



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:

- Lots of open events at various local colleges - make sure you visit as many as possible in the next few weeks so you can check out the courses and combinations open to you.
- Runshaw College have announced that they are **not** going to be interviewing in school this year - pupils will have to make their own way to the college on the evening of 9th February (interview times will be emailed to pupils).
- Wigan & Leigh College and Preston College will still be interviewing at Parklands, in January - so it's important that applications are in by Christmas. W&L held an assembly and lunch time drop-in earlier this week - look out for more assemblies and drop-ins over the next few weeks.
- There is a Broadening Horizons Careers Event at Inspire Youth Zone, during the half term holiday. This was a fantastic event last year and is highly recommended. There will be hands-on workshops to challenge you to think about careers and what you might do in the future. Email: josie.cawdry@inspireyouthzone.org to book your place.
- InvestIn Education have a series of webinars coming up that are well worth a watch, particularly the 'Making it to Medical School' for aspiring medics and healthcare professionals.
- Virgin Media O2 are offering a four day virtual work experience opportunity, during the half term, so no excuses for not getting involved. You can even earn your Bronze Industrial Cadet award, as well as finding out more about careers in the media industry.
- Young Professionals are offering a number of brilliant events: an online STEM event with some of the biggest names in the STEM industry; an insight into UBS, one of the world's biggest investment banks; and an in-person work experience day with Lloyds Banking Group. These are all free and represent amazing opportunities to learn more about the world of work and some of the top employers you could be working for in the future.
- More recipes for budding chefs and food technologists from Warburtons.
- The Sixth Form Bolton are offering creative and fun after school clubs in either Performing Arts and Media or Music and Music Technology. These will help you learn and develop a wide range of performance and music skills.
- Mentorverse announce the next Tech Mentor No-Code Hackathon, where you can build your own app and tackle real-world challenges. The winning team will earn a spot in the national finals next June - and there are cash prizes!
- Lots of useful information about apprenticeships: what levels there are, and how to apply.



Have a good weekend!



22nd - 26th September 2025

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

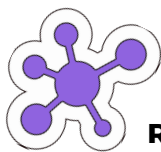


Consider what you already do outside of school - **what does it say about your interests or skills?**

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



Broadening Horizons Careers Event

Tuesday 4th November, 9:00 am – 3:00PM

Check out **“Broadening Horizons”** at **Inspire Youth Zone,**
Chorley!

Come along for your chance to see what’s out there career wise.

We’ll have different companies running fun, hands-on workshops where you can try new things, learn new skills, and maybe even find a career you’re into. From creative challenges to problem-solving activities, these workshops are all about thinking differently.

It’s a cool opportunity to step outside the classroom and get a feel for what your future could look like!

Email **Josie.cawdry@inspireyouthzone.org** to book your free place.



This is in half term - but you can register to attend anyway - email Josie to book your place

STEM Careers Events - Science, Engineering & Technology!

Wednesday 24th September 2025

5pm - 6:30pm (Virtual Event)

We have a fantastic virtual event on **Wednesday, September 24th**, 2025, from 5 pm to 6:30pm, with 6 of the world's leading STEM companies (NESO, National Grid, Spectris, BDO, Wates and more!)

This is a great opportunity for your students interested in a careers in the STEM industry and gain a greater understanding to what a career in the industry could look like.

Are you a Year 11 student interested in a career in the STEM industry? Join us for a virtual exclusive event with 6 of the world's leading STEM companies, designed to give you insights into the industry, work experience, and apprenticeship programmes. We will be running workshops in breakout rooms and giving you the chance to network and build up your professional network with leaders from across the industry.

Companies Attending:

- **Spectris PLC**
- **National Grid**
- **NESO**
- **BDO**
- **Wates**
- **RAF**

Participating in an event such as this will not only allow you to learn more about the industry, but it will also give you a unique opportunity to gain valuable experience that will be beneficial for adding value to your CV and LinkedIn profile. This will show employers that you are proactive and looking to develop your skillset before entering the workplace, which can help you to be recognised as an ambitious and motivated individual as well as allowing you to stand out from other students.

Please sign up for this incredible opportunity using the registration link below. After the event, you will receive a certificate that you can use on your CVs and any job applications.

Don't miss this incredible opportunity.

Register here:

<https://www.surveymonkey.com/r/N8YWXYP>

**YOUNG
PROFESSIONALS**



SCAN TO
SIGNUP

CAREERS IN STEM

V I R T U A L E V E N T

 ROYAL
AIR FORCE

Wates 

NESO 

 BDO

nationalgrid

The University of
Law BUSINESS
SCHOOL

spectris

WEDNESDAY 24TH SEPT | 5PM - 7PM

YOUNG PROFESSIONALS

Preston College will hold its first open event of the academic year in two weeks:

Wednesday 1st October - 4pm until 7pm

St Vincents Rd, Fulwood, Preston PR2 8UR

During this event, all college departments will be open for students/parents to speak with tutors and explore the campus. This is a great opportunity for students to gain insight into college life early in the year. There is also an open day on **Saturday 8th November** 10am until 2pm so students can see the campus during the daytime. Students are welcome to attend as many as they would like.

Students can register their interest for both events here: [Preston College Open Events](#)

The college is also affiliated to Preston North End FC:

Express your interest



**Centre of
Sporting
Excellence**

I always encourage students to visit as many colleges as they can to find the best fit for their future learning. As a sports department we hold taster events from February (when the weather gets better), giving students the chance to see how the course is delivered and meet our coaches in action - I will update you with these dates closer to the time.

If any student is interested in our Sports Programme, they could complete this form: [Sports Programme Interest Form](#). Completing the form ensures they receive updates about open training sessions and course developments.

These open events are a valuable chance for both students and parents to explore the campus and ask questions.

John Lee

Recruitment and Engagement Coordinator

Scan the QR code to
download our prospectus.

Alternatively for further information

✉ John.lee@pne.com

Recruitment and Engagement
Coordinator



SCAN ME



**Centre of
Sporting
Excellence**

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



Next Open Event

Saturday 20 September 10am-2pm

runshaw.ac.uk/openevent

Important Notice regarding interviews for Runshaw College

Year 11s will be invited into Runshaw this year, for their college interviews.

