



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

Here we are at the end of another busy week at Parklands - almost half term already.

In this issue of Career News, you will find lots of interesting and useful items including:



- Open Events at local colleges - make sure you register in advance.
- Various offerings from the Medic Mentor family - conferences and virtual work experience.
- A charity photography competition from InvestIN on the theme of Resilience.
- A gaming night with NGTU - have a chat about the careers available in the gaming and creative industries, as well as playing your favourite games.
- Or perhaps a look around Escape Creative Studios? There is a live stream option if you can't make it in person.
- The apprenticeship focus this week is on Sky - they have so many different options - check out the blog and find out more.
- Plus Career of the Week - this week highlighting Mental Health Day.

I recently visited LUSoM - the Lancaster University School of Maths in Preston (part of Newman College) and the first purpose built maths college in the UK. It is well worth a visit if a STEM career is your dream. Their open day is this Saturday - so don't miss it!

Have a great weekend



16th - 20th October 2023

**CARDINAL
NEWMAN
COLLEGE**

OPEN

DAYS

**SAT
14
OCT**

**SAT
11
NOV**

**SAT
03
FEB**


Ofsted
Outstanding
Provider

10AM - 1PM



Engineering: Daily Arxiv Radio Station

Do you enjoy exploring state-of-the-art advancements in artificial intelligence? Daily Arxiv's Radio Station releases daily episodes covering cutting-edge research papers in machine learning, computer vision and pattern recognition, computation and language, and robotics.

Ideally, you should try to skim the relevant paper before listening to the episode and jotting down your own ideas and thoughts. Take notes on any interesting points, anything you find confusing, or any flaws you notice in the paper - this way you can compare them with the discussion in the episode.

If you're interested in working on your own research in AI, then our month-long Engineering Research Internship and Computer Science Research Internship are two fantastic opportunities to explore the latest breakthroughs in AI, robotics and the Internet of Things! Collaborate with your fellow interns and expert Mentor to uncover the applications of AI to ultimately co-author an academic research paper.

[Listen here](#)





Ada Lovelace Day is an international celebration acknowledging the achievements of women in STEM all around the world. The event was founded in 2009 due to a concern that women in the tech industry were invisible and has since aimed towards encouraging women and girls to pursue careers in STEM.

The inspiration for Ada Lovelace Day also stemmed from research carried out by psychologist Penelope Lockwood, which found that women needed to see female role models more than men needed to see male role models.

But instead of just highlighting the achievements and impact of just one, or a few privileged women in the industry, it's important to continue to make conscious and sustained effort to showcase a broader spectrum of women's successes in STEM if we are to make our computing role models representative and relatable.

To do this, we must not shy away from the equity gap in the technology industry when celebrating women in computing and exploring how we can fight the trends of under representation and discrimination. Today, women make up around half of the UK workforce, yet in the tech industry, a mere 24% of roles are filled by women, and over 77% of tech leaders are men ([Tech UK, 2023](#)).

Dame Stephanie "Steve" Shirley's journey serves as a compelling illustration of a woman in recent history who has made significant contributions to increasing the participation of women from diverse backgrounds in STEM industries.

Shirley was a child refugee who came to England at the age of five without her parents. Aged just 26, Shirley went on to found her very own software company that redefined the work pattern for women during the 1950's. It was during this time that she adopted the name "Steve" to help her overcome challenges posed by the male-dominated industry that she operated in. It's suggested that by signing off with this name in her written communications she was engaged with more frequently, and thus gained greater exposure to professional opportunities.

Whilst this might sound like an issue of the past, gender-based discrimination and under representation still exist within the tech industry, and especially so for women from ethnic minority backgrounds.

While we might hope that gender-based discrimination and under representation are issues of the past, they persist in the tech industry, particularly affecting women from ethnic minority backgrounds. The theme of this year's Black History Month, 'Saluting our Sisters,' acknowledges black women whose contributions have been overlooked, ideas appropriated, and voices silenced. This theme extends to the tech sector, where a recent study revealed that black women constitute only 0.7% of the technology workforce, despite comprising 1.8% of the UK's total workforce ([BCS, 2022](#)). Structural changes are crucial in eliminating barriers for black women and girls pursuing success in the industry. However, honouring the achievements and voices of these underrepresented groups must remain a priority.

