



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

Welcome back to a new term here at Parklands and lots of great opportunities for everyone.

Preston College have announced their first open event on 30 September, so for any Year 11s, why not go along and see what they offer before you start to make your college applications.

Bolton Sixth Form also have an open event in early October, with a 30 minute quiet session from 10.00 - 10.30am for anyone with social or sensory challenges - you will need to book this one in advance, as numbers are strictly limited.

Training 2000 have a number of really good apprenticeships on offer for anyone who may have changed their mind about going to college. They are now part of Blackburn College, giving learners extra opportunities to complete apprenticeships right up to degree level.

For anyone interested in work experience with the NHS - make a note of the application dates and create an account in advance. You will need to complete a number of e-learning modules before any NHS work experience, regardless of whether you have relatives already working there. There is no clinical work experience for anyone under 16.

Springpod offer an amazing variety of virtual work experience options with some of the biggest employers in the UK. Follow the 'get started' guide and make yourself more employable.

UniTasterDays have a great website with lots of useful information, including video guides, leaflets and podcasts.

Young Professionals are starting the term off with a 'Get into Law' virtual event - all five of the Magic Circle law firms, plus many others will be present at this event. You will receive a certificate of attendance, plus you'll get to network with top lawyers and ask whatever questions you like. One not to be missed if you want a career in law!

Mentorverse are again running their virtual medical and dental conferences and work experience placements. These are absolutely vital for anyone considering a career in the medical field, and you can attend from Year 10.

Cisco are offering a number of different opportunities with regards to careers in IT. Definitely one to get involved with - add the dates to your diary and register in the spring.

Year 11 will start their college applications shortly. There will be a number of college assemblies in the next few weeks, explaining the application process. It is imperative that pupils make a back up choice and not just apply to one college. This summer, a college in Liverpool announced on GCSE Results Day that they would not be offering any A Levels, leaving a large number of students struggling to find alternative provision.



7th - 11th September 2026

YEAR 10 & 11

PRESTON
COLLEGE

OPEN EVENTS



Wednesday 30 September 2026 4pm - 7pm

Saturday 7 November 2026 10am - 1pm

Thursday 4 March 2027 4pm - 7pm

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

SEE FACILITIES MEET STUDENTS & STAFF EXPLORE YOUR OPTIONS



Get into Law Virtual Event

Wednesday, September 16, 2026, 5pm - 7pm

This may be the biggest and best careers event in the law space for students – and it kicks off our academic season.

We're bringing together 12 huge international law firms to talk about the full spread of practice areas – from corporate and criminal to family and real estate, plus everything in between. Whether you're at school or university, this is a direct line to the people who decide who gets in.

THE LINEUP – ALL FIVE MAGIC CIRCLE FIRMS

Every one of the Magic Circle in the room, full lineup below:

- A&O Shearman
- Clifford Chance
- Freshfields
- Linklaters
- Slaughter and May
- Browne Jacobson
- Farrer & Co
- Charles Russell Speechlys
- Mishcon de Reya
- The University of Law – what studying law at a top university is really like

Firms turning over huge revenues and operating across the world with opportunities for you.

