising techniques. Gain confidence and stand out in any audition with this workshop. Perfect for aspiring actors and directors.



SESSION 3: ADVANCED CHARACTER DEVELOPMENT, 5PM-6PM

Unlock the secrets to creating truly authentic, emotionally rich characters using the Stanislavski method. This session is a must for aspiring actors who want to bring their performances to life in theatre or film.



COURSE 2: MUSIC AND MUSIC TECHNOLOGY

WEEK 1: CREATE CINEMATIC SOUNDS - YOUR STORY, YOUR SOUND

Step into the world of movie sound design and create your own foley sounds in a professional studio. Whether it's the crunch of footsteps, a door creaking, or the swoosh of a sword, your imagination will shape the soundscapes of tomorrow's films.



WEEK 2: COMPOSE MUSIC FOR THE BIG SCREEN - BE THE SOUNDTRACK

Become the composer behind a movie's emotional heartbeat. In this session, you'll use cutting-edge technology and professional software to compose original music tailored to a movie clip.



WEEK 3: FROM STUDIO TO STAGE - CREATE AND PERFORM LIKE A PRO DJ

Unleash your creativity and step into the world of live DJ performance. In this hands-on session, you'll craft your own samples, loops, and tracks using Ableton and Akai APC.



Army Basic Training & Job Role Information Day

Saturday 25th Oct 2025, Reserve Centre, Kimberley Barracks, PR1 6PR.

Arrive between 1000 and 1145 (at a time that suits you) bring family and friends.

Parking will be at the entrance or inside the centre (pull up at the gate).

A great opportunity to look at the kit and equipment you could use during basic training. Also speak to Artillery and Logistics soldiers about their job roles. Your recruiting staff will be present and you can receive a full application update face to face -or how and when to apply in the future if you have not done so already.



You are invited as an Army applicant, family and friends are also welcome.

If you are a student in years 10 and 11 or FE education, you are welcome to attend.

It will run from 1000 through to a 1245 finish. You will be there for roughly an hour.

15-minute presentation each hour about basic training and the following stands to visit.

- Map Reading
- First Aid
- Chemical, Biological, Radiological and Nuclear
- Weapon Systems
- Personal Kit and Equipment
- RA and RLC specialist role recruiters
- Application Progress Check

If in the application process reply by email to your recruiter. All others phone to give your name, with the number of people attending to book your place. Any questions please get in touch.

Tel: 01772 20 30 30



Want a job but not sure what's the best fit for you?

From engineering to firefighting, and healthcare to zookeeping, there are hundreds of apprenticeships you could consider. An apprenticeship is a paid job that gives you hands-on work experience and off-the-job training.

Which apprenticeship would suit you best?

Take this fun quiz to explore different types of apprenticeships and options that could inspire your future job.

Whether you're passionate about technology, care about the environment, love helping people, have a knack for business, or dream of a creative career, you'll discover a range of ideas to consider.

Start Quiz ...

What is an apprenticeship?

In general, an apprenticeship is a paid role that combines hands-on work experience with off-the-job training. You'll usually do four days (or 80% of your time) at work and take one day a week (20%) to study.

And you'll earn while you learn.

Exact opportunities differ depending on where you live, but there are hundreds of apprenticeships you can do, at different levels in a variety of job areas, including construction, catering, health, education, science, civil engineering and digital technology.

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HSBC



We're excited to announce our virtual work experience opportunities with **HSBC**, taking place in October for students in year groups 7-9 (First Step) and 10-13 (Next Step). Our events take place outside of school hours, making them easily accessible for all students.

FIRST STEP - Student year groups 7-9 England & Wales

Wednesday 1st October at 4.30 pm (virtual session hosted on Zoom)

"Pitch for a Purpose: Plan the Ultimate Charity Event with HSBC"

- A 45-minute briefing with the HSBC team
- Complete the career challenge at their own pace
- Certification awarded on completion
- [Register now!](#) (Students)

NEXT STEP - Student year groups 10-13 England & Wales

Thursday 2nd October at 5pm (virtual session hosted on Zoom)

"HSBC and The Nature Trust UK - Nature Projects That Make a Difference"

- A 45-minute virtual briefing with the HSBC team
- Complete the career challenge at their own pace
- Certification awarded on completion
- [Register now!](#) (students)

Everyone should digdata!

1



Watch the briefing session video

2



Students work on the challenge in their own time

3



Recorded industry assessment

4



Certification of virtual work experience



Youth Futures Team

Next Steps



Leaving School? What Next?

College

- A Levels
- Vocational Courses
- T Levels
- Entry Level Courses

Apprenticeship

- Work Based Training
- 4 days work, 1 day college/training
- Apprenticeship Salary
- Qualification on completion

Employment

- Full Time / Part Time Work
- Hourly / Salary Paid
- CV Needed
- Interview Preparation

Training

- Support Your Employability Skills
- Build Your Confidence
- Vary From 4 - 12 weeks!

Want Support?

Please contact the Youth Futures team on
youthfutures@lancashire.gov.uk

Alison (East): 07729 081094

Anna (North): 07354 167290

Steph (Central): 07917 534459



North-West CTEC to Drive Collaborative Innovation in Construction Education

(Published 28 August 2025)

Following last week's national announcement of the Construction Technical Education Colleges (CTEC), the North-West is proud to unveil its own regional approach, rooted in collaboration, shared expertise, and a commitment to meeting the construction sector's future skills needs.

Led by Wigan & Leigh College, along with formal partners Blackpool & The Fylde College and Nelson & Colne College Group, the North-West CTEC will operate as a network of specialist hubs rather than a single site.