Whilst Ada Lovelace Day serves as a crucial reminder that it is vital to celebrate the excellent work women have accomplished in computing over the past two centuries, we must also continue to celebrate women from all backgrounds to overcome the systemic barriers that hinder their entry and success in a traditionally male-dominated industry.



Lancaster University School of Mathematics (LUSoM) is a specialist maths and STEM sixth form in Preston. As the first purpose-built maths school in the country, we offer students with an exceptional aptitude and passion for mathematics to be part of a like-minded community that will not only challenge them, but provide them with the necessary knowledge and skills to pursue a career in maths and STEM.

On **Saturday 14th October** we are holding an Open Day, where we invite any interested students to tour our building and get a glimpse into life as a LUSoM student.

[LUSoM Open Day Booking Link](#)




LANCASTER UNIVERSITY
SCHOOL OF MATHEMATICS

OPEN DAY EVENT TIMES

Head Teacher Talks
Head of School, Peter Tiltman
Auditorium, 10:30am and 11:30am

'Exploring Acids & Bases' Demonstration
Head of Chemistry, Rachel Rowbottom
Hodgkin, 10:10am / 10:40am / 11:10am / 11:40am

Visit the Team

A-Level Computer Science & Pastoral Support – Assistant Head Francis Goodburn (DSL) in Turing

Explore A-Level Physics – Head of Physics, Zoe Knowles in Curie

University Entrance Exams – Andy Bottomley in Al Khwarizmi

A-Level Maths & Further Maths – George Lythgoe in Euler

Going Beyond the Syllabus - Juan Bercial in Ramanujan



BOLTON COLLEGE YOUNG PEOPLE'S

Part of the University of Bolton Group



OPEN EVENTS 2023 / 24



We can't wait to tell you about the amazing opportunities here at Bolton College so visit us in person to discover what we're all about!

Tuesday 17th October 2023

5pm-8pm

Thursday 14th December 2023

5pm-8pm

Wednesday 15th November 2023

5pm-8pm

Tuesday 6th February 2024

5pm-8pm

Deane Road Campus, Bolton, BL3 5BG

Register via:
www.boltoncollege.ac.uk



MEDIC MENTOR



YOUR MEDIC FAMILY

We are pleased to inform you that registration for the national free UCAS conferences for students interested in becoming doctors has opened. Students will be awarded a certificate of attendance which can be listed on their Medical School UCAS applications for 'activities that support higher education'. The events have marked a valuable turning point for students and are open to students from any school and background in 10-11 year groups.

Conference Registration Form: <https://airtable.com/appgXnyzN5ZD9lw66/shry7MZYtt3MGPjvO>

Upcoming Dates:

- Saturday 28th October
- Sunday 29th October
- Saturday 4th November

The Get into Medicine UCAS Conference is a comprehensive guide to the medical application process. The doctors and medical students will cover:

- Application Timelines
- How to Tactically Choose Medical Schools
- CV Building
- Personal Statements
- Medical School Interviews
- UCAT - Entrance Exams to Medical School
- Medical Leadership and Awards Programmes
- Accessing Work Experience
- Accessing Scholarships

We strongly encourage all students to make the most out of this free opportunity that has helped thousands of students secure medical school places since it launched: <https://medicmentor.org/successful-student-journeys-reviews/>

Here's how the day will run:

9:30-10:00	Registration
10.00-11:00	Quick introduction to Medic Mentor, overview of the day, competition ratios, application timeline, Awards and Scholarships
11:00-11:15	Break
11.15-11.45	Introduction to the UCAS application form and entry requirements
11.45-12.15	Interactive CV building exercise and exclusive access to leadership, research, presentation, publication, prizes and scholarship opportunities
12.15-12.30	Top tips form a successful applicant (medical student)
12:30-12:45	Break
12.45-13.30	How to write the perfect personal statement
13.30-13.45	Break
13.45-14.10	Entrance exams - how to do ace the UCAT
14.10-14.30	How to prepare for Medical School interviews
14.30-15.00	Top tips form a successful applicant (medical student) and next steps

One booking = one booking for a student + their parent/guardian.