Students will be welcomed at reception, have their interviews in designated 15 minute timeslots and they will then have the opportunity of a tour of the college campus, with parents/carers, who may themselves have questions.

Parklands interview date is: Monday 9th February

Once the students apply, they will be emailed the date and time of their interview. Depending on how big the year group is they will be split into sessions/appointments from **4:30pm - 8pm**.

If the student cannot attend on their designated evening, they will be invited in on a date and time that suits them up until July.



Please note: Interviews for Wigan & Leigh College and Preston College will still be held in school.

- **Wigan & Leigh College: 21st January 2026**
- **Preston College: 23rd January 2026**

with follow up interviews if necessary, in school, including for apprenticeships.

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

The Merchant Navy is a term used to describe commercial shipping. A non-military service, the Merchant Navy is part of a global economy that impacts our daily lives from the food we eat to the things we own and use every day.



95%

of all goods arrive in the UK by ship



An officer trainee is a fully funded three year programme, which leads to both an academic and professional qualification known as a certificate of competency, issued by the Maritime Coastguard Agency.

A cadetship is sponsored by either a shipping company or charitable organisation and will cover all aspects of training, including college fees, travel costs and a monthly bursary payment towards living costs.

All officer trainees are enrolled on approved courses at a UK maritime college, that lead to a professional qualification as well as a nationally recognised educational qualification.

These include:

- Higher National Certificate/Advanced Certificate
- Higher National Diploma/Advanced Diploma
- Foundation Degree (FD) or Scottish Professional Diploma (SPD)
- Bachelors or Honours degree

Entry requirements for Officer Trainee Training are a minimum of 4 GCSEs, grades 4-9 in Maths, English and at least one science-based subject.

The content, duration and timings of each of the programmes will vary according to the particular course, but the core knowledge required for MCA certification requirements for onboard training are the same for all. Cadet training in the UK is broken down into periods, commonly referred to as phases, of which there are five, alternating between college learning and sea time.

OPEN EVENTS 2025



SCAN TO BOOK



Saturday 4th Oct
10.00 - 13.30



Thursday 16th Oct
16.30 - 19.30



Thursday 6th Nov
16.30 - 19.30



VISIT OUR WEBSITE

www.sjr.ac.uk

FOLLOW US ON

@stjohnrigbysixthformcollege

@sjrcollegeofficial

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.



- **Are you aged 14-16?**
- **Are you curious to learn what Virgin Media O2 is all about?**
- **Are you passionate about STEM?**

Virtual Work Experience Week

27th – 30th October 2025



Apply now!

Click or scan the QR code to apply with code **VMO2C3**

Our four-day programme will immerse you in the world of telecoms, help boost your potential and enhance your knowledge of Virgin Media O2 and our offerings.

You'll hear from business leaders what it's like to work in a dynamic industry, learn the latest from the world of broadband, TV, fixed line and mobile and gain insight into our purpose 'See What You Can Do!'

Explore our graduate, industrial placement and apprenticeship opportunities whilst working on a dynamic project that will help you earn your Bronze Industrial Cadets accreditation.

Hear first-hand testimony and tips from graduates, interns, apprentices and STEM (Science, Technology, Engineering, Maths) ambassadors! Delve into the importance of hands-on problem-solving and critical thinking skills, company and sector research.

Take control of your future and make a difference in the world around you.



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



Free Webinars Series For Students & Parents

Your Next Steps Beyond School

We're excited to invite students and parents at your school to our latest free event series, designed to provide practical guidance on the educational and professional options available to students after school.

The events are suitable for all students in Years 11, whether they are just starting to think about their future or are actively preparing applications.

Upcoming Events:

Making it into Medical School

More Than One Route: Alternative Pathways To University

Understand UCAS: Building experience that makes you stand out

As always, if students can't attend live, they can still register to automatically receive the event recording and resources.

VIEW EVENTS



Making it into medical school

TUESDAY 30TH SEPTEMBER • 6-7 PM UK TIME

Gain expert insight from UCLH Dr Obaid Sayed on how to approach medical school applications and show admission tutors you're ready for the challenges of medical school.



Alternative Pathways to University

WEDNESDAY 1ST OCTOBER • 6-7 PM UK TIME

University isn't the only route - explore how degree apprenticeships and other pathways can lead to successful careers.



Understanding UCAS

THURSDAY 2ND OCTOBER • 6-7 PM UK TIME

Learn how to build a UCAS application that stands out, and discover the steps you can take now to showcase your interests and experiences.

Free

Webinar

Series

YOUR NEXT STEPS BEYOND SCHOOL

InvestIN are running a series of free webinars to help you think about your next steps after school. Each session gives practical advice on different pathways and what you can be doing now to strengthen future applications.

The events are suitable for all students in Years 11-13, whether you are just starting to explore your options or are preparing applications.

UPCOMING EVENTS:

If you cannot join live, you can still register to receive the recording.

MAKING IT TO MEDICAL SCHOOL **TUESDAY 30TH SEPTEMBER • 6-7 PM UK TIME**

Gain expert insight from UCLH Dr Obaid Sayed on how to approach medical school applications and show admission tutors you're ready for the challenges of medical school.



ALTERNATIVE PATHWAYS TO UNIVERSITY **WEDNESDAY 1ST OCTOBER • 6-7 PM UK TIME**

University isn't the only route - explore how degree apprenticeships and other pathways can lead to successful careers.



UNDERSTANDING UCAS **THURSDAY 2ND OCTOBER • 6-7 PM UK TIME**

Learn how to build a UCAS application that stands out, and discover the steps you can take now to showcase your interests and experiences.



SIGN UP



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.

