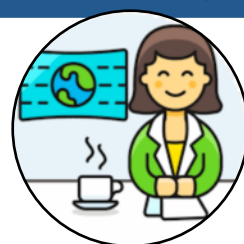




Your weekly guide to careers information, advice and news from Parklands High School

Welcome back to Career News, I hope you all had a great half term break. Lots of useful information in this week's issue, including:



- Last few open events before Christmas. There are a few colleges who have events in the New Year, but many will close their application windows in January, so don't miss out.
- There are some great opportunities from InvestIn Education: webinars with industry professionals and summer work experience placements. Check them out inside.
- Dunelm are opening their apprenticeship vacancies soon – why not try out their virtual work experience programme first and explore a wide range of careers from retail and supply chain to tech and head office roles.
- Cardinal Newman College are offering a dance and musical theatre showcase, with a free pre-show workshop ahead of the performance. Scan the QR code inside or book online to take part.
- Immerse Education invite students aged 13-18 to write a 500 word essay on a topic of their choice (from a list of over twenty subject questions). Deadline is 22nd December, so get writing!
- Young Professionals have a series of virtual events with Wates (engineering and construction) and Forvis Mazars (business and finance). These are ideal opportunities for gaining an insight into various industries, networking and earning certificates to add to CVs and talk about in interviews.
- LUSoM are holding a taster day for high achieving maths students. You can try out three A Level subjects and find out more about the college and life at LUSoM.
- The No-Code Hackathon returns on Saturday 13th December. Get involved for a chance to win cash prizes and work in teams to tackle real-world challenges.
- Earlier this week we had John Lee from PNECET in school to talk to pupils about the BTEC Diplomas in Sport that they offer, covering all aspects of coaching and sport science. Preston North End work in conjunction with Preston College in one of the longest running and most successful sports diploma programmes. See inside for more details.
- Bolton Sixth Form will be offering a new suite of IT and Computing qualifications in September 2026:
 - Computing: Application and Development
 - Cyber Security and Networks
 - IT: Data Analytics

These can be studied as a single option or combined with one or two other subjects.

- Attention aspiring medics or dentists - Keele University are hosting a summer medical/dental school, funded by NHS England, the Medical Schools Council and the Dental Schools Council. Applications for the residential summer school are now open – do not miss this incredible opportunity. Applications close on 30/11/25. Email pberry@parklandsacademy.co.uk for more details.

Have a great weekend



17th - 21st November 2025

NEW FREE WEBINAR SERIES

'IN CONVERSATION' WITH INDUSTRY PROFESSIONALS

InvestIN has launched a new series of free webinars to connect students with professionals in some of the most competitive careers. Each webinar is led by an industry professional who will answer your questions live, share their experiences and offer tips and guidance for students seeking a career in the industry.

MONDAY 17TH NOVEMBER 6PM (GMT)

Creative Design:

In Conversation with Billie Sky Walker

Psychology:

In Conversation with Vicky McKechnie

TUESDAY 18TH NOVEMBER 6PM (GMT)

Law:

In Conversation with Sophy Lelliot

Investment Banking:

In Conversation: with Rob Angel

Digital Media:

In Conversation with Karl Mok

The events are suitable for all students in Years 10-13, whether you are just starting to explore your options or preparing applications.

All sessions are free to attend online. If you can't join live, you can still register to receive the recording.



SIGN UP

WEDNESDAY 19TH NOVEMBER 6PM (GMT)

Entrepreneurship:

In Conversation with Rahmon Agbaje

Engineering:

In Conversation with Bhavik Bhatt

Medicine:

In Conversation with Dr Obaid Syed



Explore Your Future with Forvis Mazars: Careers Outside London!

Thursday 20th November | 5pm–6pm | Zoom

Are you interested in pursuing a career in business, finance, or professional services – but not sure where to start? Join us for an exclusive virtual event with Forvis Mazars, a global audit, tax and advisory firm, and discover how you can grow your career right from the start.

This session is designed specifically for students outside London, with a spotlight on opportunities in Leeds, Birmingham, Manchester and Milton Keynes

Event Details

- Event: Forvis Mazars: Careers Outside London
- Date: Thursday 20th November
- Time: 5pm – 6pm
- Location: Virtual (Zoom)
- Who Can Attend? Year 12 & Year 13 students

Why Attend?

Forvis Mazars is a firm where you can grow, no matter your starting point. You don't need prior industry knowledge, just curiosity, motivation, and an interest in working with people and solving real business challenges.

At this event, you will:

- Learn more about school leaver roles and apprenticeships across the UK
- Hear directly from professionals early in their careers
- Gain insights into what audit, tax and advisory work actually looks like day-to-day
- Discover how Forvis Mazars supports you to develop, learn, and thrive from day one

This is a fantastic opportunity if you're exploring your next steps after sixth form or college and want to start a career with real responsibility, professional qualifications, mentorship and long-term opportunities to progress.

Register Here: https://www.surveymonkey.com/r/Forvis_Mazars_Outside_London

Don't miss your chance to learn how you could begin your professional journey with Forvis Mazars, in a location that feels right for you. We look forward to welcoming you!



Find out about Dunelm apprenticeships!

Starting your career with Dunelm opens a world of possibilities!

Dunelm will be opening their apprenticeship vacancies on the 2nd February 2026 for 2 weeks across a range of roles, including Supply Chain, Commercial, Retail and an exciting new Regional Fitting Manager degree opportunity.

See below to learn more about the opportunities available and prepare to apply.

Join the Dunelm webinar on 1st December

Join our **exclusive live webinar** on **1st December** to meet the Early Careers team at Dunelm and learn more about their exciting apprenticeship opportunities. You'll find out about Dunelm's early careers programmes and pick up some hints and tips for your apprenticeship application.

Dunelm is inviting students, teachers & careers advisers, parents & carers and anyone else interested in an apprenticeship to come along. Don't worry if you can't attend live, sign up anyway and we'll send you a link to the recording afterwards.

BOOK YOUR FREE PLACE

Virtual Work Experience with Dunelm: Careers, Skills, and Opportunities

In partnership with:



Step inside Dunelm, the UK's favourite homewares retailer, and discover what it's really like to work both in-store and behind the scenes. This Virtual Work Experience programme gives you a unique opportunity to explore a wide range of careers — from retail and supply chain to tech and head office roles — all while building valuable employability skills.