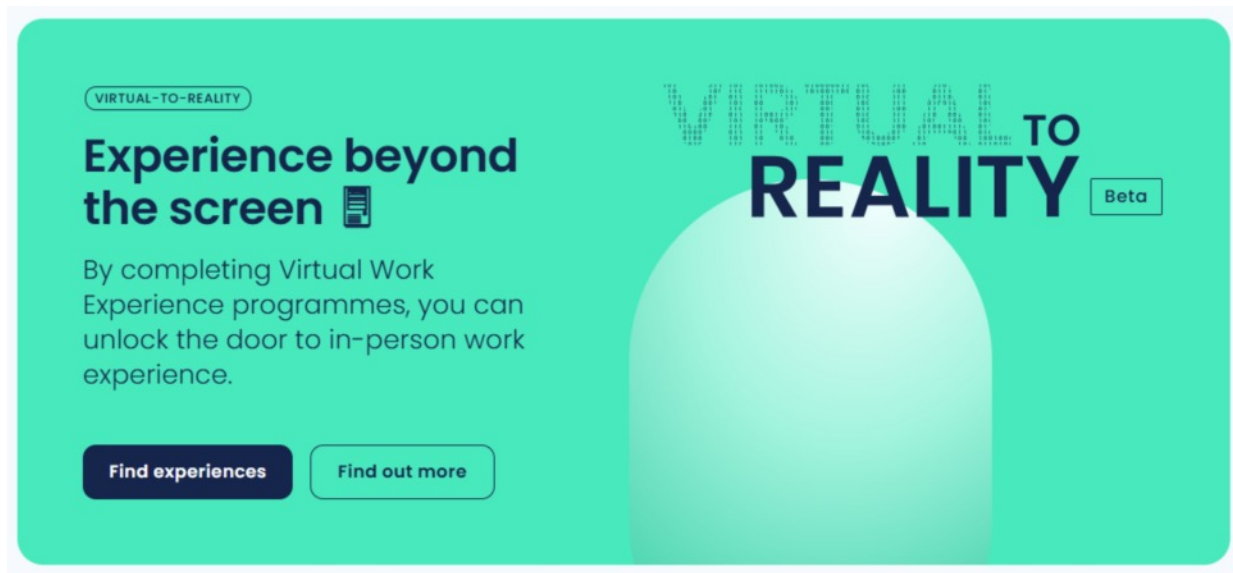
WHAT YOU'LL WALK AWAY WITH

- An honest insight into the life of a legal professional, from some of the most experienced lawyers and solicitors in the profession.
- What it actually takes to thrive – plus application tips and tricks you can use this season.
- Hands-on breakout rooms: smaller, interactive workshops with individual firms – commercial awareness, application and interview practice, and case-study exercises run by the lawyers themselves.
- Live Q&A – bring every question you have to our panel of industry experts.
- A certificate of attendance to add straight to your CV.

COME IF YOU'RE CHASING ANY OF THESE

Work experience · Solicitor apprenticeships · Training contracts · Vacation schemes

Places are limited – [sign up here now](#)



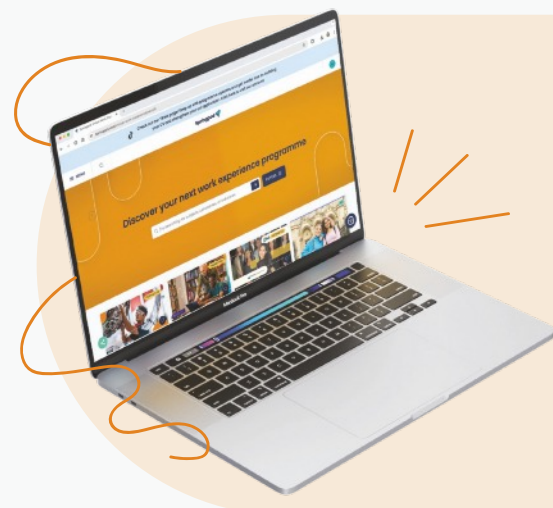
Springpod is a platform that offers virtual work experience, career exploration programmes, and university insight courses for students and young people. The main benefits are:

- Builds your CV and personal statement
- Completing programmes gives you certificates and practical experience you can mention in CVs, UCAS applications, apprenticeship applications, and interviews
- Let's you explore careers before committing
- You can try areas like tech, engineering, fashion, healthcare, business, media, and finance to see what actually interests you.
- Flexible and online
- Most programmes are self-paced, so you can complete them around school, college, or other commitments. Talks are usually recorded if you miss them live
- Gives access to major employers
- Springpod partners with organisations such as BBC, Barclays, Oracle, NHS, and Rolls-Royce, so students can learn directly from industry professionals
- Helps develop employability skills
- The programmes include workplace tasks, projects, quizzes, and simulations that improve skills like communication, problem-solving, teamwork, and resilience
- Good for students without local opportunities
- Because it's virtual, you can access experiences that may not exist near where you live or that would normally require connections or travel
- Can lead to in-person opportunities
- Some "Virtual-to-Reality" programmes can progress into real-life work experience placements if you complete the online programme successfully



FIND OUT MORE HERE

Quick get started guide



1. Go to [Springpod.com](https://springpod.com)
 - ★ Click 'Create Account' in the top right corner
 - ★ Add an email and create a password
2. Complete personal details
 - ★ You don't need to provide a phone number – IGNORE
 - ★ Confirm your communication preferences
3. Enter your verification code (check your junk/spam folders)
4. Confirm your year group
5. Select your school or college
6. Complete information about your background.
 - ★ *You can prefer not to say.*
7. Enter your postcode
 - ★ *You can use your school or college postcode if you prefer*
8. Answer the questions about your interests
9. Search experiences and click start –
<https://www.springpod.com/search>
10. Click on My Virtual Experiences to continue your experience
 - ★ Click on My Achievements to find your certificates

Quick links!



<https://space.springpod.com/sign-up>



<https://space.springpod.com/sign-in>

DISCOVER CAREERS IN THE

NHS



Discover the wide range of health and science jobs – including lots of exciting roles in the NHS!

Use these digital resources to explore careers, learn what it's really like, and take your first steps towards making a difference in healthcare.



**NHS, Health & Science
Careers Guides**



**Explore Careers in the
NHS Online Course**





Work Experience Application

The Work Experience window
is now open and will close on

Sep 30th 16:00

[Learn More](#)



14-16 year old non- clinical Work Experience at Lancashire Teaching Hospitals NHS Foundation Trust

The Work Experience window
is now open and will close on

Sep 30th 16:00

[Learn More](#)



Mental Health Work Experience Application 18+

The Work Experience window
is now open and will close on

Sep 30th 16:00

[Learn More](#)



**Lancashire Teaching
Hospitals**
NHS Foundation Trust

Please log in or create an account to apply.