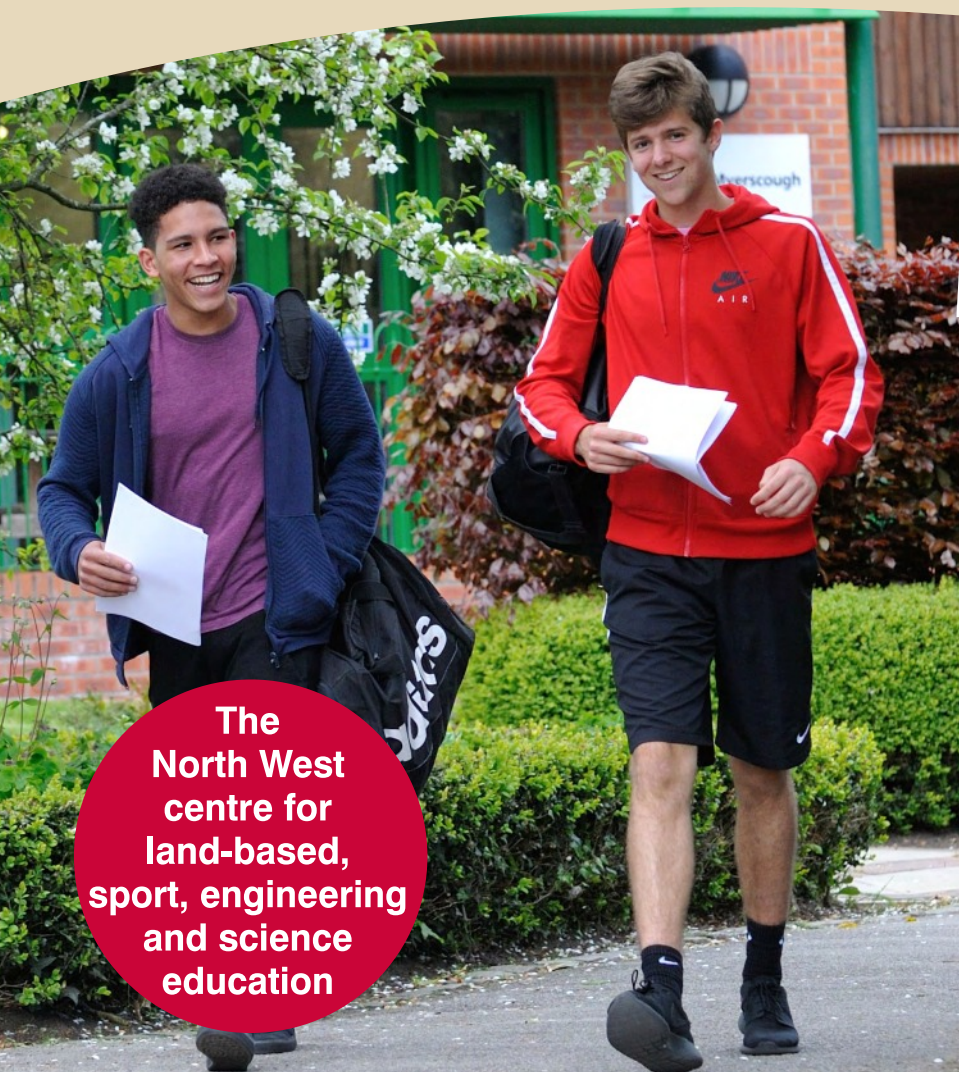
Find out more - get in touch: 0303 003 3677



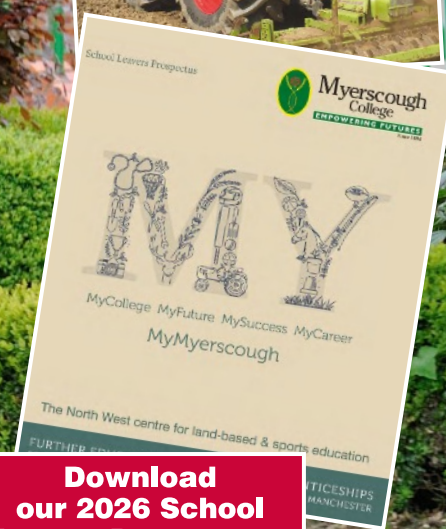
Myerscough
College & University Centre
EMPOWERING FUTURES
Since 1894

- ✓ 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



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



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



Winstanley College

EXCELLENCE SUPPORT INSPIRATION



- **Saturday, 27 September:** 9:30 am – 12:30 pm
- **Wednesday, 15 October:** 5:00 pm – 8:00 pm
- **Thursday, 6 November:** 5:00 pm – 8:00 pm

Booking link:



All Year 10 and 11 students and their families are invited to attend.

See our website for more details - www.winstanley.ac.uk

Any queries please email admissions@winstanley.ac.uk or call 01695 628610



University of Central Lancashire

Training 2000



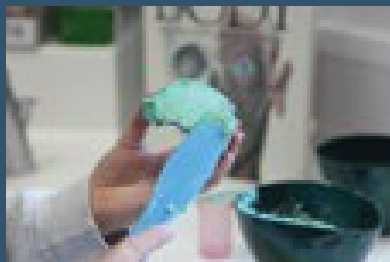
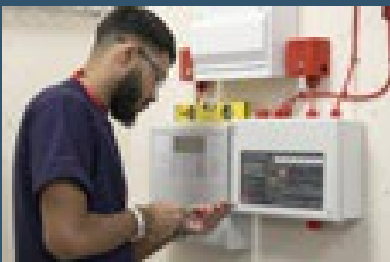
Apprenticeship open evenings

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

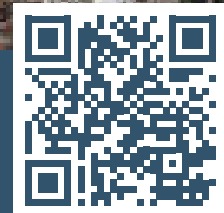
Where: Furthergate Business Park, Harwood Street, Blackburn, BB1 3BD

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



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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 2

Minestrone Soup

Ingredients:

- 1 clove of garlic
- ¼ cabbage
- 1 onion
- 1 rasher of bacon
- 1 carrot
- 1 stick of celery
- 1 potato
- 1 stock cube and 800ml boiling water
- 1 x 5ml spoon mixed herbs
- Black pepper
- 25g small pasta shapes or broken spaghetti

Food Skills

- Weigh
- Measure
- Peel
- Chop
- Fry
- Boil and simmer



Method

1. Peel and crush the garlic.
Shred the cabbage.
Chop the onion.
Chop the bacon.



2. Fry the onion, garlic and bacon in the oil.



3. Stir in the potato, celery and carrot.



4. Add the boiling water to the pan and the stock cube.



5. Stir in the finely shredded cabbage and sliced tomato.



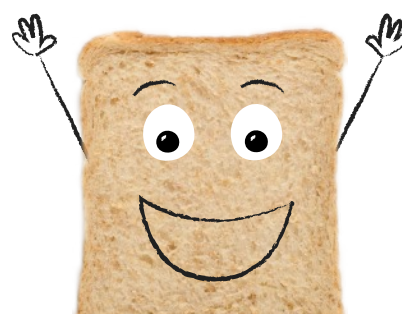
6. Add the mixed herbs and black pepper, bring to the boil and simmer.