This model builds on the unique strengths of each partner: Wigan & Leigh College and Blackpool & The Fylde College will focus on curriculum development and employer engagement, while Nelson & Colne College Group will lead on teaching excellence and technical pedagogy.

The CTEC's collaborative vision extends beyond its founding partners. By working with established college networks such as Greater Manchester Colleges, The Lancashire Colleges, the Association of Liverpool City Region Colleges, and partners in Cumbria and Cheshire, the initiative will ensure that learners and employers across the region benefit from high-quality provision tailored to local needs.

Key priorities for the North-West CTEC include:

- Expanding access to professional construction training, including surveying, planning, and site management, alongside traditional trades.
- Championing green construction and modern methods of construction, helping employers upskill their workforce in sustainable practices.
- Tackling the shortage of qualified construction educators through targeted strategies for recruitment, retention, and staff development.
- Sharing best practice across colleges to maintain a broad, high-quality curriculum footprint across the region.

Importantly, the CTEC is not about drawing learners into one location but rather ensuring that young people and employers in every part of the North-West have access to specialist, high-quality training.

Anna Dawe, Principal & CEO at Wigan & Leigh College said: "The North-West CTEC is a genuine partnership built on shared goals. By pooling our strengths and resources, we can create more opportunities for learners and employers, respond to industry needs faster, and ensure the region remains at the forefront of construction innovation and skills."

Alun Francis, Chief Executive Officer at Blackpool & the Fylde College, said: "We are excited to be a partner in the North-West CTEC and working together to deliver the construction workers needed to meet the demand for new housing and industry sites."



"This sector offers skilled and well-paid career opportunities for people of all ages and it's prosperity is absolutely vital to our region's infrastructure and economic growth."

Lisa O'Loughlin, Principal & CEO at Nelson & Colne College Group said "Our involvement in the North-West CTEC is about more than simply delivering technical education – it is about investing in the teaching workforce of the future.

By leading on teaching excellence and technical pedagogy, we are creating practitioner networks that enable staff to share expertise and strengthen their practice. Through close collaboration with regional industry partners, we can ensure that our teachers are equipped to deliver the highest quality technical education, supporting learners and employers alike and helping to shape the construction workforce our region needs."

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THE ULTIMATE WORK EXPERIENCE

Work experience opportunities

this autumn

Registration open



The Ultimate Career Taster

We're excited to let you know that our weekend programmes are now open for registration!

Taking place this November, our one-day masterclasses give students a practical, inside look of working in their chosen field. Students can choose from 15 different industries and spend the day discovering what it's really like to work in that field and, crucially, how to break in.



Meet and learn from
experienced professionals



Take part in interactive
career simulations



Receive expert career
coaching



Gain a certificate and
talking points to boost
university applications



Taking place at UCL in London, our in-person programmes allow students to fully immerse themselves in the day in the life of a professional in London.



Our online programmes are delivered live by our industry experts. Nothing is pre-recorded and all our content is carefully curated to be interactive and engaging.

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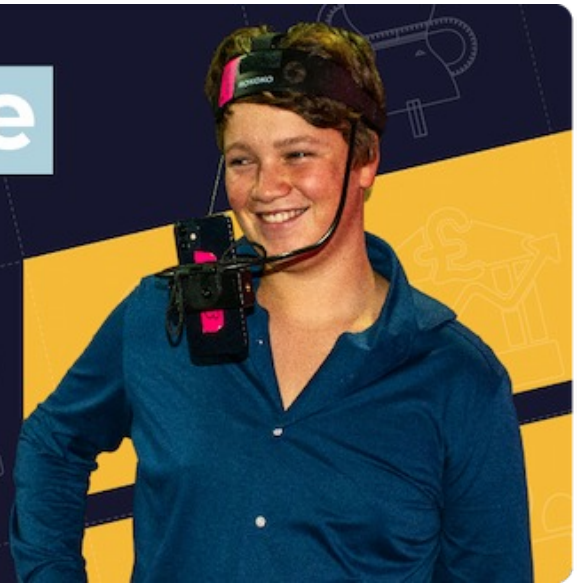
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Work experience opportunities

this autumn

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The Ultimate Career Taster

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Taking place this November, our one-day masterclasses give students a practical, inside look of working in their chosen field. Students can choose from 15 different industries and spend the day discovering what it's really like to work in that field and, crucially, how to break in.

During each programme, students will:

- Meet and learn from experienced professionals
- Take part in interactive career simulations
- Receive expert career coaching
- Gain a certificate and talking points to boost university applications

[VIEW PROGRAMMES](#)



In-Person

Taking place at UCL in London, our in-person programmes allow students to fully immerse themselves in the day in the life of a professional in London.



Online

Our online programmes are delivered live by our industry experts. Nothing is pre-recorded and all our content is carefully curated to be interactive and engaging.

[VIEW and REGISTER](#)

HOW DO I WRITE A CV AND WHY DO I NEED ONE?

Top tips to get you started with your CV

What is a CV?

CV comes from the Latin word curriculum vitae which stands for 'course of life'. It is a short document that summarises your education, skills and experience, which relate to a role you want to apply for.

Do all CVs follow the same format?

No, there are different CV styles, depending on the role and the stage you're at, but there are certain things that employers will always expect you to include (see the checklist).

Who looks at a CV?

It depends on the size of the organisation. It could be just one person, for example, the company owner if it's a small company, or it could start with HR and go to multiple people in a larger company. Many employers now remove personal information that could be used to unfairly advantage or disadvantage you.