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

Our Chief Mentors look forward to meeting your students at our conference!

Best wishes,

Dr Siva

Chief Mentor, Your Medic Family

New Aspire E-Learning Courses available!

My learning. My NHS and Care Career.



Aspire E-Learning

- Interactive content
- Explore different careers
- Access to resources

Learn More

As part of our website we also offer our Aspire, E-Learning section which is our new online learning tool. Aspire offers a variety of interactive resources to support students in gaining knowledge surrounding Health & Care Careers. Upon completion, students will receive a certificate for each programme they complete, and this will be stored in their online Portfolio section of the website. We have a variety of courses available and these are suitable for all age ranges.

We upload new courses on a monthly basis.

Courses include: Understanding non-clinical roles in the NHS, Equality & Diversity, NHS Careers for school leavers, Apprenticeships, Journey to Nursing plus much more!

Register your interest today –
www.nhscareersnw.co.uk

NHS CAREERS EVENT!!!

NHS
Lancashire Teaching
Hospitals
NHS Foundation Trust

Have you considered a career in the NHS?

Come along to find out more information on apprenticeships, NHS careers, University paths and much more. Speak to NHS professional's from various department including both clinical and Non-clinical departments.

**11TH
December
10:00-
14:00**

Location: Chorley And
South Ribble Hospital,
Education Centre 3,
Preston Road, Chorley,
PR7 1PP

**Scan me for
directions**



for more information please email us at:
WIDENING.PARTICIPATION@LTHTR.NHS.UK

L i f e
Learning Inspiration Future Employment

The Health Academy
Lancashire Teaching Hospitals **NHS**
NHS Foundation Trust



Are your students passionate about animation, games or visual effects? At **Escape Studios**, we've been at the forefront of creative education since 2002, supplying the industry with studio-ready talent.

With degrees designed with industry partners including **Industrial Light & Magic** and **Framestore**, our students learn from the best within a welcoming, close-knit and successful community.

Escape Studios

Escape Studios open day

- Saturday 21st October
- 10:00am and 1:00pm
- Livestream option available
- 6 Mitre Passage, North Greenwich, London, SE10 0ER

Book Now

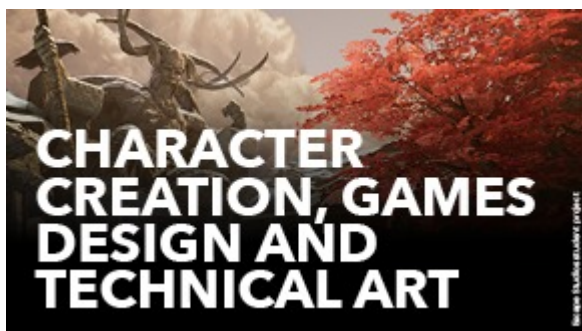


Why join us on 21st October?

Students can **book a place** at our open day on Saturday 21st October to:

- Explore our **BRAND-NEW** campus on the Greenwich Peninsula
- Learn about the world of Animation, Games and Visual Effects
- Hear from our expert tutors and current students
- Check out our Green Screen set-up and Motion Capture demo

Book now to find out how Escape Studios can make career dreams a reality!



Creative Technology

Our new Creative Technology courses are for those who enjoy both art and technology. These programmes in Character Creation, Game Design and Technical Art have been designed with experts from Creative Assembly, Framestore, nDreams, PlayStation London Studio and Rocksteady Studio.