7. Add the pasta and simmer.



8. Serve in a bowl.



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.

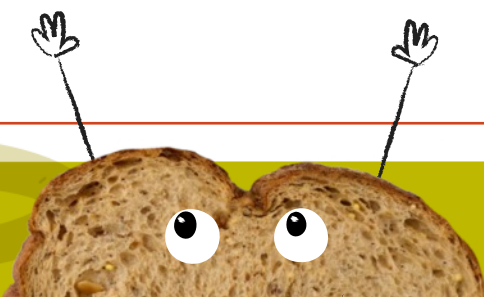
If you had cooked the original recipes, these are the items you would have had left:

- 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.





GET



SWITCHED ON

STUDY ELECTRICAL AT BOLTON COLLEGE!

Level 1 & Level 2 Study Programmes for School Leavers Starting this September

Hands-on Learning

Train in real workshops
with real tools - just like
the pros.

Real-World Experience

Site visits, employer-led
projects and hands-on
work placements included

**Big Career Goals? Big
Earning Potential.**

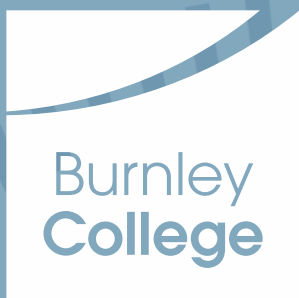
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Engineer - earn up to
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electrical](http://www.boltoncollege.ac.uk/yp-construction/electrical)
or scan the QR code.





Sixth Form Centre

OPEN EVENING

September

Wed 17

October

Thurs 2

November

Tues 18

2026

February

Tues 10

5.30pm to 8.30pm

BOOK NOW – burnley.ac.uk



BOOK NOW



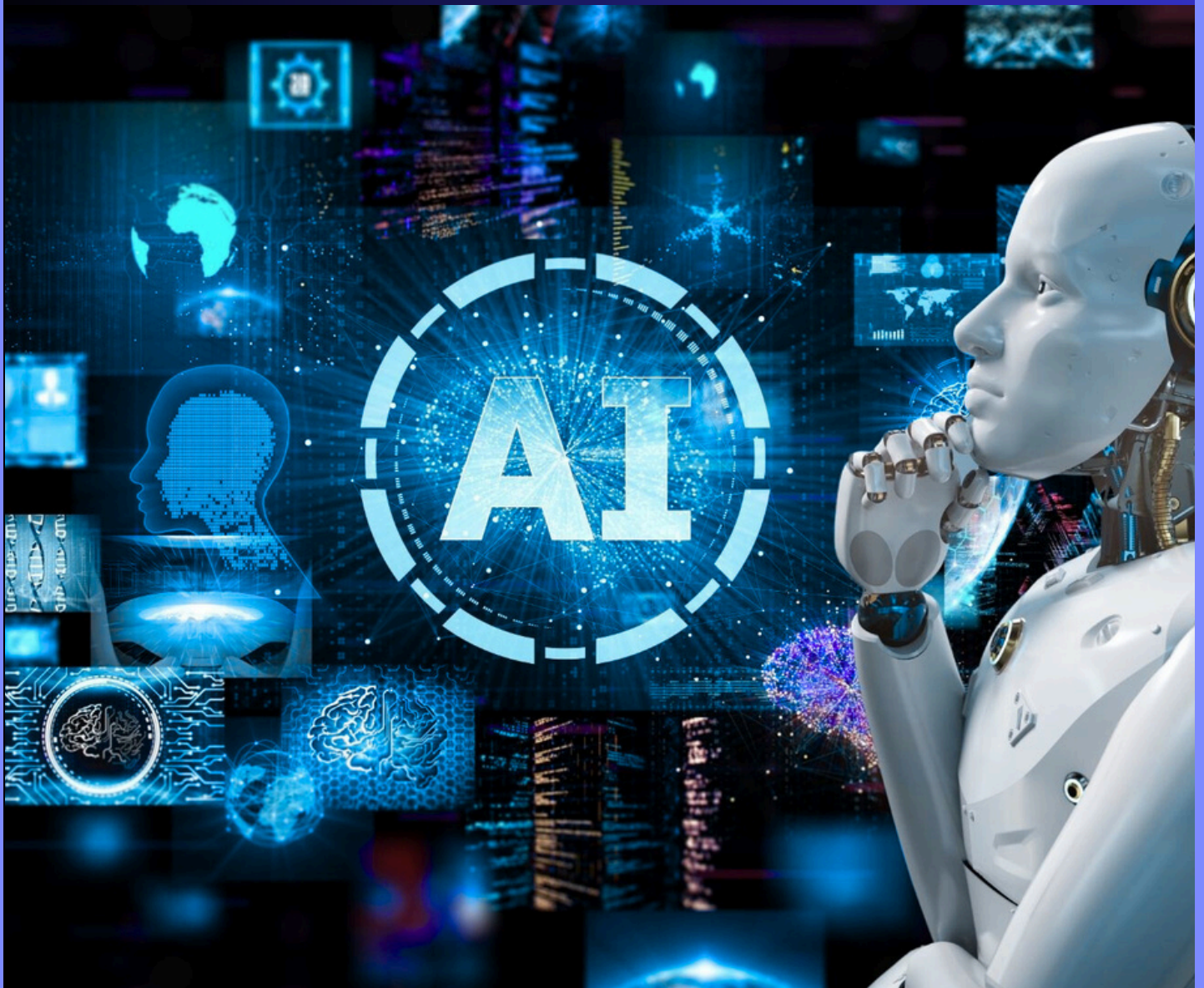
Subscribe annually at <https://stemdorado.com>

6 - 14 year olds for



STEM DORADO

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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EXCELLENCE FOR
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PROGRAMMES



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www.bolton-sfc.ac.uk



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.