Through interactive activities and expert insights, you'll gain a deeper understanding of how a big business operates and what it takes to succeed in today's world of work. Whether you're interested in customer service, logistics, or digital innovation, this programme will help you find your happy place and take your first step towards a rewarding career.

 This programme is open to anyone aged 13+

 Certificate of completion

 Over 7 hours worth of content

 Complete at a pace that suits you

Scan Me
To sign up for this course



DANCE TASTER EVENING

FREE PRE-SHOW DANCE
WORKSHOP



YEAR
10 & 11



11

DECEMBER
2025

5.30PM - 6.15PM

Watch the show for free afterwards!
To book your place email:
cardinalcollective@cardinalnewman.ac.uk



TAKE THE STAGE!

A DANCE AND MUSICAL THEATRE SHOWCASE

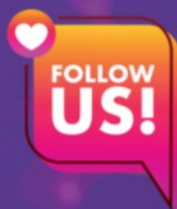


7PM
NEWMAN
THEATRE

11 & 12
DECEMBER
2025



Tickets £6/4 on
WisePay or
call Finance on
01772 460 181



Why choose the Preston Centre of Sporting Excellence?

- Three different vocational levels for 16 to 19 year olds
- Lessons are delivered at Preston College; sports hall, 3G pitch, fitness suites and classrooms
- High level of competition in football with the opportunity to represent Preston College and Preston North End Community and Education Trust (PNECET)
- Work experience opportunities with PNECET
- Assessed through the completion of a portfolio, formal assignments, presentations, in class tests and practical assessments
- A progression pathway into higher education with the University of South Wales, scholarships or employment
- Dedicated recruitment team to support any application or interest



Scan the QR code to complete our
expression of interest form or for further information

 john.lee@pne.com

**Applications for entry September 2026
open on October 1st 2025**



COME ALONG TO OUR APPRENTICESHIP OPEN EVENING

THURSDAY 12TH FEBRUARY 2026
4:00PM-7:30PM

**Business Administration | Leadership and Management
Engineering Operative | Engineering Fitter
Machining Technician | Metal Fabricator
Engineering Design Technician
Mechatronics Maintenance Technician
Maintenance Operations Engineering Technician**

- Find out everything you need to know about Apprenticeships
- Have a tour of our specialist facilities
- Check out our current Apprenticeship vacancies
- Discuss your career options with our team
- Meet some of our Apprenticeship employers

Simply scan the QR code to secure your spot —
it's quick, easy, and only takes a minute!

SCAN ME



01204 677888

info@alliancelearning.com

www.alliancelearning.com

The Hurst Building, Horwich Business Park
Chorley New Road, Horwich, Bolton, BL6 5UE
(behind Horwich fire station)

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

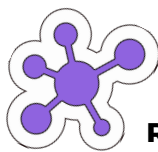


Consider what you already do outside of school - **what does it say about your interests or skills?**

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



INVESTIN THE ULTIMATE WORK EXPERIENCE



Love creative subjects?

Discover how to turn your passion into a successful career!

MEDIA



FILM AND TV



ART AND DESIGN



Join an InvestIN weekend programme this November to:

Learn from experienced professionals working in culture, media and the arts

Gain hands-on experience in a range of mediums

Start building a stand-out portfolio of work to boost applications to competitive universities & colleges

Find out how to begin your creative career in our latest blog post



**View
programmes**

OPEN DAY

10AM - 1PM

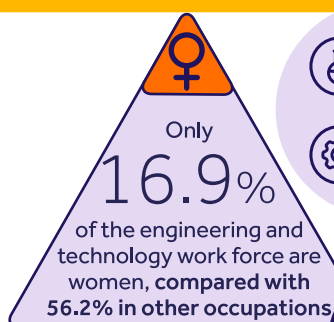
*Apply Online
Today!*

**SAT
15
NOV**

CARDINALNEWMAN.AC.UK

Our Open Events this year are:
Saturday 15th November with a final event on
Saturday 7th February - all from 10am - 1pm

Women in engineering



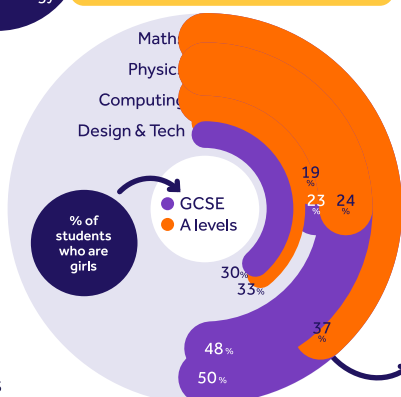
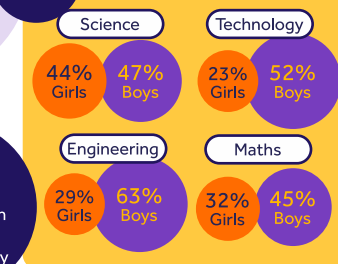
A higher proportion of women working in engineering and technology are from **ethnic minority background** compared to other occupations:

Ethnicity	Engineering and technology occupations	All other occupations combined
Asian	8%	9%
Black	3%	5%
Mixed ethnic groups	1%	2%
Other ethnic groups	2%	2%
White	86%	83%

17% in other occupations

21% representation engineering and technology

Top 3 environmental topics young people are interested in
42% climate change
31% biodiversity loss
22% air pollution



12% of girls say being an engineer fits well with who they are compared with 38% of boys

Interest in schools science for girls has declined since 2019
75% to 65% while boys have remained consistent

36% of girls say science is not for them compared with 30% of boys

16% of girls think engineering is suitable for them compared with 44% boys

Girls make up half of those taking maths and physics GCSE, but this drops at A level: 37% maths and 24% physics

At just under 17% of the workforce, women are the most underrepresented group in engineering and technology. Girls drop out of engineering and tech pathways throughout education and are much less interested in these careers than boys.