How long should a CV be?









The length of a CV depends on your experience and what you need to include, but most employers and recruiters would expect it to be one or two pages at the most.

Where can I get help writing my CV?

If you are at school or college, there should be support available. Speak to your careers adviser and find out. There is also lots more support available online.

What should I include in a CV?

The main sections to include are:

-  **Contact details**
Full name, mobile number and email address.
-  **Pronouns**
A CV is a good opportunity to share your pronouns if you want to.
-  **Profile / personal statement**
A short paragraph, setting out your main skills and attributes.
-  **Education and qualifications**
Including type and grades (if you have not yet taken your exams, you can include predicted grades).
-  **Work or volunteering experience**
Details of any paid or unpaid employment or experiences and a short summary of tasks completed.
-  **Skills and achievements**
For example, software packages you can use or any languages you speak and also any soft skills like communication and teamwork.
-  **Interests and hobbies**
This section is useful if you don't have much work experience.
-  **References**
You may be asked to provide two referees that can provide a personal or professional reference.

HOW DO I WRITE A CV AND WHY DO I NEED ONE?

Top tips to get you started with your CV

What should I include in my profile / personal statement?

It should be a concise statement (around 100 words) that sums up who you are, what you hope to do and helps you to sound like the right person for the job.

You could include:

- Why you are suitable for, or interested in the role / industry.
- A sentence or two about any work / volunteering experience.
- Any skills, attributes or significant achievements that are relevant.
- Any academic qualifications that are relevant to the role.

How can I make my CV relevant to the role I am applying for?

Look at the job advert and refer to the job description, person specification and company details. Think about how your skills and experience match what the employer is looking for. Make sure you highlight any relevant qualifications, training or experience you have.

Should my CV be the same for everything I apply for?

No, try to tailor some of the sections of your CV so that it is relevant to the role you're applying for. For example, in the interests section, you could say that you enjoy gaming if you're applying for a role in that industry. You should also make sure your profile statement is relevant to the role you're applying for.

TOP TIPS



- Make sure there are no spelling/grammar mistakes.
- Ask someone else to proofread your CV.
- Use active words to highlight your skills and strengths, for example: planned, organised, created.
- Personalise your CV to the employer by linking it with words used in the advert and job description.
- Make sure your email address is professional.
- Include a link to your LinkedIn profile if it's relevant, up-to-date and professional.
- Don't lie or exaggerate.
- Include a covering letter with your CV. Have a look at our guide to writing one below.



Linked resource

Find out more about writing a covering letter to send with your CV (see link below).



[Click here to view or scan the QR code](#)



HOW DO I WRITE A CV AND WHY DO I NEED ONE?

Top tips to get you started with your CV

EXAMPLE

Use a professional font consistently that is clear to read, e.g. Arial, and a font size between 10 and 12.

Use your name as the title and include your pronouns if you want to.

Add your LinkedIn profile if you have one and it's relevant and professional.

Put your profile statement at the top under the title.

Use clear spacing and bullet points.

Use section headings and make them stand out.

List everything in order of most recent first.

If you prefer, you can say 'References available upon request'.

You can include any voluntary activities and unpaid work.

Your name

he/him/she/her/they/them
[linkedin.com/in/joseph-bloggs](https://www.linkedin.com/in/joseph-bloggs)

Contact details

Name: Joseph Andrew Bloggs
Mobile: 12345 678900
Email: JoeBloggs@email.com

Skills & achievements

My main skills and achievements include:

- Add
- Add
- Add
- Add
- Add
- Add
- Add

Hobbies & interests

You could provide a [list](#), or could explain your interests as a statement or paragraph in this section.

- Add
- Add

References

Name	
Relationship to you	
Contact email address	
Contact telephone number	

Name	
Relationship to you	
Contact email address	
Contact telephone number	

Profile

This section should contain a concise statement (around 100 words) that sums up who you are, what you hope to do and helps you to sound like the right person for the job. It should provide the reader with a very quick overview of why you are interested in the role, any relevant experience you hold and any skills or attributes that are particularly relevant. It is your first chance to catch the reader's attention and will create the first impression of who you are.

Education & qualifications

Name of your school / college
Dates attended 2020 – 2022

- A level Sociology – Grade C (predicted)
- A level Music – Grade B (predicted)

Name of your school / college
Dates attended 2015 – 2020

- GCSE English grade 4
- GCSE Maths grade 3
- GCSE Science predicted grade 2

Work experience

Job title
Company name and dates attended e.g. June 2022

Provide an overview of the role and then list some of the main tasks completed or areas of responsibility.

- Task / area of responsibility
- Task / area of responsibility
- Task / area of responsibility

Job title
Company name and dates attended e.g. June 2022

Provide an overview of the role and then list some of the main tasks completed or areas of responsibility.

- Task / area of responsibility
- Task / area of responsibility
- Task / area of responsibility

WHAT IS AN APPRENTICESHIP?

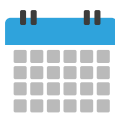
10 key facts you need to know



An apprenticeship is a real job
Available to individuals aged 16+ (with no upper age limit).*



Apprentices are paid a salary
All apprentices will earn a salary, which will vary depending on the role, but must be at least the National Minimum Wage for apprentices, which is currently £7.55 per hour.**



Duration of apprenticeships
Most apprenticeships typically take between 8 months and 6 years to complete.



Apprenticeships levels
Apprenticeship levels range from level 2 (foundation and intermediate) through to level 7 (master's level).