Considering university?



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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

Insight to UBS Virtual Event

Tuesday, 30th September, 5pm - 6:30pm

One of the World's Biggest Investment Banks

This is a very rare and unique opportunity for your students to hear from one of the largest investment banks in the world. During the event, they will hear about the banking and finance degree apprenticeship options and in-person events at their offices.

We're thrilled to invite students to an exclusive virtual event with one of the world's leading financial institutions - UBS. On Tuesday, 30th September 2025, from 5:00pm - 6:30pm, join us on Zoom for an insightful evening designed to give you a closer look into careers in Banking and Finance.

About UBS:

UBS is a global leader in wealth management, investment banking, and asset management, serving clients across more than 50 countries. With managed assets of US\$5.71 trillion and a revenue of US\$39.36 billion in 2023, UBS is a powerhouse in the financial sector, helping individuals, institutions, and corporations grow and protect their wealth.

Event Details:

- Event Title: Insight to UBS - Banking & Finance
- Date: Tuesday, 30th September 2025
- Time: 5:00pm - 6:30pm
- Location: Zoom (link provided upon registration)

Why Attend?

- **Explore UBS's Student Career Opportunities:** Discover the exciting range of roles available at UBS in areas like Asset Management, Global Wealth Management, Investment Banking, and more.
- **Exclusive Insights:** Learn what UBS looks for in future talent and how to stand out in your applications for internships, apprenticeships, and graduate programs.
- **Hear from Industry Experts:** Meet professionals from various UBS departments who will share their career journeys, insights into the finance industry, and advice on how to succeed in one of the world's most prestigious financial institutions.

This virtual event is a must-attend for any student eager to explore careers in Banking and Finance. You'll gain valuable insights that will boost your university applications, future job searches, and understanding of the finance industry.

Don't miss this incredible opportunity!

Register here:

<https://www.surveymonkey.com/r/UBS-Insight>



Lloyds Banking Group Work Experience Day in Leeds!

Dive into the World of Finance and Digital Banking!

Saturday 11th October

We have a fantastic work experience day event happening in Leeds with one of the UK's biggest banking institutions, Lloyds Banking Group. This event is taking place on Saturday, 11th October which is outside of school lessons / timetables.

This is a great opportunity for your students interested in a career in banking, finance and digital technology to have the chance to come into the Lloyds Banking Group head offices to take part in workshops, network with their teams and gain a greater understanding of what a career in the industry could look like.

We're excited to offer you a remarkable opportunity to step into the vibrant and ever-changing world of banking and finance!

Join us at the Lloyds Banking Group Work Experience Day taking place in Leeds on Saturday, 11th October for an unparalleled opportunity to network and discover what it's really like to be part of a leading financial institution.

Taking place on Saturday this gives you the full flexibility not to miss school or university and gain something fantastic to put on your CV's. We have two time slots morning and afternoon, and you can choose which session you'd like to join. This event is designed for students to gain a real-world understanding of what happens at the UK's biggest banking groups!

Who are LBG:

Lloyds Banking Group is a world-renowned commercial, personal and investment banking management firm and are also the UK's biggest Bank. LBG have over 30million customers and around 60,000 employees globally as well as being a FTSE 100 company. Under the Lloyds Banking Group business, they also own Halifax and Bank of Scotland as well as other financial institutions such as Scottish Widows.

Event Experience:

You'll have the chance to meet and engage with professionals and apprentices who have first-hand experience in various roles at the bank, take part in workshops, career development sessions as well as lots of networking.

Apply today and secure your place for this work experience opportunity!

The day will take place on Saturday 11th October and the Morning session runs from 10:00am–12:30pm and the Afternoon session runs from 14:00–16:30pm. Please click the link below to sign up and select which time slot you'd like to join. You can also bring a parent/ guardian along with you if travelling from outside of the Leeds area.

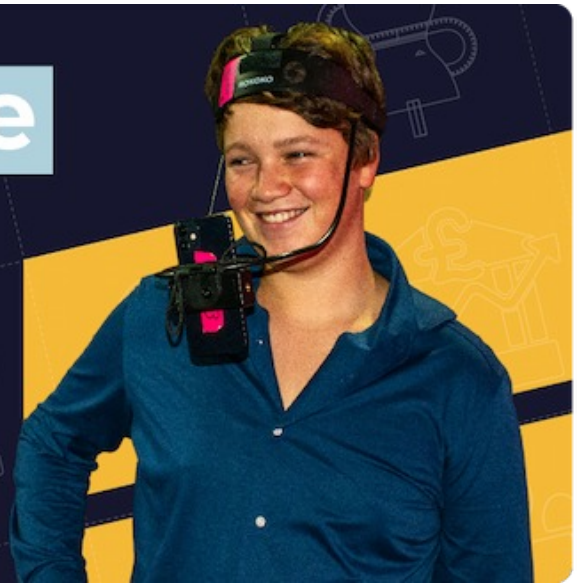
Application Link:

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

Work experience opportunities

this autumn

Registration open



The Ultimate Career Taster

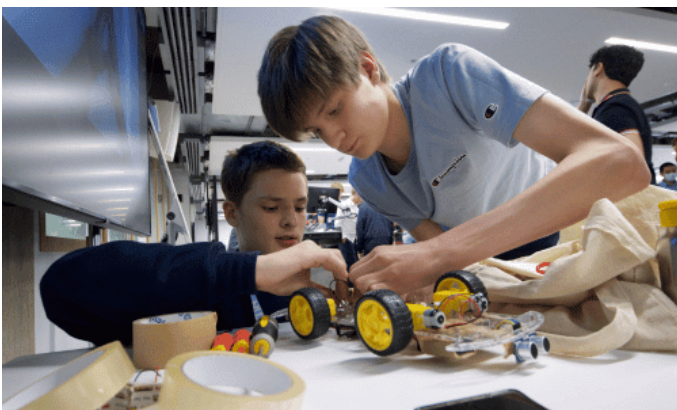
We're excited to let you know that our weekend programmes are now open for registration!