18% of students starting undergraduate engineering degrees were women, compared to 56% across all subjects

Proportion of first year engineering undergraduates who are female

Chemical, process and energy engineering	29%
Civil engineering	22%
General engineering	21%
Aeronautical and aerospace engineering	14%
Electronic and electrical engineering	14%
Mechanical engineering	12%
Production and manufacturing engineering	11%

12% of engineering T Levels entries were girls, compared to 46% across all subjects

17% of engineering apprenticeship starts were by women, compared to 52% across all subjects

Essay Competition

The Immerse Education Essay Competition invites students aged 13–18 to write a 500-word essay on a topic of their choice from our list of over twenty subject questions or choose our open question to explore your own idea.



BOSTON



CAMBRIDGE



LONDON



NEW YORK



OXFORD



SAN FRANCISCO



SINGAPORE



SYDNEY



TOKYO



TORONTO



ONLINE

Participate in the Immerse Education Essay Competition to join a prestigious global contest that recognises ambitious students for their originality, depth of thought, and academic excellence.

Why Participate?

- Gain academic recognition
- Gain verified credentials
- Exclusive access to Scholars' Salon*
- Strengthen research, writing, and critical thinking skills and university applications
- A chance to win scholarships to attend an Immerse programme

*High-performing entrants are invited to the Scholars' Salon – an exclusive series of academic workshops led by distinguished experts from a range of disciplines.

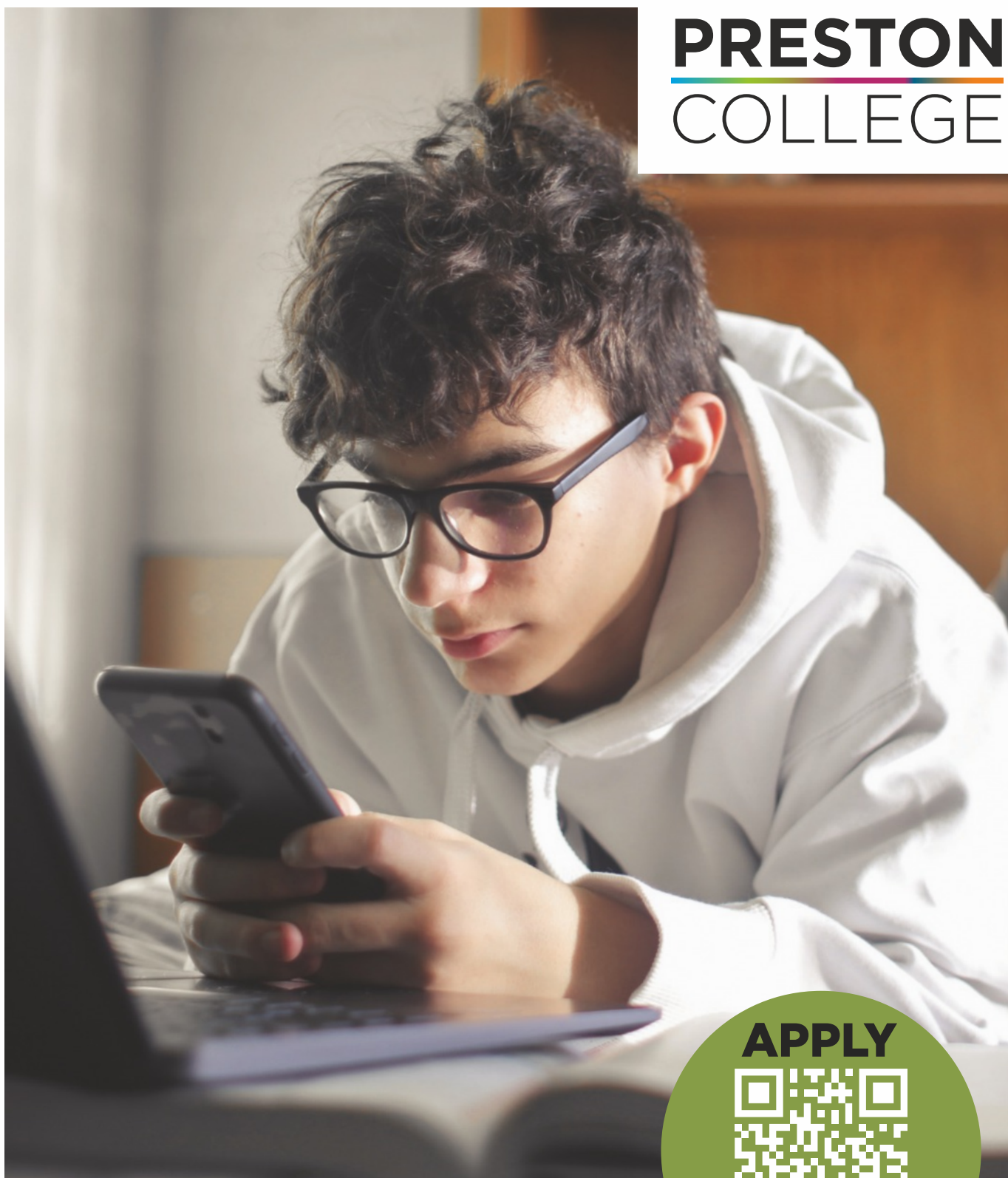


Register your interest to receive the essay guide, email reminders and FAQs.

Scan the QR code

WWW.IMMERSE.EDUCATION

PRESTON COLLEGE



St Vincent's Road
Preston
PR2 8UR

W www.preston.ac.uk
T 01772 225522
E info@preston.ac.uk



www.preston.ac.uk/apply

APPLY NOW FOR SEPTEMBER 2026!

You are invited to our

Open Event

Saturday **15 November** 10am - 2pm



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.



PREPARING LIFE

FOR WHAT YOU'LL THROW AT IT

Our Military Academy
holds open days **every Friday.**

GET IN TOUCH TODAY TO BOOK YOUR PLACE!

- 50% physical and 50% academic training.
- Our roll-on roll-off course means you can join today!
- 90% of our learners progress into military or civilian roles.
- Financial support available.

IN ASSOCIATION WITH



IN COOPERATION WITH



IN ASSOCIATION WITH



SCAN NOW TO
BOOK YOUR PLACE



visit **mpct.co.uk**

call **0330 111 3939**



Fleetwood Nautical Campus – Maritime Open Day

Location: Broadwater, Fleetwood FY7 8JZ

Date: Thursday 27th Nov – 13:30 until 17:00

Registration: <https://fleetwoodnautical.blackpool.ac.uk/maritime-careers-events>

For anyone interested or considering a career at sea, this is the perfect event for you.