<https://nhscareersnw.co.uk/placement/14-16-year-old-non-clinical-work-experience-at-lancashire-teaching-hospitals-nhs-foundation-trust/>

This particular Work Experience window is now open and will close on Wednesday 30th September 2026 at 4.00pm. This will allow you to apply for up to 5 days work experience in the half term holidays.

However, there will be another application window opening in January 2027 and this is the only way you can apply for a work experience position with the NHS - even if you have relatives working in the NHS already.

Year 10s will be applying for work experience during the week 12-16 July 2027 - so pop that in your diaries!

You need to create an account and undertake a series of e-learning modules before you can undertake any work experience.

THE A-Z OF APPRENTICESHIP ATTRIBUTES

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

A

AMBITIOUS

B

BOLD

C

CURIOUS

D

DETERMINED

E

ENGAGED

F

FRIENDLY

G

GENUINE

H

HARD
WORKING

I

INCLUSIVE

J

(NOT)
JUDGEMENTAL

K

KIND

L

LIKEABLE

M

MOTIVATED

N

NICE

O

OPEN
MINDED

P

PASSIONATE

Q

QUICK
TO HELP

R

RESILIENT

S

SINCERE

T

TENACIOUS

U

UNBIASED

V

VERSATILE

W

WILLING

X

(E)XCELLENT

Y

YOU -
YES, YOU!

Z

ZEALOUS



Celebrating 60 years
Training 2000



It's not too late to apply for an Apprenticeship

Our Apprenticeship subjects:

Accountancy (AAT)

Dental Nursing

Business and
Customer Services

Optical

Engineering & Advanced
Manufacturing

Fire & Security

Scaffolding

Apply today: www.training2000.co.uk

First established in 1966, Training 2000 is a training provider offering business solutions, commercial courses and Apprenticeship programmes. Training 2000 recently merged with Blackburn College, offering learners access to even more opportunities, specialist expertise, and a wider range of progression pathways to support their future careers.

What is an Apprenticeship?

An Apprenticeship is a real job where you learn, gain experience and get paid. You're an employee with a contract of employment and holiday leave. By the end of an Apprenticeship, you'll have the skills and knowledge needed for your chosen career.

It can take between one and four years to complete an Apprenticeship with Training 2000 depending on which sector you choose, what level it is and your previous experience. It's funded from contributions made by the Government and your employer.

How do you apply?

It's easy to apply, just fill out our [short application form](#) and our recruitment team will get in touch with you to discuss your options. It will be an informal chat and they will help you find the perfect Apprenticeship (or Traineeship) for you.

RISE TO SUCCESS: CAREER JOURNEYS



IF YOU LIKE:

- Food technology
- Science
- Baking at home

YOUR CAREER JOURNEY COULD TAKE YOU TO ...



BAKERY TEAM MEMBER

Bake food on an industrial scale



PRODUCT DEVELOPER

Create new food products and improve old ones



QUALITY TECHNICIAN

Responsible for food quality



IF YOU LIKE:

- Maths
- Business
- Games

YOUR CAREER JOURNEY COULD TAKE YOU TO ...



DATA ANALYST

Discover data trends to improve company performance



FINANCE TEAM MEMBER

Keep accurate records to help the company make money



BUYER

Find the best deals for the supplies needed to make products



IF YOU LIKE:

- Art
- Design & technology
- Social media

YOUR CAREER JOURNEY COULD TAKE YOU TO ...



PACKAGING DESIGNER

Design food packaging that's practical and attractive



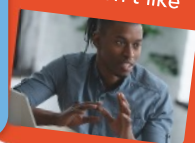
MARKETING MANAGER

Tell people about new products via social media, TV and print



CONSUMER RESEARCHER

Discover what customers like and don't like



IF YOU LIKE:

- Geography
- Science
- Being active

YOUR CAREER JOURNEY COULD TAKE YOU TO ...



ENGINEER

Keep the factory machinery running



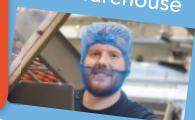
DRIVER

Help deliver the products to stores across the country



WAREHOUSE TEAM MEMBER

Co-ordinate everything in the warehouse



DID YOU KNOW THAT THE FOOD INDUSTRY...

- Employs almost 4 million people in the UK?
- Will always be needed?
- Has a job for you whether you are good at cooking, science, maths, writing or being active?

Visit our website at:
bakethemostoflife.co.uk
to find out more about careers in food.

OPEN EVENTS 2026

SATURDAY 10 OCTOBER

Open Day - 10.00am - 1.30pm

SATURDAY 21 NOVEMBER

Open Day - 10.00am - 1.30pm

Both events will 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.



A LEADING CENTRE
FOR ACADEMIC AND
VOCATIONAL EXCELLENCE



BOOK HERE

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



START YOUR ARMY CAREER AT THE ARMY FOUNDATION COLLEGE



BASE BRITISH ARMY SUPPORTING EDUCATION

THE ARMY FOUNDATION COLLEGE (AFC) HARROGATE IS WHERE 16 AND 17 YEAR OLDS GET READY FOR A CAREER IN THE BRITISH ARMY



WHY JOIN?