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.

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



Scan to sign up!



INSIGHT TO

UBS

BANKING
&
FINANCE
EVENT

TUESDAY 30TH SEPTEMBER | 5PM - 6.30PM

**YOUNG
PROFESSIONALS**

GET READY TO APPLY FOR APPRENTICESHIPS

1. Understand the recruitment process

The recruitment process will vary from employer to employer. It is important to understand what could be involved by doing some research, so that you are aware of what to expect at each stage. Tick the boxes when you feel confident that you understand what each of these stages could involve, and that you know what you would need to do to get ready.



CV



Covering
letter



Video
assessment



Online
interview



Application
form



Online
assessment



Assessment
day



In-person
interview

2. Prepare in advance

Get these things as ready as possible before vacancies start appearing:



CV (even though some employers may not require a CV, collating your achievements and skills in a succinct way is a useful process when preparing to apply)



Covering letter



List of qualifications and folder of any certificates



List of your skills and examples of when you've used them



Make sure your email address and voicemail message are sensible and professional



Set up a LinkedIn profile and start liking and sharing things that are relevant to the sector you want to work in



Google yourself - check what appears when you search for yourself on the internet. Ensure that accounts are set to private, and that any information that does appear is professional and appropriate

Make sure you:



Ask for help and support



Be ready to customise things for each application



Don't rely heavily on AI



Spell / grammar check



Get someone to look over everything

3. Research what employers want

Look online and at previous adverts to see the desired and essential attributes, skills and qualifications. See if you can find out what former applicants say and talk to careers staff to see if they can advise and support you. If they are looking for something you don't have yet - you'll have time to think of some ways that you might be able to gain some experience.

GET READY TO APPLY FOR APPRENTICESHIPS



4. Research recruitment processes

Do your research and find out what recruitment processes are like for the employers you're interested in and try to get ahead of what to expect. Many employers will use their websites to explain the different types of activities that they use, and they may also provide examples of practice questions/tests. Some employers will provide indicative timelines for the recruitment process so that you can understand how long the process may take.

5. Reasonable adjustments

Whilst you are researching the different recruitment processes, you may find information from the employer explaining the different types of support that they can offer candidates with additional needs. Some employers will provide a lot of information, whilst others may offer that you can notify them of any requirements that you have, and that these will be considered. Many employers will need you to help them understand the adjustments that you may require, so getting this prepared in advance of applying can be beneficial.

- ☐ Talk to the staff at your school/college to help you to think of the types of adjustments that could be most beneficial for you. For example, if you currently receive extra time within exams, you may to ask the employer if they could allow you extra time in any assessment activities. Or if there is assistive technology that you like to use, you could ask the employer to make this available.

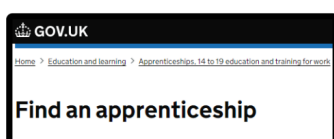
6. Careers support

Your school/college careers team will be pleased to help you in preparing to apply for apprenticeships. Make sure you engage with your school/college and any local careers support:

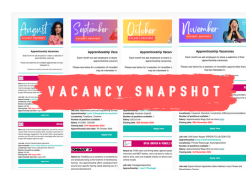
- ☐ Talk to the careers staff at your school /college and make sure they know what you're looking for
- ☐ Sign up for (and read) careers newsletters - from your school/college, employers, local careers hubs...
- ☐ Follow the social media accounts of your school/college careers team, employer recruitment teams and any other local careers organisations
- ☐ Make sure your subject teachers know what you're looking for, especially if it's a sector linked to their subject area

7. Get registered

Sign up for Find an apprenticeship (the Government apprenticeship vacancies website), and Vacancy Snapshot (a monthly apprenticeship vacancies email), even if you aren't ready to start applying yet - looking at adverts is great advance research.



www.findapprenticeship.service.gov.uk



amapps.uk/vacancies



Discover more about apprenticeships:
www.amazingapprenticeships.com

GET READY TO APPLY FOR APPRENTICESHIPS



8. Be ready to track

Once you start applying, it is really helpful to have a way to track where you are at in the application process with each employer. How you do this is up to you but you should try to:

- ☐ Include what you have to do and when by
- ☐ Include any key information like website links and email addresses
- ☐ Put alerts in your phone or calendar for all key deadlines
- ☐ Save copies of any applications that you make so that you can refer back to them if you are shortlisted to the next stage

9. Think about references

Some employers will ask you to submit the contact details of up to two referees. These are usually people that know you in a more formal relationship - such as your form tutor, head of year or your supervisor from a part-time job (if you have one). Occasionally, employers may also ask you for someone who could provide a character reference. This could include a less formal relationship, such as a family member, or someone who knows you well such as a coach from a sports team.

It can be useful to think about who you would approach to provide you with a reference should you need one, and to gain their permission in advance.

- ☐ Think about who you would ask to be your referee
- ☐ Contact them and ask their permission for their contact details to be included in your application
- ☐ Make sure you have their full name, email address and any other contact details that may be required

10. Resources to support you



Step-by-Step guide to applying for an apprenticeship

amapps.uk/application-guide



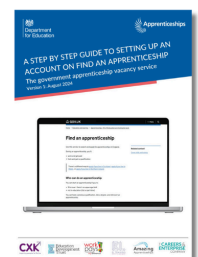
How do I write a CV and why do I need one?

amapps.uk/cv



Writing a covering letter

amapps.uk/cover



Step-by-Step guide to setting up an account on Find an apprenticeship

amapps.uk/register-faa

NEW

COLLEGE

PODCAST

COLLEGE COMPASS

**UNLOCK THE
SECRETS TO
A SUCCESSFUL
CAREER**

**GUEST SPEAKERS
ADVICE & GUIDANCE
INDUSTRY KNOWLEDGE**

LISTEN NOW ON SPOTIFY



NORLAND NEWS

Last week we welcomed our next cohort, Set 149 to begin studying our award-winning BA (Hons) Early Childhood Education and Care degree and Norland diploma training. We have an exciting term ahead of us, and we're thrilled to share some of those highlights with you.