Staff at Fleetwood Nautical Campus will be on hand to discuss how you will move through phased learning in both the classroom and at sea, as well as current students to learn about their experiences.

You'll also have the chance to meet with representatives of Clyde Marine Training who can explain how a cadetship works, including the fact that tuition fees are paid by your sponsoring company, and you'll receive a monthly payment while you study.

You can look around of our world class facilities:

- classrooms/workshops
- marine engineering centre
- halls of residence

And see demos in our:

- environmental pool
- bridge simulators
- engine room simulators

With career paths in nautical science (deck), marine engineering and electro-technical, there's something for everyone!

To reserve your place, click the registration link above.

Clyde Marine
Training



FLEETWOOD
NAUTICAL
CAMPUS



MARITIME CAREERS OPEN EVENTS 2025-26

2025

THURSDAY 27 NOVEMBER 2025 - 13.30 - 17.00

2026

SATURDAY 7 FEBRUARY 2026 - 10.30 - 14.30

THURSDAY 16 JULY 2026 - 13.30 - 17.00

Fleetwood Nautical Campus
Broadwater
Fleetwood
FY7 8JZ

<https://fleetwoodnautical.blackpool.ac.uk/>
<https://careersatsea.org>

You can look around our world class facilities:

- marine engineering centre
- environmental pool
- bridge simulators
- engine room simulators
- electro-technical lab
- halls of residence
- firefighting demonstrations

and more!

You'll also be able to meet with shipping/training companies offering sponsorship opportunities, talk to our tutors and hear our current students talk about their experiences.

Register today!



*We look forward to
welcoming you!*



GAIN THE ULTIMATE WORK EXPERIENCE THIS SUMMER

1 and 2-week programmes for students aged 15-18

Register now with code **EARLY15** for 15% off Summer Experience Programmes!



Work with **top professionals** and explore **real workplaces**



Gain a qualification in work experience to boost your university application



Experience university life on-campus at UCL

Choose from 15 different careers

Art & Design
Architecture
Computer Science
Dentistry
Engineering
Entrepreneurship
TV & Filmmaking
Forensic Science
International Politics
Investment Banking
Law
Media
Medicine
Psychology
Veterinary Science



**REGISTER
NOW**

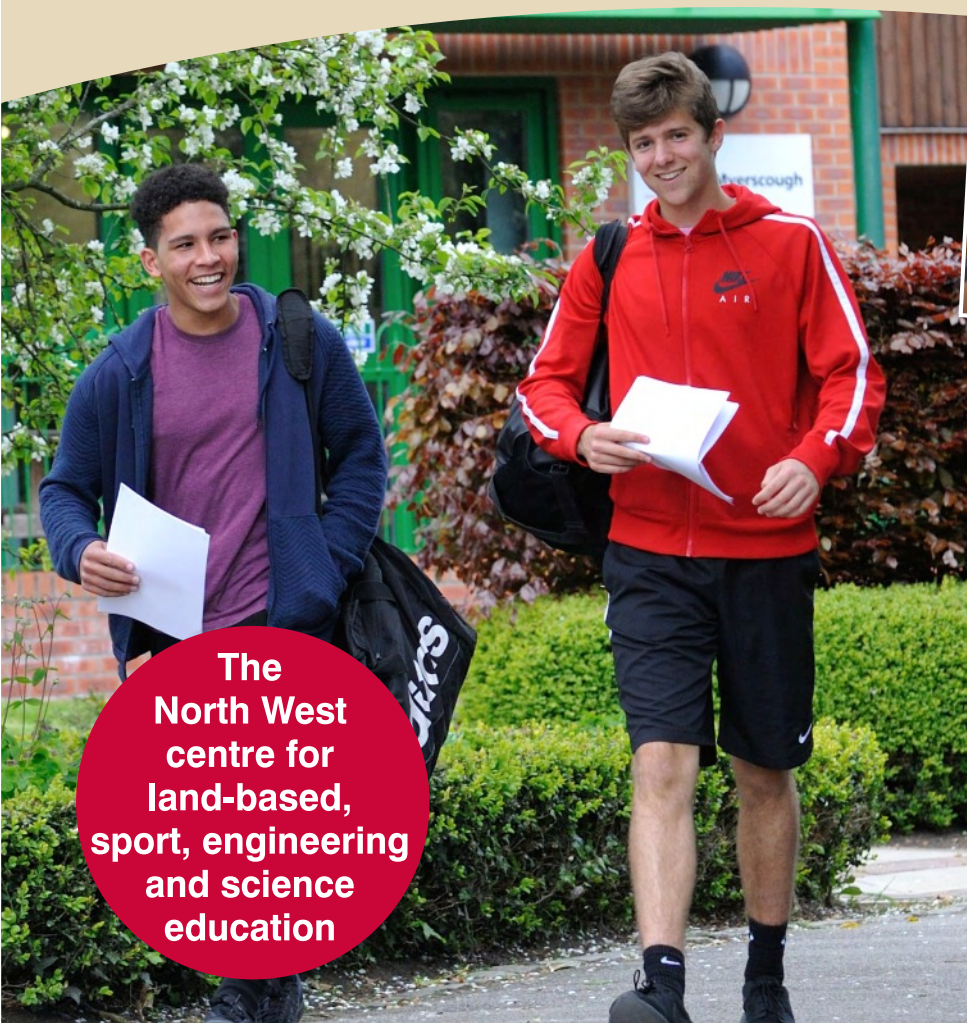




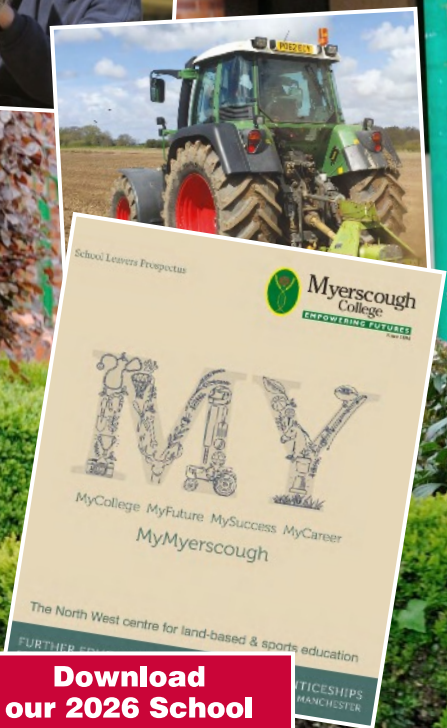
Myerscough
College & University Centre
EMPOWERING FUTURES
Since 1894

- ✓ 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 15th November 2025
Saturday 6th December 2025*

* Preston and Liverpool only

**CENTRES ACROSS
THE NORTH WEST**

**PRESTON • WARRINGTON
LIVERPOOL • MANCHESTER**

www.myerscough.ac.uk

Parents' Evening:

The Newsletter That Helps You Support Your Child's Future



Worried about exams?
Confused about career
options? Wondering what
comes next?