EARN A WAGE AND BUILD SKILLS FOR LIFE.

At the AFC you'll get the skills you need for a great start in the Army, while earning a wage and making friends for life. **You'll learn:**

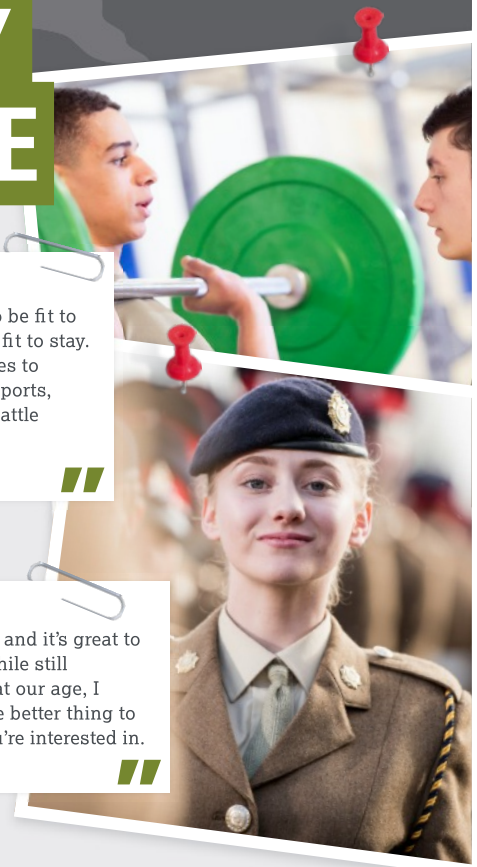
- Military skills, from outdoor survival to handling weapons
- Maths, English and computer skills
- Leadership and initiative
- Sport and fitness and Adventurous Training



You don't really need to be fit to join but you need to be fit to stay. There are lots of chances to build fitness, through sports, adventurous training, battle camp and more!



My mum's so proud - and it's great to be earning a wage while still learning! Especially at our age, I can't think of a single better thing to do, if this is what you're interested in.



WHAT YOU NEED TO JOIN

EVERYTHING YOU NEED TO KNOW.

- **Minimum age to apply:** 15 years and 7 months
- **Entry requirements:** Depends on the role you want in the Army once you've completed your training. See the role finder: apply.army.mod.uk/roles
- **Course length:** 23 or 49 weeks (including holidays) depending on your role

SALARY AND MORE

- **Pay:** Your monthly salary will be approximately £1,800.
- **Sport facilities:** Large gym, 25-metre swimming pool, indoor climbing wall, basketball courts, football and rugby pitches.
- **Other facilities:** Snack shop on site and a club where you can get food, watch films, use the internet and hang out with other Junior Soldiers.
- **What's next?** Specialist training for your chosen role.



The experience my son had there was fantastic. He didn't enjoy school but did well [at AFC] and really loved the fact that everything is very hands on. He had some great role models. Taught him some good basics and he continues his Army career. I had initial reservations but couldn't recommend it enough.



If you have any questions, call us on **0345 600 8080** or visit your local Army Careers Centre.

Army Jobs



SEPTEMBER 2026

BRITISH ARMY CAREERS NEWSLETTER



This newsletter shares helpful updates, resources, and opportunities from the British Army to support young people as they explore career options and build skills. - **British Army Supporting Education**



APPRENTICESHIPS & CAREERS

GET SKILLED QUALIFIED CONFIDENT STARTED

TANK CREWMAN >

Always wanted to drive a tank? Get to grips with the awesome Challenger 2; a powerful engine, heavy armour and massive firepower. As a Tank Crew you'll drive and operate this amazing vehicle as part of a four-strong team.



APPRENTICESHIP GAINED

Start a Level 3 Radio Network Technician apprenticeship, lasting up to 24 months and offering pay over **£27,200** (around **£523 a week** before tax), giving you practical skills, real experience and a foundation for your future.



VIRTUAL EVENTS

INSIDE ARMY CAREERS:

7 WAYS TO SERVE



TUESDAY 9 SEP
18:00 - 19:00

REGISTER TODAY >

BRITISH ARMY INSIGHT:

PARENT VOICES



THURSDAY 17 SEPT
18:00 - 19:00

REGISTER TODAY >

BREAKING DOWN THE ARMY ASSESSMENT:



TUESDAY 22 SEPT
18:00 - 19:00

REGISTER TODAY >

YOUR ARMY JOURNEY EXPLAINED:

REGULAR SOLDIER



WEDNESDAY 30 SEPT
18:00 - 19:00

REGISTER TODAY >

INSIDE ARMY CAREERS:

MEET THE INFANTRY



WEDNESDAY 14 OCT
18:00 - 19:00

REGISTER TODAY >

HAVE YOU THOUGHT ABOUT JOINING: THE ROYAL ARTILLERY



GUNNER CREW

The Royal Artillery is the heart of the action - everywhere across the battlefield - providing the British Army with its eyes, ears and firepower.