Apprentices do not pay for their training
Apprenticeship training costs are paid for by the employer and/or the government.



Apprentices receive paid off-the-job training (OTJT)
Each apprenticeship now has its own minimum paid OTJT, which apprentices spend gaining valuable skills and qualifications.



Apprentices will spend the majority of their time on-the-job
Most of an apprentice's paid time will be spent on-the-job, working with colleagues to learn new skills and gain experience of the workplace.

700

There are hundreds of apprenticeship standards
There are now nearly 700 apprenticeship standards. Find out more about them here: amapps.uk/a-zstandards

70%

The range of occupations is huge
According to Government statistics, nearly 70% of occupations can now be entered via an apprenticeship.***



There are thousands of apprenticeship roles
New apprenticeships are advertised throughout the year, covering a wide range of job roles.



Linked resource

Explore our other new and recently updated Rapid Reads (see link below).



[Click here](#) to view or scan the QR code



*some standards only funded for those aged 22+ if eligibility is met

**correct as of April 2025

***[Apprenticeship achievements - An update for the sector](#)

Support for students with special educational needs and disabilities

By Verity Lewis, Disability Advice Officer at the University of South Wales

Starting university is an exciting new chapter filled with opportunities and challenges. If you have special educational needs or a disability (SEND), you might feel uncertain about what to expect. However, rest assured, UK universities are dedicated to supporting you every step of the way. This guide will introduce you to the resources, adjustments, and services designed to help you thrive and make the most of your university experience.

Declaring your disability

Your first step towards accessing support is to declare your disability on your UCAS application or directly to the university. Many students worry this might affect their application, but universities are legally required under the Equality Act 2010 to treat everyone fairly. Declaring your disability

helps universities understand your needs and arrange reasonable adjustments to support your learning and university life from the very beginning.

The Disabled Students' Allowance

If you have additional needs due to a disability, learning difficulty, or long-term health condition, you can apply for the Disabled Students' Allowance (DSA) (page 60). This non-repayable grant can cover the cost of:

- non-medical helpers, such as a mentor or note-taker
- travel costs related to your disability
- specialist equipment, like a laptop with assistive software
- other resources tailored to your needs.

It's important to apply for the Disabled Students' Allowance (DSA) early, as the process can take some time. While it might seem overwhelming at first, universities are here to guide you through it. At the University of South Wales, for instance, you can connect with a Disability Adviser during open days, taster sessions or through their dedicated email inbox, even before you enrol. These conversations ensure you have the support you need in place, ready for when you start your university journey.



DOWNLOAD NOW!

What to expect at a university open day

By Gavin Spoons, Regional Student Recruitment Officer at Norwich University of the Arts

Open days are the perfect way to experience first-hand what being a student at a particular university is really like. You can gather lots of useful information online and in prospectuses, but nothing beats being in the university environment and having the opportunity to speak to academics and current students. Open days are packed with scheduled activities to help you get a feel for a university and see if it's somewhere you might want to study.

Campus tours

Arguably the central event of the day, these guided tours are typically led by current students who show you around the campus. You'll explore the university environment, see communal areas such as cafes and libraries, and have a chance to visit facilities related to your course. This gives you insights into your day-to-day life as a student, and you might see work and projects you could do yourself.

Course talks

Throughout the day, there will be a range of informative talks offering information about the university, specific courses, and student support. Most universities host a welcome talk at the start of the day to highlight the unique aspects of that university.

Course-specific talks hosted by academic staff are also very valuable. These talks share detailed information about the courses you're

considering. They allow you to talk directly to the course leader, their fellow lecturers, and current students. These course talks give you a more detailed look into course content than you will find outside of an open day. They cover the work you will do, and the careers you could progress into.

Support talks

Finally, there are additional talks and sessions throughout the day to introduce you to other university departments and of... You could find yourself in talks about accommodation options, what is available, student experience receive advice for applications

Accommodation tours

If you're looking to move away to study at university, you'll want what accommodation options to you. Similar to campus tours, be an opportunity to look around accommodation sites with help from students there to answer any questions. You can see the types of rooms and facilities offered in different sites. Imagining yourself living student is just as important as course advice for applications

Plan your day

Open days can be quite intense, with talks and sessions, but there's a lot to gain from them. Universities offer an open day programme after a long day of open days. This contains a mix of each talk and tour, so you can experience it all in one go. Try to experience as much as you can. It'll help you make informed decisions about your university journey.

Scholarships: finding financial opportunities and standing out in applications

By Jon Hering, Head of Commercial at Blackbullion

Introduction

We get it: studying is expensive.

Tuition fees are going up in September 2025, there is an ongoing cost-of-living crisis, and rising inflation affects how much your maintenance loan can help. Heading to university can seem like a pricey way to kickstart your adult life.

That's where we come in.

To date, Blackbullion has released over £25 million in additional funding - grants, bursaries, hardship funds, and scholarships - through our Funding Hub. Our first corporate scholarship launched in April 2023. Since then, we've continued to work with brands like Amazon, Nationwide, and Accenture to help students cover the costs of university.

Even though there are more opportunities out there, the market for scholarships is still small and highly competitive. That's why this article is here to help you find the right opportunities. It will give you the tools to stand out and smash your applications, so you have the best chance to secure additional funding for your degree.