We've got your back.

Get free, quarterly updates
full of expert advice, tips, and
guidance to help your child
make confident decisions
about their future.



Exam stress & study tips



Uni vs apprenticeship advice



Application & interview help



Soft skills made simple



SEND support for parents



Real success stories



Live job opportunities



Sign Up Today!

Get practical, no-nonsense advice straight to
your inbox – **plus your free guide:**

"10 Tips to Help Your Child Find Their Career Path"





Insight into Wates STEM Event

A £2bn Engineering and Construction Firm

Thursday 13th November, 5pm to 6pm

Are you ready to launch your career with one of the UK's leading property development and construction companies? Wates, a £2 billion industry leader, is offering opportunities across the UK, providing ambitious students like you with the chance to gain real-world experience and build a successful career.

Explore Exciting STEM Opportunities Across the UK

Wates offers a wide range of opportunities in:

- **Engineering & Technical Roles:** Building Services Engineering, Surveying, Construction Support Technician
- **Skilled Trades:** Carpentry, Joinery, Plumbing, Electrical Installation, Groundwork, Plastering, Maintenance
- **Business & Professional Services:** Customer Service, Business Administration, Accounting

These are available nationwide, including key locations such as London, Cambridge, Crawley, Leeds, Manchester, Milton Keynes, and Redditch.

About Wates

Wates is a family-owned construction powerhouse with over 4,500 employees working on complex projects in education, healthcare, residential, commercial, and emergency services. Their apprenticeships offer hands-on experience while working on industry-leading projects and provide a clear pathway for career growth.

Event Details:

- Date: Thursday, 13th November
- Time: 5pm - 6pm
- Location: Zoom (link provided upon registration)

Why Attend?

Gain insider insights into careers and apprenticeships at Wates

Discover the range of roles and the application process and find your perfect career path

Hear from industry experts and current apprentices on how to stand out

Learn how to stand out in your corporate applications

Don't miss this chance to learn from industry leaders and explore how Wates can help you build a rewarding career in construction, engineering, and business.

Register here:

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

Proud to be



ranked **number 2***
nationally for **A-Levels**
& **Technical** courses

*in the Government's latest achievement tables for learners aged 16-18.

blackburn.ac.uk

Sat 15 Nov
10am - 1pm



Blackburn
College

Open Event

**Sign
up
now**



blackburn.ac.uk



ART CLUB

2026

**AN 8 WEEK PROGRAMME
THURSDAY EVENINGS
4.30-5.30PM**

AT THE SIXTH FORM BOLTON



You will work with specialist tutors who will support your creative making teaching you a variety of subject specific techniques and processes from digital photography and studio techniques, through to painting and drawing, fine art textiles techniques and digital image manipulation and animation techniques.

5 & 12 FEB: PHOTOGRAPHY

26 FEB & 5 MAR: FINE ART

12 & 19 MAR: TEXTILE DESIGN

26 MAR & 2 APR: GRAPHIC DESIGN

SIGN UP HERE

afterschoolclubs@bolton-sfc.ac.uk

**COST
£20.00**



Each week will build on the last, we encourage you to use the themes you are working with in either your current coursework or exam project for GCSE BUT if you are not studying GCSE Art & Design you can still join ART CLUB and complete the 8 week program using your own theme 😊

Subject Guide Videos



These impartial videos have one key aim. To support students who are considering university to make informed future subject decisions. They feature guest speakers from a range of different universities, who are always experts in the subject being explored.

Including the UK's first video subject guide!

Different subjects, but the same four themes explored in every single one:

- Why students may wish to consider the subject
- What to expect if they study it
- An overview of the careers it may lead to
- Application tips if they go on to apply

From Accounting to Zoology - and 100's of subjects in between. You can browse any of the videos, search by keyword, or filter by subject.

[CLICK HERE](#)





University of Central Lancashire

Training 2000



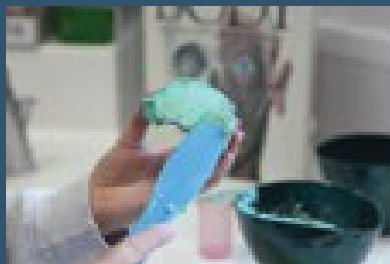
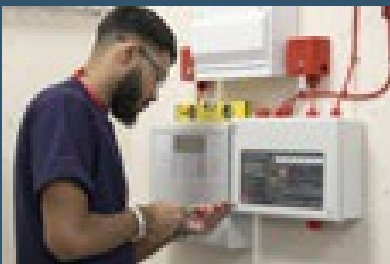
Apprenticeship open evenings

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

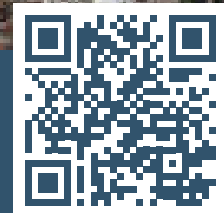
Where: Furthergate Business Park, Harwood Street, Blackburn, BB1 3BD

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



Book your place:

www.training2000.co.uk/events



Part of the
University of
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University of
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UCLan

Traineeships

Apprenticeships



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

QEGS SIXTH FORM



Sixth Form Open Evening

Thursday 20th November 2025
5.00pm-7.00pm



Apply now: QEGSblackburn.com/sixth



@QEGS_Blackburn



/QEGSBlackburn

Ofsted
Rated Good
with Outstanding features

QEGS
MULTI ACADEMY
TRUST



With our Taster Day only a few days away and we want to inform you of this fantastic opportunity for your high attaining mathematics students to experience what it is like to study here at LUSoM.

When students sign up they can be asked to attend 3 taster lessons, one being Maths and two additional subjects of their choice from Chemistry, Computer Science and Physics.