To keep up with the latest from Norland, [connect with us on LinkedIn](#)

We welcome students from all backgrounds and with a wide range of qualifications in myriad subjects – students do not need to study an early years qualification to come to Norland as we teach them everything they'll need to know. We're seeking students who are passionate about providing the very best care to children and aspire to become a professional graduate Norland Nanny.

[View our application process](#)



Applying to Norland

Our next Norland Unwrapped session will take place soon, on 23 September 2025 – [Applying to Norland](#).

This session will provide all the practical information needed ahead of applying to Norland, including guidance on writing personal statements, submitting applications and attending an interview at Norland.



Welcome Week

Our new Set 149 cohort have had an action-packed Welcome Week as they have got to know fellow students, staff and Norland's campus.

Find out more about our student experience during Welcome Week, which supports new students during their transition to higher education study, by watching our Welcome Week film.

[Watch our Welcome Week film](#)

October open day!

Our next open day is on Saturday 11 October and spaces are filling up quickly. Our open day events are vital for anyone considering studying at Norland, giving the perfect opportunity to visit our campus, speak to students and graduates, and learn about life at Norland.

[Book now on our website to secure a place at our October open day.](#)



How Lando Norris Found Purpose Long Before F1 Fame



Damian Hughes,
High Performance Podcasts

Before Lando Norris was racing at 200 miles an hour, he was in the McLaren garage with his sleeves rolled up, dismantling cars and packing boxes alongside the mechanics.

No glamour, no podiums, no champagne, just long, unseen hours helping the team.

What struck me most is that he didn't do it because he had to. He wasn't playing politics, and he didn't know he'd one day end up in the driver's seat. He did it because he wanted to contribute, to learn, and to build trust with the people who would one day hold his life in their hands.

Psychologist Dr. Amy Wrzesniewski found that people usually see work in three ways: as a job, a career, or a calling. A job gets you a paycheck and a career gives you progress. But a calling? That's where you show up because the work itself matters, to you and often to others.

That's the difference between seeing work as a job and seeing it as a calling.

Lando's time in the garage looked like grunt work from the outside. But in his mind, it was something deeper.

He wasn't just lifting equipment, he was building belonging, and he wasn't just tightening bolts, he was creating the foundation for trust that would carry him when the pressure was highest.

And those unseen hours created bonds that later helped him thrive under the pressure of race day.

The truth is, you don't need to be a Formula One driver to apply the same habit. Dr. Wrzesniewski calls it job crafting: reframing the task in front of you so it carries greater meaning. A hospital cleaner can say, "I mop floors," or they can say, "I help patients recover in a safe environment." A teacher can say, "I mark papers," or they can say, "I help young people believe in themselves."

The tasks may be the same, but the story changes everything.

[LISTEN TO THE EPISODE](#)

So here's my challenge for you this week: Pick one task you usually see as small or thankless, and reframe it. Instead of "sending emails," maybe it's "creating clarity and connection." Instead of "filling out spreadsheets," maybe it's "making sure decisions are based on truth, not guesswork." The task doesn't change, but your sense of purpose does.

High performance isn't only about the spotlight moments. It's about the meaning we create in the quiet, hidden ones.

Here's to finding your calling,



APPRENTICESHIP LEVELS EXPLAINED

Ranging from foundation to degree level

What are the different levels of apprenticeship?

Apprenticeship levels range from level 2 (foundation and intermediate) through to level 7 (master's level) covering a wide range of different job roles across all sectors.

Which level is right for you?

The level of apprenticeship undertaken will depend on the needs of the employer and the job role, as well as the apprentice, their previous experience and qualifications held. Your training provider will also be able to guide you as to the most appropriate level for you.

L2	Foundation
L2	Intermediate
L3	Advanced
L4+	Higher
L6-7	Degree

How long do apprenticeships at different levels take?

The apprenticeship standard will set out the expected duration of the apprenticeship, with a new minimum duration of 8 months being introduced from 1st August 2025 for some apprenticeships. The planned duration will be agreed with the employer, apprentice and training provider.

Foundation apprenticeships

Introduced from August 2025, foundation apprenticeships will support individuals who are:

- aged between 16 and 21 (or 15 years of age if the apprentice's 16th birthday is between the last Friday of June and 31st August)
- aged between 22 and 24 years old, who either
 - hold an Education, Health and Care (EHC) plan
 - have been, or are, in the care of their local authority
 - are in prison or a prison leaver

Foundation apprenticeships are designed to have a minimum duration of 8 months, and to support progression onto a further level of apprenticeship.



Linked resource

Find out more about foundation apprenticeships in this useful guide (see link below).



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



Intermediate apprenticeships

Intermediate apprenticeships are typically considered to be the same level as GCSEs. They are a fantastic way to get started with your career in an entry level role within an organisation.

APPRENTICESHIP LEVELS EXPLAINED

Ranging from foundation to degree level

Advanced apprenticeships

Advanced apprenticeships are considered to be the same level as A-levels, T Levels or other level 3 qualifications. Many individuals who have completed a level 3 qualification will progress to an advanced apprenticeship to gain workplace experience and knowledge.

Higher apprenticeships

Higher apprenticeships include qualifications at levels 4 and above. They can be suitable for those looking to progress from level 3 qualifications, including advanced apprenticeships and T Levels.

Degree apprenticeships

Degree apprenticeships are offered by universities and other Higher Education providers. They contain either a full degree, or a degree-level qualification and go up to master's level (which is post-graduate).



Linked resource

Find out more about Degree apprenticeships in this useful guide (see link below).



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



Can you do more than one apprenticeship?

Yes! The great thing about apprenticeships is that you can complete more than one during your career. The level and type of apprenticeship that you undertake will depend on your prior learning and the job role that you are doing. Speak to your employer and training provider to find out which options could be available for you in the future.