When to expect scholarships to launch
You should be aware of the main funding windows:

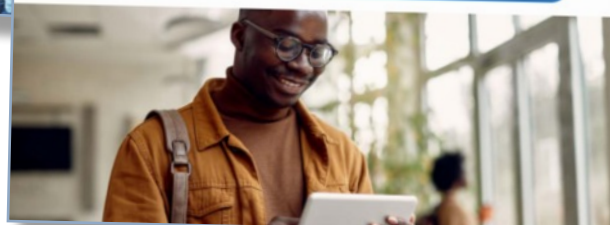
- National Scholarships Week 2025 - running 31 March to 4 April 2025, in partnership with Amazon. Last year, NSW 2024 launched over £800,000 worth of scholarship funding through corporate partners.
- April 2025 - a key period when many scholarships open. Make sure to prepare applications in the spring.
- September 2025 - another wave of scholarships launches in early autumn, giving you a second chance.

Scholarships as a gateway to careers

Many scholarships provide more than financial aid. They offer internships, mentorship, and work experience. These extras can be pivotal in building your career. Try to seek scholarships aligned with your goals, as these opportunities will make you more appealing to future employers.



Learn more about bursaries, scholarships, and free money on Episode 22 of The Uni Guide Podcast, featuring the author of this article, Jon Hering from Blackbullion.



How to choose the right university for you

By Charlotte Higgins, Marketing Officer at the University of Derby

Choosing a degree to study is a big decision, as is selecting the right university. At the University of Derby, we believe making your choice should take into consideration three key factors.

Choosing the right degree

It is vital to select a degree that you are passionate about. You will study the subject for the next few years, so it must be an area that you will enjoy. Review courses on university websites and prospectuses that suit your interests.

There are also various types of degrees to be aware of, including a traditional three-year programme, foundation pathways to help you transition to university, integrated masters if you're looking for advanced learning, or even a degree apprenticeship. Whatever you choose, check it suits your preferred learning and assessment style, such as writing assignments or practical assessments.

Sometimes it's easier to research your dream career, then work backwards to discover what you need to study. But don't worry if you are unsure. Career teams at college and university can help you find out. At the University of Derby, we offer tailored support no matter your chosen course or your previous experience. We provide access to services and programmes to help you reach your career goal.

Top tip: If you have a specific career in mind, find out if your degree needs to have any specific accreditations from an industry board.

Example: If you want to become a professional psychologist, you need to study a degree that is accredited by the British Psychological Society.

Choosing the right campus

A university's campus is the heart of your learning journey. You're likely to spend time in a range of lectures, seminars, and other learning activities, so make sure the campus has everything you need to succeed. This includes passionate teaching staff who are experts in their field and excellent facilities available for you to use.

The best way to discover the opportunity to about your choice

Top tip: You will library during the library at a university

Example: At dedicated to are ready to your source

Choosing the right university

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NEW

COLLEGE

PODCAST

COLLEGE COMPASS

**UNLOCK THE
SECRETS TO
A SUCCESSFUL
CAREER**

**GUEST SPEAKERS
ADVICE & GUIDANCE
INDUSTRY KNOWLEDGE**

LISTEN NOW ON SPOTIFY



MENTORVERSE

Your aspiring medical & dental students in years 10-11 are eligible to attend a FREE LIVE VIRTUAL Get into Conferences on:

Get Into Medicine:

- Saturday 20th September from 9am - 1:30pm
- Sunday 21st September from 9am - 1:30pm
- Sunday 28th September from 9am - 1:30pm

Get Into Dentistry:

- Saturday 27th September from 9am - 1:30pm

Once students have attended, they will be awarded with a certificate from the Presidents at Mentorverse to acknowledge that they are a student who has gone one step further than others.

The Get into conference is a significant turning point for aspiring medical and dental students. It will unlock exclusive opportunities, such as scholarships and prizes, and help them make a highly competitive application.

Students and parents can register using this link:

Medicine: <https://airtable.com/appgXnyzN5ZD9lw6/shry7MZYtt3MGPjvO>

Dentistry: <https://airtable.com/appgXnyzN5ZD9lw6/shrBuiR7SBAC19kE>

The **Get into Conference** is a comprehensive guide to the medical and dental application process. Dr Kennedy, Dr Safiyyah and I will cover:

- Application Timelines
- How to Tactically Choose Medical/Dental Schools
- Personal Statements
- Interview Schools
- National Leadership and Awards Programmes
- Accessing Work Experience
- UCAT Exam
- Accessing Scholarships

We strongly encourage all students to make the most out of this free opportunity.

Spaces are competitive and limited, so students should register as soon as they can using the link below.

Registration Links:

Medicine: <https://airtable.com/appgXnyzN5ZD9lw6/shry7MZYtt3MGPjvO>

Dentistry: <https://airtable.com/appgXnyzN5ZD9lw6/shrBuiR7SBAC19kE>

Getting into medicine/dentistry may seem impossible to many students, but we're here to break down the entire process into actionable steps.

Previously successful Medical students: <https://medicmentor.org/successful-student-journeys-reviews/>

Previously successful Dental students:

<https://dental-mentor.org/successful-student-journeys-reviews/>

From Secondary School Student to Medical Scholarship Student: a step-by-step guide on getting into medical school successfully: <https://medicmentor.org/become-a-medic-mentor-student-2/>

Scan to
register!

LIVE!

FREE

Get Into Medicine.

CONFERENCE

One of our doctors (Chief Mentors) will take you step-by-step through your application to medical school.

This includes:

- Application Timelines
- Interview Training
- Personal Statements
 - CV Building
 - UCAT Exams
 - Extracurriculars
- Accessing Medical Leadership Programmes, Awards Programmes and Scholarships to University

You'll also hear from a recently successful applicant on what it takes to make your candidacy to medical school stand out!