Staff and current students will be in attendance, equipped to support with any queries students may have about life at LUSoM. The admissions team will also be available to answer queries about the application process.

If you have any students that may be interested in attending, please find the booking link and timings for the day below:

Taster Day

Saturday 15th November - 10:00 - 12:30

bit.ly/3lwRw2T



LANCASTER UNIVERSITY
SCHOOL OF MATHEMATICS

OPEN EVENTS

5-7PM

15TH OCTOBER

18TH NOVEMBER

15TH DECEMBER

9TH FEBRUARY

12TH MARCH

12TH MAY

18TH JUNE





Scan Me

WESTHOLME

PREP | SENIORS | SIXTH FORM

M1SS
Saigon

School Edition

26 - 29 NOVEMBER

CROSTON THEATRE - 7PM

Westholme School | Wilmar Lodge | Meins Road | Pleasington | BB2 6QU

www.westholmeschool.com



Give your students a head start with

4 SKILLS
WORK EXPERIENCE

SIGN UP NOW

Who are 4Skills?

4Skills is Channel 4's training and development team, here to help you kick-start a career in TV and the creative industries. They create opportunities for young people who might not know where to start, making the media world more open and diverse. With 4Skills, it's all about giving you the confidence and skills to explore exciting creative paths.

SIGN UP NOW



What is virtual work experience?

It's an online programme where young people complete real-world tasks, challenges, and insights from industry professionals, all from home and at their own pace.

Sign up today to...
Channel 4 Work Experience.



-  IT'S VIRTUAL
-  IT'S FLEXIBLE
-  IT'S FREE

You have until 19th December to complete your work experience online. Unlock badges and certificates as you learn more about TV and Broadcasting...

SIGN UP TODAY



SIGN UP TODAY

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



DID YOU KNOW?

T-LEVELS

are available in 21 subjects.
Whatever you want to be, from
a data analyst to a nurse,
a T Level can support you.

Find out more at tlevels.gov.uk



GREEN CAREERS

Energy & Power

Solar Panel Installer
Wind Turbine Technician
Renewable Energy Engineer

Nature & Environment

Wildlife Conservationist
Marine Biologist
Ecologist

Buildings & Cities

Green Architect
Town Planner
Energy Adviser

Recycling & Resources

Recycling Manager
Sustainability Officer
Environmental Inspector

Food & Farming

Organic Farmer
Urban Gardener
Soil and Water Specialist

Climate & Policy

Climate Change Adviser
Environmental Lawyer
Charity Project Worker

Technology & Innovation

Environmental Data Analyst
Green Tech Developer
Electric Vehicle Engineer



How your future career could help save planet Earth

WIND TURBINE TECHNICIAN

Maintain and repair wind farm turbines on land and at sea.

MARINE BIOLOGIST

Study life in the oceans, and sometimes the oceans themselves.

ELECTRIC CAR DESIGNER

Design and develop high-tech electric vehicles.

ORGANIC FARMER

Produce high-quality food, using methods that benefit our whole food system, from people to planet, plant health to animal welfare.

PLANT AND ANIMAL CONSERVATIONIST

Protect plants and animals against pollution and extinction.



YOUTH FUTURES DROP IN

ARE YOU 16 OR 17 AND NOT IN SCHOOL OR WORKING?

We can help you with;

- Your next steps
- Getting into education
- Finding work
- Building your confidence
- Boosting your skills

Let's work together to figure out your next steps!

DROP IN



Chorley Library, PR7 1EB



Monday 1-4pm
Usually I'm there, but
best to check!

CONTACT US



07917 534459



01772 531 044



@youthfutures_team



youthfutures@lancashire.gov.uk

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.



WE ARE A CENTRE OF
EXCELLENCE FOR
ACADEMIC AND VOCATIONAL
PROGRAMMES



BOOK HERE

Scan the QR code or visit:
www.bolton-sfc.ac.uk





Sixth Form Centre

OPEN EVENING

Tue 18 Nov

5.30pm – 8.30pm

BOOK NOW – burnley.ac.uk



BOOK NOW



MAKE BATH BOMBS SUSTAINABLE

THIS IS
ENGINEERING

MEET OLIVIA. FRAGRANCE FINDER. SHE GREW UP WITH A HUGE APPRECIATION FOR THE NATURAL WORLD. TODAY, SHE CREATES BATHROOM PRODUCTS FROM SUSTAINABLE, CRUELTY-FREE AND ETHICALLY-SOUND SOURCES. BE THE DIFFERENCE.

SEARCH 'THIS IS ENGINEERING'

Retail Apprenticeship What skills do you gain?

It's not just about stacking shelves!

RETAIL

Learn about all areas of retail and how a store works across all areas.

BUSINESS

Develop an understanding of how a business works - on a store and national level.

CUSTOMER SERVICE

Develop customer service and communication skills in a wide range of scenarios.

SOCIAL MEDIA

Gain knowledge of the impact social media has on brand reputation.

TECHNOLOGY

Become proficient at using a range of different technologies.

FINANCE

Handle money and using financial operations in real-life situations.

STOCK

Learn to manage stock availability using systems and procedures.

PRODUCT PLACEMENT

Develop an understanding of product placement promotional activities.

TEAMWORK

Build your people and teamwork skills by working with a wide variety of colleagues.

TIME MANAGEMENT

Progress your time management skills and learn how to prioritise tasks.

PROBLEM-SOLVING

There will be lots of opportunities to develop your problem-solving skills in retail.

COMMUNITY

Gain knowledge of supporting local communities.



Retail Apprenticeship Where could it take you?



JANE

STRONGER STARTS

RETAIL

APPRENTICESHIP



TOM

HUB OPERATOR

Interested in a career in security? A Hub Operator position may be perfect for you. Identifying risks and creating reports will be a big part of your day to day!

1

SHIFT LEADER

The Shift Leader oversees shifts and coordinates the team to maintain a safe and efficient store environment. They are always looking for ways to improve customer service.

PROJECT MANAGER

Project Managers are present across Tesco stores, playing a crucial role in maintaining store safety and ensuring staff satisfaction.

2

STORE MANAGER CONVENIENCE

Store Managers plan and manage work streams, with a focus on continuously improving Tesco's service to customers, communities and the environment each day.