[Tell me more!](#)



Creative Arts

We have a range of Creative Arts courses in 2D and 3D Animation, Game Art and Visual Effects. These degrees have been developed with experts to give students the skills that are relevant and in demand in the industry. Students are taught by our expert tutors and graduate with a portfolio of high-quality work, ready to apply to their dream jobs.

[Show me the courses](#)



Join us for GAMING LIVE on Friday 13th October!



Join Not Going to Uni for an evening of games and chatter.

We'll be discussing apprenticeships, the advantages of not going to uni, debating the differences of uni vs not going to uni with some current University of Kent students, and looking at how you can kickstart a whole variety of careers.

We'll be playing:

4pm: FIFA

5pm: Formula 1

6pm: Farming Simulator

7pm: Golf with My Friends

Join us for a relaxed evening where you can ask questions and engage with our ambassadors.

[Join us LIVE from 4pm on Friday](#)

INVESTIN

The Young Photographer Challenge

Student Charity Competition for World Mental Health Day



In honour of World Mental Health Day on 10th October, we invite students aged 12-18 to enter our competition, The Young Photographer Challenge. Students should submit a photograph, along with a short caption, depicting how they show resilience. Creativity is highly encouraged!

The competition is free to enter and for each submission we shall make a donation to YoungMinds, the youth mental health charity.

The deadline for entries is 5pm on 17th November 2023.

Enter the Competition

"Life doesn't get easier or more forgiving, we get stronger and more resilient"

We all experience a great amount of physical and mental growth on a daily basis, as we are constantly faced with new situations and challenges. Being resilient gives us the ability to tackle these head-on and progress forward from any setbacks with confidence and a positive mindset!

Need inspiration? Think - how do you show resilience? If you are faced with a difficult situation, what do you do to tackle it?

This might involve:

- Allowing time for fun outside of school, by seeing friends, enjoying nature and relaxing, so we can keep a positive mental attitude in harder scenarios.
- Practising mindfulness, so we can understand when we are stressed and learn how to act on it.
- Recognising when you have overcome a difficult challenge and how you have learnt from it and grown as a result.

The Winner: The winning photograph will receive an in-person place on a one-day immersive experience of their choice! Our shortlisted entries will also be shared across our social media and featured on our blog.

InvestIN's Career Experience Programmes

Experience your dream career before leaving school: unforgettable activities, exclusive site visits, career advice from top professionals and so much more.

[View & Register: Ages 15-18](#)

[View & Register: Ages 12-14](#)



Health Education England has recently completed a discovery report on virtual work experience programmes, which have concluded that these programmes are a valuable adjunct to in-person work experience, especially by preparing students for in-person placements and where in-person experiences are extremely limited. The NHS Allied Healthcare Work Experience successfully invited 12,000 students to participate in the last academic year, making it the largest programme for students who are specifically interested in the following careers:

- Nursing
- Midwifery
- Paramedicine
- Physiotherapy
- Occupational Therapy
- Dietetics
- Radiography
- Prosthetics and Orthotics
- Speech and language therapy
- and Pharmacy!

Applications for this programme are now open, and they will be open throughout this academic year, with the **next virtual work experience day** taking place on the **5th November**. It is suitable for students in year groups 10-11.

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 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 healthcare professionals work in a variety of settings, such as hospital and community.

Students will also receive certificates as evidence of having participated in the work experience programme. Those that complete the entire 6-month programme will be awarded with Highly Commended References too. Students can register individually through the website link below. Places are £10 a day to cover administrative costs and run the tech on the day.

Students can register for the programme here:

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

Kind regards,

Work Experience Team

Allied Healthcare Mentor



ALLIED
HEALTHCARE
MENTOR



VIRTUAL NHS HEALTHCARE CAREERS **WORK EXPERIENCE PROGRAMME**

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

WWW.ALLIEDHEALTHMENTOR.ORG



ALLIED
HEALTHCARE
MENTOR

In order to enhance student confidence and address inequalities in academic attainment and exams this year, we have launched a FREE initiative to support schools and students with study skills and exam technique mentoring, alongside the great work that schools are already doing. We have had a number of students and parents express concerns over the recent drop in A-level and GCSE grades, alongside potential changes associated with the introduction of new qualifications such as the British baccalaureate.