DOWNLOAD GUNNER FACTSHEET >



BEING A GUNNER IN THE ROYAL ARTILLERY IS NOT JUST ABOUT THE GUNS. YOU COULD BE USING STATE OF THE ART DRONE TECHNOLOGY OR EVEN TAKING PART IN CEREMONIAL ACTIVITIES.



SEARCH
ARMY
JOBS

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

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

SEARCH ARMY JOBS



BASE
BRITISH ARMY
SUPPORTING
EDUCATION

APPRENTICESHIPS LINKED TO MODERN FOREIGN LANGUAGES

- AIR TRAFFIC CONTROLLER
- AVIATION OPERATIONS
MANAGER
- CABIN CREW
- INTELLIGENCE ANALYST
- INTERNATIONAL FREIGHT
FORWARDING SPECIALIST
- JOURNALIST
- MARINE PILOT
- TEACHER
- TRANSPORT PLANNER
- TRAVEL CONSULTANT
AND MANY MORE!

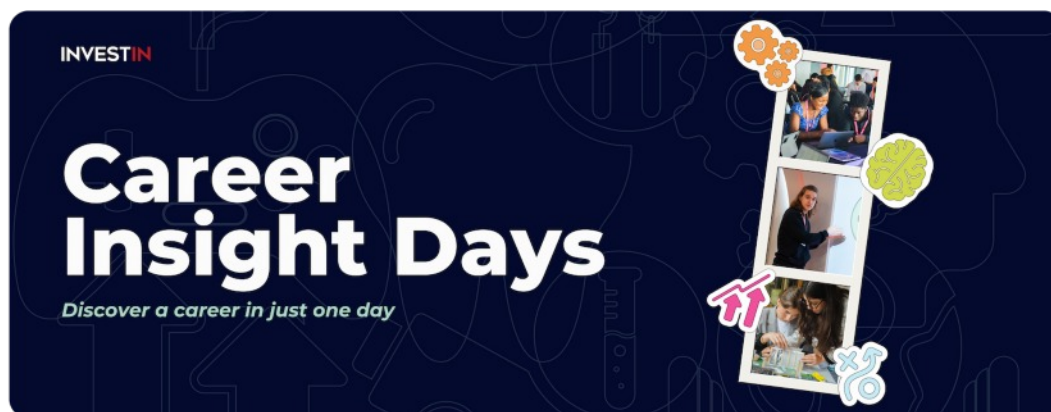


Interested in apprenticeships, but not sure what to do next? Take a look at the employers offering apprenticeships that link to the subject you love.

amazingapprenticeships.com

SCAN ME





Introducing Career Insight Days

We're excited to introduce our next wave of one-day career experiences!

Our Insight Days give you the chance to explore what a career is really like, get hands-on industry experience and meet professionals working in the field.

You'll have something useful to add to future applications and, most importantly, get a better idea of whether it's the right career for you.

Insight Days are taking place on Sundays throughout November, either at University College London (UCL) or online.

EXPLORE INSIGHT DAYS



Meet Industry Professionals

Hear about their experiences and ask them your questions.



Gain Hands-On Experience

Take part in practical activities and get a taste of the career.



Receive a Certificate

Get a certificate to recognise your participation and add to your CV or university applications.