What is changing?

As well as the introduction of foundation apprenticeships from August 2025 (see page 1 of this Rapid Read), the government has announced that from 1st January 2026, level 7 apprenticeships will continue to be government-funded for young people aged 16-21, and aged 22-24 for care leavers and those with an Education, Health and Care (EHC) plan at the start of their apprenticeship in England. You can read more about the changes to level 7 apprenticeships through the Government website (see link below).



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



MENTORVERSE

Following the resounding success of our first event, we're delighted to invite your students to join the next **Tech Mentor No-Code Hackathon** on **Saturday 11th October**, 10am - 5pm – a national no-code competition created to inspire the next generation of tech leaders.

At the No-Code Hackathon, students will have the opportunity to build their own app and tackle real-world challenges. This competition supports the government's initiative to upskill young people in tech and offers students a hands-on, exciting, and career-relevant experience, while also giving your school a chance to shine on the national stage. The winning team will earn a spot in the national finals.

[Find out more here](#)

Students can enrol individually online if interested. Spots will be allocated on a first-come, first-served basis.

What is the National No-code Hackathon Competition?

This event offers students a unique opportunity to cultivate essential IT skills, explore diverse career paths in technology, and collaboratively build an app based on an undisclosed challenge using no-code platforms like Lovable. With each session featuring a fresh and engaging real-world theme, we strongly encourage past participants to return and tackle new challenges.

- 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 - 4pm 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 admin for hosting the competition)
- Pre-event video briefing provided

Winners from this hackathon will be invited to the National Finals on 11th July 2026, where they'll compete for:

- 1st Place: £1,000 for the winning team and £100 to each winning team member's school.
- 2nd Place: £750 cash prize for the team.
- 3rd Place: £500 cash prize for the team.

Students will be allocated into random groups on the day to keep the competition fair and enhance your networking experience! This is a chance for you to meet likeminded students beyond your school environment and start building your Tech Network!

This is an ideal opportunity for students in Years 10-11. Spaces are limited, so please register early to avoid disappointment.

[Register here](#)

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

Explore the success stories within Mentorverse:

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



LIVE VIRTUAL

Online Tech Hackathon

MENTORVERSE

National No-Code Hackathon Competition For Students

Are you ready to solve real-world problems, build your own app and compete for a national prize? All without writing a single line of code?

Welcome to Tech Mentor! The UK's most exciting no-code hackathon competition for secondary school students aged 14 to 18.

[Join the Competition](#)

MENTORVERSE

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

Get Into Medicine:

- Sunday 21st September from 9am - 1:30pm
- Sunday 28th September from 9am - 1:30pm
- Saturday 4th October from 9am - 1:30pm

Get Into Dentistry:

- Saturday 27th September from 9am - 1:30pm
- Saturday 18th October 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!



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

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 receive 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 open day. This contains a mix of each talk and tour, so you can mix and match. Try to experience as much as you can. It'll help you make informed decisions about your university journey.

The best way to discover the opportunity to about your choice

Top tip: You will find the library at a university is available.

Example: At dedicated to are ready to your source

Choosing the right degree University of independent new friend

University available to our app. Support your app. Support your app.

Student your so events continue. Choose a new exciting experience.

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.

will help you to thrive.

will help you to thrive.

will help you to thrive.



Featuring expert contributions from over 65 education practitioners

UniTasterDays.com

Students' Guide to University 2025

The key higher education facts for students thinking about university

Produced in collaboration with HELLO

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.



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

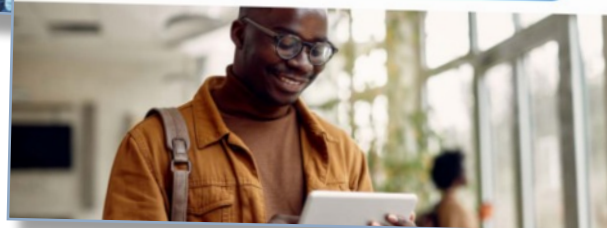
Choosing the right campus

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.

will help you to thrive.

will help you to thrive.

will help you to thrive.





CAREER *of the* WEEK

Actor

Actors communicate a character or situation to an audience through speech, body language and movement across a variety of mediums, including theatre, film, television, radio and video.

Working as an actor usually involves interpreting the work of a writer under the instruction and support of a director, although you may be required to devise a character or improvise the reactions of a character to a situation.

Work varies enormously, from live stage performances of the classics and community theatre to soap operas, radio work, television advertising and film parts. As well as providing entertainment, an actor's role may also involve education, training or therapy.

Responsibilities

As an actor, you'll need to:

- seek out work and network
- liaise with an agent
- prepare for and attend auditions
- learn lines and rehearse
- research or undertake activities to help prepare for a part and to enable you to 'get into character'
- discuss interpretation and delivery with other members of the company and the director
- perform for a live audience
- perform in a studio or on location for film, television, internet and radio broadcast
- do voice-overs for advertisements or record audiobooks
- manage the performance area, costumes and props
- undertake activities associated with touring, such as driving a van, and 'get-ins' and 'get-outs' at theatres (i.e. setting up and dismantling the performance area)
- liaise with venue managers and accommodation providers
- keep records for company managers
- work as a walk-on or extra for television or film

What to expect

Unless you work on the same set, such as a particular television studio, it's likely your place of work will change frequently. For example, you may work in different theatres or studios, work outside in street theatre, or on location in a range of indoor and outdoor settings.

Actors are usually self-employed for tax purposes and not all employers pay National Insurance contributions. For this reason, accurate record-keeping skills are essential, and many actors employ an accountant.

The lifestyle implications are considerable. Time spent away from home is an inevitable part of the job. Disruption to home and social life may be unavoidable. Many actors leave the profession because of difficulties finding work.

You may find yourself working all over the UK and abroad. Auditions are usually held in London or other major cities, and you may be required to attend them at very short notice.

Word-of-mouth recommendations and networking connections are very common in this industry, so it's essential to demonstrate professionalism in your work. This includes being punctual, polite and well-prepared.



For more information click [here](#)