We invite ALL students from ANY background to take part in a Live Free Virtual Study Skills and Exam Technique Webinar. This is suitable for students in 10-13 year groups studying any subject. If students are unable to attend the webinar live, they can register to receive a recording along with some excellent free handouts describing study techniques that are underpinned by evidence-based-research. We are also happy to distribute free resources tailored to different exam boards to conference attendees to assist with exam technique.

Places will be allocated on a 'first-come-first-served basis', and students can register for free with this conference registration form: <https://airtable.com/appaypcxGI0Xqbp5C/shrHPWt01RPcs3d9g>

Please note, that due to high demand, we anticipate that the form may be overloaded if too many people are completing it at the same time. If this happens, please wait a moment and then try again. We have capacity for over 10,000 free registrations so please do not panic, and there will be further webinars later in the academic year!

Conferences Dates:

- Sunday 5th November 11am-1pm UK GMT
- Saturday 11th November 11am-1pm UK GMT

If neither of these are suitable, students can register to receive the conference recording.

Conference Agenda:

- Introduction: Unlocking Academic Excellence - The Importance of Study Skills & Exam Techniques
- Section 2: The Power of Effective Study Habits
- Interactive Session: "Study Styles: Which One Are You?"
- Section 3: Memory Boosters for Exam Prep
- Section 4: Conquering Exam Anxiety
- Section 5: A Day Before the Exam
- Section 6: Exam Techniques specific to Exam Boards such as AQA, OCR and EDEXCEL

During the conference, we will help students identify what style of learner they are, and how to employ memory and study techniques that suit them most. We will explore active recall, spaced repetition, the pomodoro technique and how to make use of the most appropriate revision methods and resources such as mind mapping, flashcards and practice questions.

Best Wishes

Nikki

Head of Education

Study Mentor and Medic Mentor



From newcomer to data analyst

Ciara Wilkie, billing operations apprentice at Sky:



My first day at Sky...

Initially, I was nervous about stepping into the Sky campus for the very first time. I had never worked in a corporate environment before, so I wasn't sure what to expect. However, despite my worries, I found myself inspired by the exciting atmosphere.

The innovative and modern surroundings made me feel eager, the smiling faces and warm welcomes from my colleagues made me feel like I was at home.



Why I chose Sky...

I wanted to join Sky after an unforgettable experience during a school visit to Sky Up Academy. I was instantly captivated by the Sky brand and its values.

When I left school, I decided to pursue an apprenticeship with Sky because of the opportunity to learn and grow in such a dynamic and supportive company.

Joining Sky meant embracing a promising future while aligning with a brand I truly admire.

What have I enjoyed the most?

What I've enjoyed most about my programme is the chance to rotate between different teams. This experience has allowed me to work with a diverse team, each bringing unique perspectives and expertise.

Learning and collaborating with them has been incredibly enriching, broadening my personal and professional horizons. I've also had the opportunity to learn and develop invaluable skills.

How does my team support me?

I feel incredibly fortunate to be a part of the billing team. Billing is fascinating and intricate, and I have received unparalleled support throughout my time with the team. They genuinely care about the growth and success of apprentices, taking our career goals seriously and providing opportunities, training, and mentoring to help us succeed.

My biggest highlight so far...

The best moment of my time at Sky was undoubtedly finishing my apprenticeship. It was a significant milestone that allowed me to reflect on the past two years I've spent with Sky, filled with exciting moments.

From being part of the launch of Sky Glass to participating in an apprentice speaker panel and joining the Emerging Talent pillar, every experience has been amazing. Not to forget the memorable team lunches. It's been an incredible journey, and I'm excited about what lies ahead at Sky.

How did my friends and family feel?

As the first person in my family to pursue an alternative career route, there was some initial uncertainty about what a corporate apprenticeship would entail.

However, the fact that I could earn while learning was a significant positive point for them.