AREA MANAGER

An Area Manager's goal is to create an excellent shopper experience. They understand the business inside and out and strive to create a supportive and compliant work environment.

3

CENTRE MANAGER

This position will place you at the core of Tesco's various centers, where you will be responsible for inspiring a large team and ensuring that all staff members provide exceptional service.

YOUR FUTURE

Find out more: www.amazingapprenticeships.com/tesco





TESCO Stronger Starts

MEET ZOE

Level 2
Retail Apprentice



Watch Zoe's
story here

Age 16+ and looking for your next step? Kick-start your career with our Stronger Starts Retail Apprenticeship.
To find out more visit:

www.tesco-programmes.com/apprenticeships/stronger-starts-retail

NOVEMBER 2025



BRITISH ARMY CAREERS NEWSLETTER

FOR EDUCATORS & CAREERS LEADS

SPOTLIGHT ON

ROYAL ARTILLERY

INTRODUCE YOUR STUDENTS TO THE ROYAL ARTILLERY
- A BRANCH OF THE BRITISH ARMY WHERE TRADITION MEETS CUTTING-EDGE TECH AND ADVENTURE.

WHAT MAKES IT STAND OUT ?



■ **DRONE OPERATIONS:** Use advanced surveillance tech and uncrewed aerial systems.

■ **KING'S TROOP:** Join ceremonial units with horse-drawn gun carriages at royal events.

■ **COMMANDO & PARACHUTE ROLES:** Train with elite forces, including amphibious and airborne deployments.

■ **STEM & LEADERSHIP:** Roles that blend science, engineering, and real-world decision-making.

CAREER OPPORTUNITIES ➔

WHY SHARE THIS WITH STUDENTS ?

Offers diverse career paths - from tech to tradition. Builds confidence, discipline, and teamwork. Includes apprenticeships, qualifications, and global travel.

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.

PHYSICAL EDUCATION (PE): FROM THE SPORTS FIELD TO THE GLOBAL MISSION!

TANK CREWMAN ➔

- Tank crewmen operate in confined spaces, lift heavy equipment, and endure long missions.
- Operating a tank requires precise coordination between driver, gunner, and commander.
- Navigating terrain and reacting quickly to threats is vital in armoured vehicles.



STRENGTH TRAINING, AGILITY
DRILLS & REACTION GAMES.



ENDURANCE CHALLENGES,
TEAM WORK & GOAL SETTING.



MOVEMENT PATTERNS,
COORDINATION, RHYTHM.



BALANCE, CORE STABILITY,
POSTURE.

HOUSEHOLD CAVALRY ➔

- Mounted soldiers need excellent balance and control while riding.
- Household Cavalry perform ceremonial duties requiring precision and discipline.
- Cavalry units rely on strong leadership and cohesion.



ARMY APPLICATION AT A GLANCE - MAKING THAT FIRST STEP

HINTS AND TIPS

APPLYING ONLINE ➔

Any application to join the British Army starts with an online application.

1

Encourage Early Online Registration
Help students understand that the application starts online and requires creating an account with basic personal details.



2

Support Eligibility Awareness
Guide students to check their age, nationality, and qualifications early to ensure they meet entry requirements.



3

Promote Career Exploration
Encourage students to explore different Army roles so they're ready to choose the right application form based on their eligibility.



4

Connect with Army Outreach
Invite Army careers advisors or use official resources to give students insight into the recruitment process and lifestyle.



5

Link Academic Subjects to Army Skills
Reinforce how subjects like Maths, English, and PE develop key skills such as problem-solving, communication, and physical fitness - all valued in Army careers.



Provide Time & Space for Applications.
Offer support sessions or quiet time for students to complete their online forms and ask questions.

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 ➔



NEW

COLLEGE

PODCAST

COLLEGE COMPASS

**UNLOCK THE
SECRETS TO
A SUCCESSFUL
CAREER**

**GUEST SPEAKERS
ADVICE & GUIDANCE
INDUSTRY KNOWLEDGE**

LISTEN NOW ON SPOTIFY



MENTORVERSE

The technology sector is rapidly transforming every part of our world, from cybersecurity and app design to healthcare innovation and sustainable energy. For students aged 14–18, early exposure to these opportunities can spark curiosity, build confidence, and help them uncover future career paths they might never have considered.

That is why I would like to invite your students to the **Tech Mentor No-Code Hackathon**, taking place on **Saturday 13th December**, from 10am to 4pm.

<https://techmentor.org.uk/national-hackathon-competition>

The Tech Mentor No-Code Hackathon is a hands-on, team-based event where students will have the chance to:

- Build their own app to solve a real-world challenge, with no code needed.
- Develop essential skills like problem-solving, teamwork, and creativity.
- Create a portfolio of work they can showcase for jobs, apprenticeships, or university applications.
- Explore the wide variety of career opportunities in tech, from app development to green energy.
- Work in a safe, supportive environment where mistakes are part of the learning process.

The event is open to students aged 14–18 (Years 10–13) and is designed to be accessible to everyone, regardless of their experience with technology. Here's what they can expect:

- The hackathon will be fully online via Zoom, running from 10am to 4pm (UK GMT).
- Students will work in teams to tackle a surprise real-world challenge using no-code platforms.
- They'll be guided by experienced mentors who will support them throughout the day.
- Each participant will receive a certificate of participation
- The cost is £15 per student, which covers platform and administration costs.

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 to 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!

Spaces are limited, so I encourage you to share this opportunity with your students and encourage them to register early to avoid disappointment.

Register now:

<https://techmentor.org.uk/national-hackathon-competition>



HOW DO YOU MAKE FISH FINGERS?

tasty CAREERS
in food & drink

... It's not as simple as you might think...

FISHING BOATS and **CREWS** go to sea and catch many different types of fish and shellfish to strict quotas and guidelines. When the catch is landed, buyers from large food companies, supermarkets, **FISHMONGERS** and restaurants assess the quality and freshness of the various fish, prawns, scallops, lobsters, clams and crabs.