MENTORVERSE

We're excited to invite your students to take part in the launch of Tech Mentor - a new national no-code Hackathon competition designed to inspire the next generation of tech leaders. This competition aligns with the government's drive to upskill young people in tech, and gives students a practical, exciting and career-relevant experience, while also helping your school shine on the national stage.

On **Sunday 14th September 2025**, we kick off with a high-energy online Tech Mentor event, giving students the chance to build their own app, solve real-world challenges. The winning team will secure a place in the national finals.

You can enrol individually online to participate if you are interested.

Please note that places will be allocated on a first-come-first-served basis. [Find out more here](#)

What is the National No-code Hackathon Competition?

Tech Mentor (part of Mentorverse) is running a National No-code Hackathon Competition for students to develop IT skills and learn about career opportunities in technology. Students will work in teams to create an app in response to a surprise challenge revealed on the day. Any student aged 14 -18 can participate by registering online.

No coding experience needed - just enthusiasm, creativity and access to a computer. You will develop technical skills through experiential learning on the day, using no-code app building platforms. Our experienced tech teams will explain how to use these at the start of the day.

- Open to students aged 14 - 18
- Fully online (Zoom) 10am - 5pm UKGMT
- Team-based format
- You will learn how to create apps for various real world applications, from health to education and much more!
- Learn different careers in tech on the day
- Develop your team-working and interpersonal skills
- You will gain a certificate of participation and a chance to go through to the finals!
- £15 registration per student (this helps us cover the cost of the platforms and administration for hosting the competition)
- Pre-event video briefing provided

This is a National Technology Competition for Students, so there are some great awards to be won for both students and schools!

Awards

- 1st Place: £1,000 for the winning team and £100 to each winning team member's school
- 2nd & 3rd Place: £1,000 too, for each team
- Qualifying teams at the 14th September Hackathon will progress to the in-person National Final on 11th July 2026 for a chance to win the awards above!

We will make every effort to group students from the same schools into the same teams whenever possible. The more students who join the competition, the greater your school's chances of winning!

How to Register

Spaces are limited, so we recommend early registration, and we will close registration once the event is full. Please ask your students to register at the link below if they are interested. This is ideal for students in Y10-11.

[Register here](#)

We hope to see your students at The National No-code Tech Hackathon Competition in September!



Understanding the pivotal role that work experience plays in shaping a student's perspective on their future career, we're delighted to extend an invitation to your students to participate in our FREE 6-month medical or 4-month dental virtual work experience programme.

Aiming to provide students with insights into the medical and dental fields, this free virtual work experience empowers students to make informed decisions about their future.

Students aged 14 and above are eligible to apply for a placement for FREE through these links:

Medicine: <https://medicmentor.org/university-hospitals-birmingham-trust-virtual-work-experience/>

Dentistry: <https://dental-mentor.org/university-hospitals-birmingham-trust-virtual-work-experience/>

Virtual work experience has been recognised by the Medical Schools and Dental Schools Council as a valuable substitute for in-person shadowing. This endorsement is underpinned by the Health Education England Discovery report, which highlights the positive impact of virtual work placements.

This virtual experience not only serves as a dependable alternative to traditional shadowing but also plays a pivotal role in equipping students with the necessary skills for their in-person work placements. In 2024, these 6-month medical and 4-month dental work experience programmes facilitated over 30,000 secondary school students in accessing complimentary work experience opportunities. Through structured instruction and direct engagement with healthcare professionals, students are well-prepared for their future endeavours.

Crafted in collaboration with Birmingham Universities Hospitals Trust and built with the flexibility of an E-learning format, participants can navigate their placements at their own pace, exploring vital topics like ethics, procedures, and broader team roles. This virtual experience not only enhances students' UCAS applications, but also strategically prepares them for the practical challenges and opportunities ahead.

Taking part in the Virtual Work Experience will provide:

- **Comprehensive Insights:** The programme covers a range of specialities, providing a deep understanding of medical and dental practices. Each month, a new focus area is introduced, allowing participants to delve into different aspects of the field.
- **Flexible Participation:** Tailored for students from years 10-11, the programme accommodates various schedules by being virtual. Participants have one month to complete each specialty, ensuring flexibility and ease of participation.
- **Recognised Certification:** Upon successful completion of all sessions, students will receive a certificate from Medic Mentor and UHB, validating their active participation which they can include in their UCAS and apprenticeships applications.

***The new speciality on General Practice or
Public Health & Oral Pathology is available now.***

Registering for these programmes is simple - students just need to complete the free online application form:

Aspiring Medics: <https://airtable.com/appgXnyzN5ZD9lw6/shrGJUAtigzZzDwTN>

Aspiring Dentists: <https://airtable.com/appgXnyzN5ZD9lw6/shr1YAbWctfkXarfQ>

Previously successful Medical students:

<https://medicmentor.org/successful-student-journeys-reviews/>

Previously successful Dental students:

<https://dental-mentor.org/successful-student-journeys-reviews/>

From Secondary School Student to Medical Scholarship Student: a step-by-step guide on getting into medical school successfully: <https://medicmentor.org/become-a-medic-mentor-student-2/>



Scan to
register!

LIVE!

FREE

Get Into Dentistry.

CONFERENCE

One of our dentists (Chief Mentors) will take you step-by-step through your application to dental school.