As I delved into my apprenticeship and developed a genuine passion, my friends became increasingly interested in my experiences.

Witnessing my enthusiasm and enjoyment encouraged some of them also to explore apprenticeships.

Overall, their support and curiosity have been instrumental in making my journey with Sky even more fulfilling.

What happens after my apprenticeship?

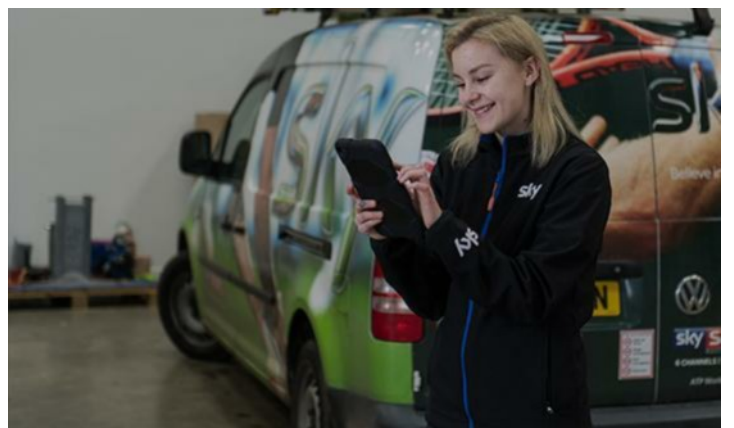
After completing my apprenticeship with Sky, I envision myself pursuing a career as a data analyst.

Working in the billing team has sparked my interest in data, and I'm eager to continue developing my skills in this area.

With the encouragement and support of my colleagues, I have already started learning tools such as Looker Studio, GCP, and SQL, and I am determined to enhance these abilities further.

I aim to leverage these newfound skills and experiences to make meaningful contributions in data analytics.

For more information about Sky careers, visit earlycareers.sky.com





CAREER *of the* WEEK

Mental health nurse

As a mental health nurse, you'll help people with mental health conditions by supporting their recovery or helping them to live independently while improving their quality of life.

You may advise on suitable therapies, activities or groups, help with medication and identify any potential risks. You'll plan and provide care and will encourage the patient to get more involved with their condition to gain control over it.

You can specialise in working with certain groups, such as children or older people, or in a specific area such as eating disorders, psychosis, personality disorders, drugs and alcohol, depression and anxiety, or obsessive compulsive disorder.

Work is often carried out in multidisciplinary teams, liaising with psychiatrists, psychologists, occupational therapists, GPs, social workers and other health professionals.

You may work with patients in a variety of settings including:

- their own homes
- community healthcare centres
- hospital psychiatric wards or specialist units
- hospital outpatients departments
- specialist units
- secure residential units

Responsibilities

As a mental health nurse, you'll need to:

- assess and talk to patients about their condition and discuss the best way to plan and deliver their care
- build relationships with patients to encourage trust, while listening to and interpreting their needs and concerns
- ensure the correct administration of medication, including injections, and monitor the results of treatment
- respond to distressed patients in a non-threatening manner and attempt to understand the source of their discomfort
- help patients manage their emotions through de-escalation techniques
- prepare and participate in group and/or one-to-one therapy sessions, both individually and with other health professionals
- provide evidence-based individual therapy, such as cognitive behaviour therapy for depression and anxiety
- organise social events aimed at developing patients' social skills and help to reduce their feelings of isolation
- prepare and maintain patient records and produce care plans and risk assessments
- make sure that the legal requirements appropriate to a particular setting or group of patients are observed
- work with patients' families and carers, to help to educate them and the patient about their mental health problems

If you work in the community, you may also need to:

- visit patients in their home to monitor progress and carry out risk assessments with regard to their safety and welfare
- liaise with patients, relatives and fellow professionals in the community treatment team and attend regular meetings to review and monitor patients' care plans
- identify whether/when patients are at risk of harming themselves or others



Supporting World
Mental Health Day



[Find out more here](#)