REFRIDGERATION TECHNICIANS with **WAREHOUSING** ensure that the seafood is quickly dispatched and transported to the next stage in the processing chain to ensure maximum freshness. In supermarket and independent **FISHMONGER** shops **PROCESSING OPERATIVES** clean and prepare everything ready for sale as raw product, while **NEW PRODUCT DEVELOPMENT TEAMS** develop exciting new ready to cook meals for **SALES & MARKETING** to develop ever more creative packaging and marketing campaigns for the consumer. Meanwhile, freshly filleted cod has been checked for quality by a **QUALITY ASSURANCE MANAGER** before being made in to fish fingers, and delivered to your local supermarket.

BET YOU THOUGHT IT ONLY TOOK A TRIP TO THE CHIP SHOP!

To find out more about the type of career opportunities available within the Food & Drink Manufacturing Industry visit:

TASTYCAREERS.ORG.UK

Find us on



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 receiving 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 Blackburn

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, Blackburn 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.

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

Example: At dedicated to are ready to your source

Choosing the right university
University of Derby
University of Derby
University of Derby

University of Derby
University of Derby
University of Derby

Student events
your school
events contin
Choose a new
exciting acco
needed

Top tip: optio
rece

Example: guaranteed halls in award-winning accommodation for all new first-year undergraduate students if they make Derby their firm choice.

Making that all-important decision

Going to university helps you build a strong foundation, academically and personally, providing new and exciting opportunities. Making an informed choice on your subject, location, and potential future career gives you the greatest opportunity to succeed. Just remember to make a decision that is best for you and your future, and will help you to thrive.



Featuring expert contributions from over 65 education practitioners

UniTasterDays.com

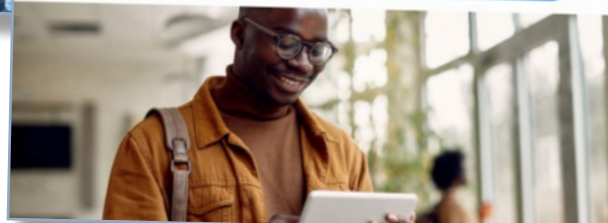
Students' Guide to University 2025

The key higher education facts for students thinking about university

Produced in collaboration with HELLO



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 Blackburn.



APPRENTICESHIPS LINKED TO ART & DESIGN

- ARTS THERAPIST
 - BESPOKE FURNITURE MAKER
 - CONTENT CREATOR
 - CURATOR
 - FASHION & TEXTILES PRODUCT TECHNOLOGIST
 - FLORIST
 - JUNIOR ADVERTISING CREATIVE
 - JUNIOR ANIMATOR
 - MODEL MAKER
 - PHOTOGRAPHER
 - SCENIC ARTIST
- AND MANY MORE!**



Interested in apprenticeships, but not sure what to do next? Take a look at the employers offering apprenticeships that link to the subject you love.
amazingapprenticeships.com

SCAN ME



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](#)

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 16th November from 9am - 1.30pm**
- **Saturday 22nd November from 9am - 1.30pm**

Get Into Dentistry:

- **Sunday 30th November 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/shrBuiR7SBACc19kE>

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/shrBuiR7SBACc19kE>

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



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.

Register here: <https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>

Once they've registered, students will be emailed links to their virtual work experience portals.

Please ask students to check their spam folders and mark their attendance on the day in order to receive their Work Experience Certificates.

This programme is suitable for students in year groups 10/11 who are interested in the following careers:

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

The sooner students begin work experience, the better. During the work experience day, students will follow 2 patients from their initial presentation to recovery. They will gain a unique insight into how patients interact with a variety of healthcare professionals and what it's like to work in an NHS multidisciplinary team.

Attendees will have the opportunity to interact with healthcare professionals throughout each day. This will empower students to make an informed career decision and demonstrate their commitment to healthcare in their UCAS applications.

Students will receive certificates as evidence of having participated in the work experience programme. Those that complete the full 5-month programme will also be awarded Highly Commended References.

Students can register individually at any time throughout the 5-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:

<https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>

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



CAREER *of the* WEEK

Sport and Exercise Psychologist

Sport and exercise psychologists use their psychological skills, knowledge and expertise to support the behaviours, mental processes and wellbeing of individuals, teams and organisations involved in sport and exercise.

If you choose to specialise in sport psychology, you'll help athletes and teams involved in sport, from amateur to elite professional level, deal psychologically with the demands of the sport. You'll also help them improve their personal development and enhance their performance and motivation in order to reach their full potential.

As an exercise psychologist, you'll work with the general public to increase motivation and participation in exercise, encouraging a healthy lifestyle and advising on the psychosocial benefits that exercise can offer.

You'll usually specialise in either sport or exercise psychology, although it is possible to work in both.

Responsibilities

As a sport and exercise psychologist, you'll need to:

- assess your clients' needs and abilities
- design, implement and evaluate strategies to help clients overcome difficulties, improve performance or realise potential
- monitor sporting performance and behaviour
- work with a multidisciplinary team including other psychologists, nutritionists, GPs, coaches and physiologists
- deliver counselling and/or workshops covering issues such as goal setting, visualisation and relaxation
- keep up-to-date records of your work with individuals
- conduct and apply research in sport or exercise psychology

If you work in sport psychology, you'll need to:

- work with a range of clients including individual athletes, teams, coaches and referees, from amateur to elite professional level, across a range of sporting disciplines
- design, deliver and evaluate a performance curriculum, providing psychological skills training
- develop tailored interventions to assist individuals in preparation for competitions, matches and other sporting events and to deal with the psychological demands of the sport
- provide clients with strategies to help them handle issues such as nerves, self-confidence and motivation
- set up activities to help improve both individual and team performances
- work with other staff to embed performance psychology across all areas of training
- equip individuals and teams with mental strategies to cope with and overcome setbacks or injuries
- advise coaches how to improve squad cohesion or communication
- deliver group workshops on areas such as self-analysis of performance or techniques to develop mental skills within the sport.

If you work in exercise psychology, you'll need to:

- counsel clients who are ill or in poor physical or mental health, and who may benefit from participation in more regular exercise
- advise individuals about the benefits, both physical and psychological, that can be derived from exercise
- work with individuals and groups in a variety of settings including GP surgeries, employers' premises, the client's home, clinical settings and local fitness centres
- devise, implement and evaluate exercise programmes based on the needs of the client
- provide counselling and consultations to a cross-section of the public including people who are depressed, GP referrals, people in prison or groups of employees as part of a workplace-exercise programme



For more information [click here](#)