This includes:

- Application Timelines
- Interview Training
- Personal Statements
 - CV Building
- Entrance Exam: UCAT
 - Extracurriculars
- Accessing Medical Leadership Programmes,
- Awards Programmes and Scholarships to University

You'll also hear from a recently successful applicant on what it takes to make your candidacy to dental school stand out!

MEDIC MENTOR



YOUR MEDIC FAMILY

The Medical Schools Council acknowledges virtual work experience as an equal alternative to in-person shadowing based on a discovery report conducted by Health Education England. I encourage students aged 14 and over, interested in medicine to participate in our FREE National NHS Virtual Work Experience programme. We are pleased to offer a variety of medical specialties, with a focus this month on palliative care. This enables your students to gain a well-rounded perspective of working within the NHS.

This opportunity is for students in Years 10-11.

<https://medicmentor.org/university-hospitals-birmingham-trust-virtual-work-experience/>

Developed in collaboration with Birmingham Universities Hospitals Trust, this Virtual Work Experience has proven to be transformative for thousands of secondary school students over the past year. It also provides a strong foundation of knowledge for students who are preparing to undertake future in-person placements.

We've designed a 6-month medical e-learning work experience programme, focusing on one specialty each month, allowing students to set their own pace of learning. From structured teaching to direct interaction with doctors and healthcare professionals, our programme ensures students not only observe procedures but also gain a broader understanding of roles within the medical field.

Covering everything from confidentiality and ethics workshops delivered by the GMC to clinical procedures, our virtual work experience provides a crucial overview, thereby enhancing your students' UCAS applications.

Signing up is easy – students simply need to fill out the free online application form:

Why the Medic Mentor Virtual Work Experience is the largest In the UK...

- There are 6 Sessions in total providing the longest and most in-depth work experience available
- It covers 6 different areas of medicine whereas other work experiences only cover 1 or 2
- It is e-learning based so students can complete it in their own time around school work
- Students have 30 days to complete one session and then the next session drops
- Students are provided a certificate of completion once all 6 sessions are done
- Involves real doctors, clinical settings and high fidelity simulations
- Takes students on a complete patient journey
- Students get an insight into the multidisciplinary team
- Includes a free reflective journal (great for personal statements)
- It's completely free!
- *Why not sign up today?*



**University Hospitals
Birmingham**
NHS Foundation Trust



ALLIED HEALTHCARE MENTOR

Completely Unique Experience

Follow multiple patients over a 6-month period, as they go from their initial injury to recovery. It is amazing how many different healthcare professionals are involved in a patient's care. This incredible opportunity showcases a variety of professionals in one day. It gives students a chance to see them in action in various settings from the ward to the community. It is also a fantastic opportunity to see them work together in a multidisciplinary team.

During the work experience day, students will follow 2 patients from their initial presentation to recovery. Students will observe the healthcare professionals as they interact with the patients and also each other. Students will have an opportunity to ask questions and gain knowledge through teaching. This will help students to make an informed career decision as well as learn about how healthcare professionals work together as part of a multidisciplinary team. Each work experience day is completely different and students will be able to build on their knowledge of NHS careers as they see different patient cases and their healthcare professionals work in a variety of settings, such as hospital and community. For this reason we recommend that students attend one work experience a month for 6 months to not only gain a deeper knowledge of multidisciplinary teams in general but also their chosen careers.

Registration Link: [CLICK HERE](#)

The NHS Virtual Allied Healthcare Work Experience provides an exceptional opportunity for aspiring healthcare professionals. Students will have the rare privilege of hearing from an inspiring guest speaker currently working within the NHS. Following this insightful talk, participants will embark on a live virtual work experience, offering a comprehensive exploration of the allied healthcare field. They will gain valuable insights into various roles and follow the journeys of two patients, from the initial incident through to treatment, for a closer understanding of patient care.

The NHS Allied Healthcare Work Experience is the largest programme for aspiring healthcare professionals, having successfully invited over 12,000 students to participate in its programme last academic year - many of which have gone on to study:

- Nursing
- Midwifery
- Paramedicine
- Physiotherapy
- Occupational Therapy
- Dietetics
- Radiography
- Prosthetics and Orthotics
- Speech and Language Therapy
- Pharmacy

Registration Link: [CLICK HERE](#)

Once registered, students will receive access to their virtual work experience portals. Better yet, every complete session comes with a Work Experience Certificate, and for those who complete the full 6-month programme will be awarded a Highly Commended Reference from the Presidents of Allied Healthcare Mentor. These are fantastic additions to your CV!

Registration will start at 8:30am, with guest speaker from 9-10am, then the live work experience session starts at 10am, with an end at 5pm. Plenty of breaks are scheduled throughout.

Students can register at any time throughout the 6-month programme using the link below. We recommend booking early to gain as much out of this programme as possible.

Places are £10 a session to cover administrative and technological costs, or £50 for the full 6 months:

[CLICK HERE TO REGISTER](#)

Join Every First Sunday Of The Month!



Scan to
register!

LIVE!
VIRTUAL

Allied Healthcare Work Experience

Take your first steps into the world of healthcare careers
in our Virtual Allied Healthcare Work Experience.

Meet this month's AHP professional **guest speaker**, from **9 - 10am**, and
then dive into live work experience sessions.

After a compelling talk from our guest speaker about their career and
what they do day to day, you will **dive into live work experience sessions**
from the safety of your home.

Witness the journey of two patients from injury to recovery over 6
months, and experience how many different healthcare professionals
are involved in a patient's care, from hospital all the way through to a
community team.



ALLIED
HEALTHCARE
MENTOR

THE A-Z OF APPRENTICESHIP ATTRIBUTES

There are so many ways to describe an apprentice, below you will find just some of the attributes that we have thought of - can you think of any more?