Key Information

Age: 15-18

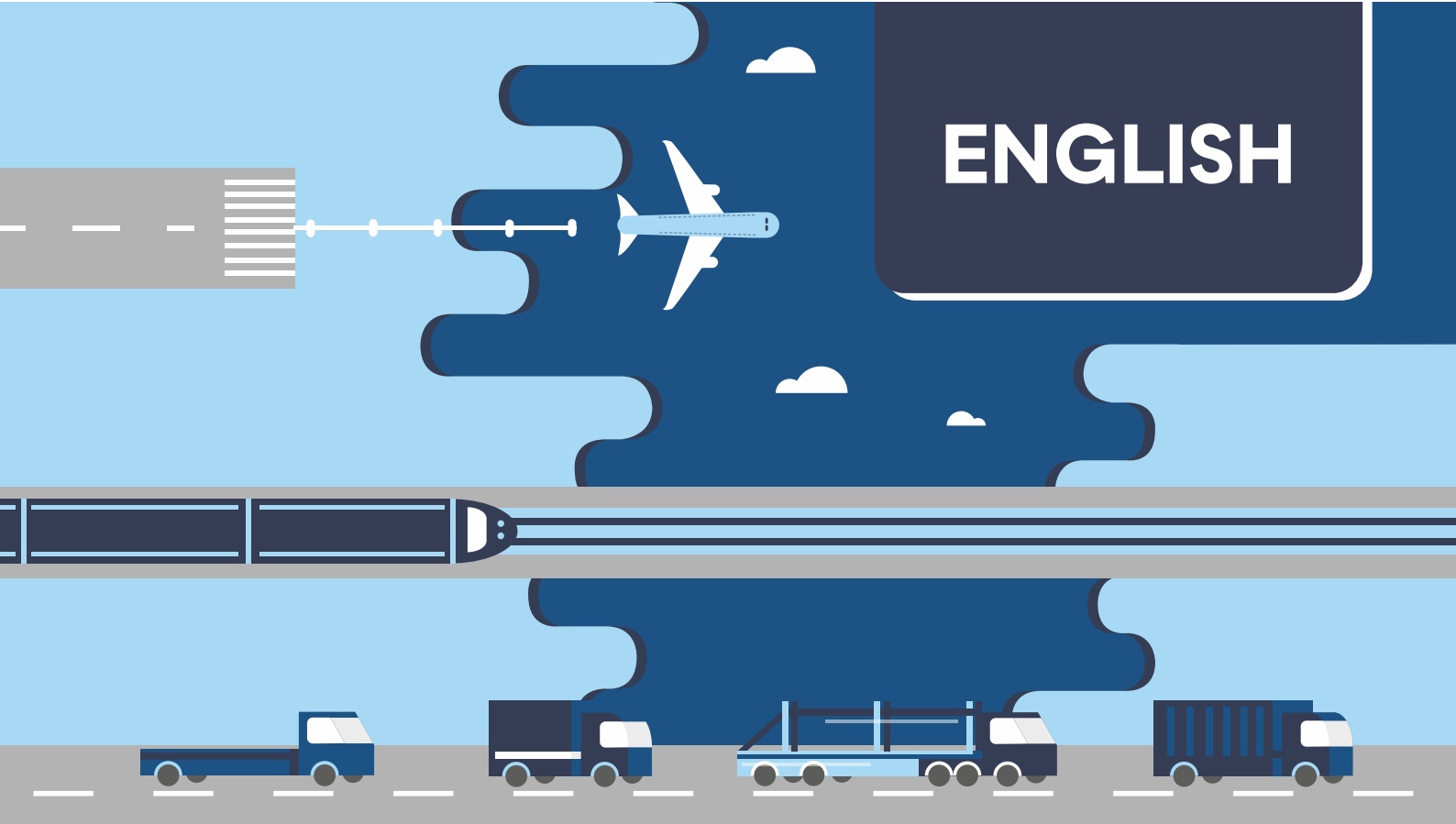
Price: £195 in-person | £165 online

When: Sundays throughout November

Where: UCL, London or online

Available Careers:

Medicine | Law | Investment Banking | Engineering | Entrepreneurship | Psychology | Architecture
| Art & Design | AI & Software | Dentistry | Forensic Science | International Politics | TV & Film
| Digital Media | Veterinary Science



ENGLISH

You'll enjoy these
jobs if you enjoy

ENGLISH

- Customer Service Officer
- Communications & PR Officer
- Shipping Documentation Clerk
- Training Coordinator
- Marketing Copywriter

Employability skills and how they're gained:

Communication

Writing speeches or essays

Critical thinking

Analysing a character's motives in a novel

Creativity

Writing your own story or poem

Persuasion

Crafting a persuasive argument in a letter or article

Reading for meaning

Summarising key points from a passage

**maritime +
transport**
careers programme

Learn more about careers in
the maritime and transport
industry at mtcp.uk



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WHAT ARE V LEVELS?

New post-16 vocational qualifications

What are V Levels?

V Levels are new level 3 vocational qualifications designed as an option for young people aged 16-19 following GCSEs and will be taught in schools and colleges.

KEY FACTS



- They last for 2 years.
- They are similar in size to one A-level.
- Students will be able to take V Levels in multiple subjects and in combination with other qualifications such as A-levels or level 2 English or maths.
- Learning is designed around real jobs and the skills employers need.
- Students will receive a nationally recognised qualification.
- They attract UCAS points.

Who are V Levels for?

V Levels are aimed at students who would like to explore sectors without specialising. They will provide the opportunity to pursue their interests further through a range of progression outcomes, whether that is higher education or work with training, including apprenticeships.

What is the difference between A-levels and V Levels?

A-levels are primarily an academic pathway which focus on theory and deep subject

knowledge. V Levels are designed as a vocational pathway and are closely linked to industry needs and practical application.

What will a V Level include?

The content of a V Level will be linked to the occupational standards that are set by Skills England (working with employers) to support workplace-relevant transferable skills. V Levels will focus on applied learning and aim to cover the core knowledge and skills related to an employment sector. In addition, they will prioritise attainment of skills such as problem solving and critical thinking to support progression to higher education.

How are V Levels assessed and graded?

V Levels will blend applied learning with practical assessment and a significant proportion of a V Level will include non-exam assessment. The Government are working with Ofqual (the organisation that regulates qualifications, examinations and assessments in England) who will be consulting on assessment and grading arrangements for V Levels.

Which V Levels are available?

V Levels will be available to students from September 2027 in the following subjects:

- Education and Early Years
- Finance and Accounting
- Digital

More subjects will be rolled out each year until 2030/31.

WHAT ARE V LEVELS?

New post-16 vocational qualifications

What if I'm not ready for V Levels?

Alongside announcing V Levels, the Government has also announced two new post-16 level 2 pathways, available from September 2027:

- Occupational pathway - a two-year programme for students who want to enter a particular level 2 occupation and need to develop their technical knowledge and skills.
- Further Study pathway - for students who aren't quite ready to progress onto V Levels, T Levels or A-levels yet. This one-year, classroom-based, level 2 pathway gets students ready for level 3 qualifications and includes English and/or maths, applied and practical learning and enrichment activity.

So for anyone who wants to do V Levels, a T Level or A-levels, but isn't quite ready, the Further Study pathway will be available from 2027.

What can a V Level lead on to?

There are lots of options available after a V Level. Students will be able to progress onto level 4+ study whether they take A-levels or V Levels. Options will include:

➤ Skilled employment

V Levels are designed to equip students with the skills, knowledge and experience necessary to access entry-level employment.

➤ Apprenticeships

V Levels will prepare learners for apprenticeships by building the practical skills and workplace behaviours employers expect.

➤ Higher Education (HE)

V Levels carry UCAS points in the same way as A-levels and T Levels do, to allow you to progress to Higher Education and study a relevant Higher Technical Qualification (HTQ) or degree.



Understanding the changes to post-16 pathways



Watch this short film to [find out about changes to post-16 pathways](#)



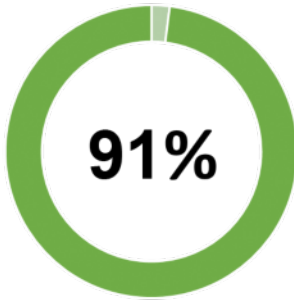
Linked resource

Find out more about the existing post-16 technical options in this guide (see link below).



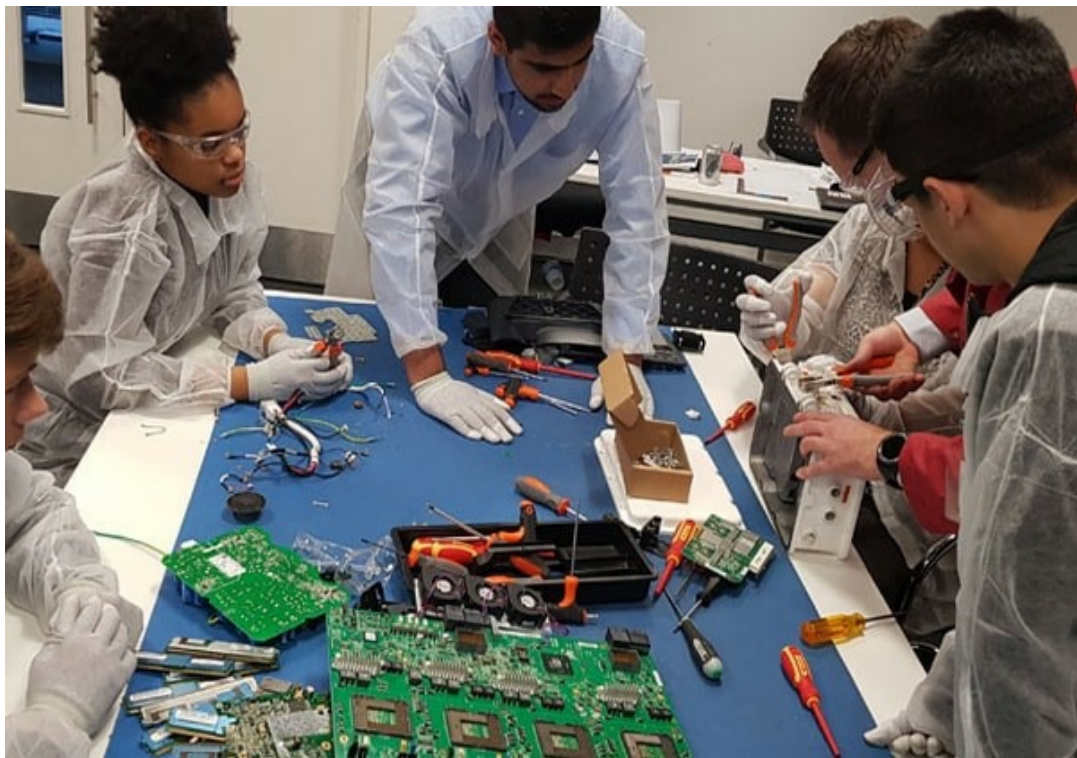
[Click here](#) to view or scan the QR code





stated that Cisco work experience made them aware of different career opportunities in the IT industry and helped them feel better prepared for the world of work.

Sound good? Well check out this programme then ...



Year 11 & 12

Open to students in years 11 & 12

Join us for the hybrid or virtual programme with sessions on marketing, sales, engineering, sustainability, IT, cyber security, customer experience and more there is plenty to choose from. Or attend them all and hear about the wide range of roles in a global IT company. There'll be presentations, mock interviews, practical workshops and tours. And on top of all that you'll work in groups to design and pitch your very own tech-inspired business idea to our panel of judges? Time to get your innovation caps on.

July 2027

Applications open Spring 2027



Apprenticeships

We know university isn't for everyone, and securing a graduate role can be pretty tricky without decent work experience. Luckily for you, our Degree Apprenticeship is a great way to kick-start your career.