A

AMBITIOUS

B

BOLD

C

CURIOUS

D

DETERMINED

E

ENGAGED

F

FRIENDLY

G

GENUINE

H

HARD
WORKING

I

INCLUSIVE

J

JOYFUL

K

KIND

L

LIMITLESS

M

MOTIVATED

N

NON
JUDGEMENTAL

O

OPEN
MINDED

P

PASSIONATE

Q

QUICK
TO HELP

R

RESILIENT

S

SINCERE

T

TENACIOUS

U

UNBIASED

V

VERSATILE

W

WILLING

X

(E)XCELLENT

Y

YOU -
YES, YOU!

Z

ZEALOUS

APPRENTICESHIP



Level 2 Pharmacy Assistant Apprenticeship

Bolt Healthcare Ltd, Lower Darwen

VAC1000341333

Level 2 Grounds Maintenance Apprentice

Together Housing Association Ltd., Blackburn

VAC1000339743

Level 2 Apprentice Aftersales Advisor

Stoneacre Motor Group, Wigan

VAC1000335796

Level 2 Apprentice Furniture Maker

KRD Cabinets Ltd., Wigan

VAC1000323709

Level 3 Business Administrator Apprenticeship

Coppull Medical Practice

VAC1000340505

Level 3 Business Administration Apprenticeship

Stephensons Solicitors LLP, Wigan

VAC1000340229

Level 3 Advanced Sports Turf Technician Apprentice

Wigan Athletic AFC Ltd.

VAC1000340141

Level 3 Commercial Plumbing & Heating Apprentice

Horsfield Building Services Ltd., Preston

VAC1000339709

Level 3 Content Creator Apprenticeship

Kainuu Ltd., Preston

VAC1000338754

Level 3 Apprenticeship Centre Assistant

Party & Play Funhouse Ltd., Westhoughton

VAC1000322879

Level 3 Apprentice Machinist

Alan Gordon Engineering, Chorley

VAC1000335640

To search for an apprenticeship anywhere in England, have a look at the national apprenticeship website, create an account and apply for any of the vacancies.

[Click here](#)



Don't forget that if you have applied for an apprenticeship via a college and not found one by September, you will start a full time course at college in the meantime. When you are successful in finding an apprenticeship, you will automatically be transferred from the full time course.



CAREER *of the* WEEK

Intelligence analyst

Intelligence analysts help keep the country secure by assessing and interpreting intelligence data.

Your role as an intelligence analyst is to protect UK national security and economic wellbeing, as well as to detect and prevent serious organised crime, such as terrorist attacks, cybercrime and drug trafficking.

You'll be involved in the acquisition, evaluation, analysis and assessment of secret intelligence.

Intelligence analysts, also known as intelligence officers, work primarily for the UK's three intelligence and security agencies - Government Communications Headquarters (GCHQ), the Security Service (MI5) and the Secret Intelligence Service (MI6), and also the armed forces and the police. There are also intelligence analyst roles available in other government departments such as HMRC.

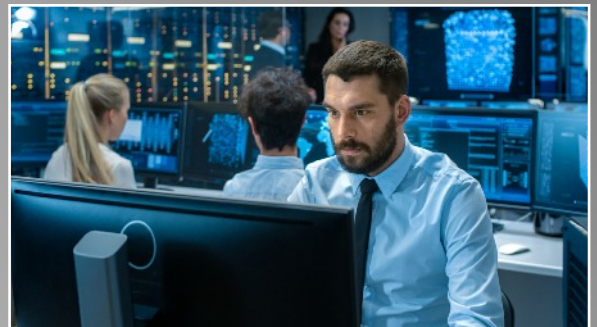
Responsibilities

As an intelligence analyst, you'll need to:

- build up intelligence pictures, identifying potential agents and targets. This is done through a range of sources, including signals intelligence (SIGINT) and human intelligence (HUMINT)
- collate and validate intelligence, evaluating the reliability of sources and credibility of information
- use various analytical techniques to assess and interpret intelligence data
- liaise and collaborate with colleagues (such as cryptanalysts, mathematicians and linguists) to gather further information, which may help to piece together the whole picture
- develop relationships with customers to understand their intelligence requirements
- deliver information in formal reports or as presentations and desk-level briefings to customers in government, who include the Ministry of Defence (MOD), the Foreign, Commonwealth & Development Office (FCDO), the Home Office, the National Crime Agency (NCA) and HM Revenue & Customs (HMRC) among others
- develop expertise in a specific area
- observe strict non-disclosure rules about your work, the extent of which will vary depending on your employer

What to expect

- Intelligence analysts work throughout the civil service and are based in every region of the UK. Many jobs are based where the three intelligence and security agencies have their main offices. GCHQ's main site, for example, is based in Cheltenham but it has smaller sites in Cornwall, Manchester and North Yorkshire. The headquarters for MI5 and MI6 are based in central London. MI5 also has regional offices and an office in Northern Ireland. MI6 offers the chance to spend considerable time working overseas.
- New staff usually start work at the agencies' headquarters, although there will be opportunities to work elsewhere in the UK and overseas after several years' experience.
- Intelligence analysts working for the three UK intelligence and security agencies are bound by many of the same rules, terms and working conditions as other government departments. The key difference is the secrecy of the work and the need to protect the identities of staff in order to operate successfully. When applying for a role, you're advised to only tell one close family member or partner. Once you've been accepted, you will get further guidance on who you can tell.



For more information click here