Over a four-year programme you'll explore a huge variety of roles within Cisco. Giving you the knowledge and on-the-job experience to specialise in working directly with technology or supporting the people that make it happen. You'll define your career path, complete a major project and deliver real results to the business. You will study for a BSc in Digital and Technology Solutions or a BSc in Professional Management; you'll earn the same qualifications as a university graduate.

To top it all off you'll have a strong base of support, thanks to a brilliant group of current apprentices, mentors, managers and more, all ready to guide and advise you.

[Learn more](#)



Girls in IT

We believe in digital opportunity for everyone. For individuals, communities and organisations across the UK. Which is why we run programmes to help everyone in the UK develop their digital skills. Learn more about our digital skills programmes and routes into Cisco in the [Kickstart Your Future](#) brochure.

Find where you thrive

Exploring career pathways can be overwhelming. The world is full of opportunities, but how do you know which path is the right one for you?

What are some of the misconceptions young people have about careers?

Many young people (and often older people!) mistakenly presume that careers are still predominantly linear: that you choose a career, and you are set for life. While linear paths may appeal to some, others find the idea intimidating, particularly if they worry about making the wrong initial choice. In reality, careers often resemble a 'doodle' rather than a straight line, with unexpected opportunities arising along the way. Rapid technological changes mean that many future jobs do not yet exist, which highlights the importance of developing a range of skills.

Young people often think careers advice is solely about career planning and job applications. Consequently, they may overlook opportunities to strengthen transferable skills, network, and improve decision-making. Some young people believe everyone else has a clear career plan, which can make them feel isolated or behind.

There's also a misconception that a degree limits career options or that careers must align perfectly with academic qualifications. This can lead to unnecessary stress or limited exploration of opportunities. Young people may also have limited exposure to career options due to their lived experience, such as the professions of family and friends.

Don't let these misconceptions hold you back! There are thousands of jobs out there that you might not know about, and it's never too early to get researching. And because careers aren't linear, it's okay to just focus on the next step and keep your options open.

What questions should young people be asking themselves to help with their career planning?

Consider where your interests and passions lie. Conduct a content audit: which podcasts do you listen to? Which blogs do you read? Which social media accounts do you follow? What are your favourite brands? Then, analyse why you have chosen these things – can you identify themes that connect these interests?

And if you are studying currently, ask yourself: which aspects of my course do I enjoy and excel at? Where do my values and strengths align? Am I motivated by helping others, being creative or having financial stability? It can also be very insightful to seek feedback from friends and family about what they think you value, and why.

Give yourself time to explore interests through part-time jobs, volunteering and educational experiences. Try out virtual internships or short-term internships to test your assumptions and learn about specific jobs. These experiences can help clarify your interests over time.

Equally, knowing what you don't like is as helpful as understanding what you do, so reflect on your dislikes and use them to guide your preferences.

What should students consider when deciding whether an apprenticeship, higher education or further training is the right path for them?

Start by considering which careers you might be interested in following, and work backwards to identify which pathways lead there. For example, are degree apprenticeships offered for that career, do you need an undergraduate/postgraduate qualification?

Factors such as costs, timeframes and practicalities are important to consider. Higher education, for example, offers a more traditional route but can be costly if you change disciplines mid-way. Apprenticeships can offer cost-effective training while earning a salary, but they may be intense due to the combination of work, study and networking.

Reflect on your preferred learning style to help your decision-making. Do you excel in work-based environments or classroom settings? Thorough research is crucial to understand what each path involves and where each path leads – and which is most suitable for you.

You can also explore opportunities for combining pathways, such as part-time study alongside work. Speak to people in these pathways or arrange shadowing opportunities to gain first-hand insights.

Remember, (in the UK) you can apply for apprenticeships and universities simultaneously in Year 13, so you can keep your options open.

What should students consider when choosing a university course?

There are many factors to consider!

On a practical level, think about where you would like to study. How far from home are you happy to be? Do you want to include or exclude large cities in your options? What type of campus would you like to live or study on?

Academically, it's important to look at the course content for each university you are interested in as courses with the same name can vary wildly from university to university. In the UK, UCAS (the Universities and Colleges Admission Service) provides details of course entry requirements, which will also vary. Type a subject into UCAS' search bar and look at the list view – you can see all courses related to that subject, which might throw up courses you never would have thought of!

If you are considering university as an option, we advise starting to research university courses before committing to A-level choices to ensure your options are left open for any pathways you are considering.

If you are already in post-16 education, you can still research courses early, ideally before application season, to allow sufficient time to explore your options. Reflect on subjects you enjoy and excel at, as well as what aligns with your future aspirations. Enjoyment and competence will help ensure you thrive academically.

What is your advice for young people who may feel overwhelmed by career decision-making?

Don't panic! Many people don't know their career path early on, and career changes are common. Focus on identifying your interests, skills and strengths – think about what you do know. What do you enjoy doing now? Would you like to work outdoors, in an office or at home? Can you see yourself helping people, working with children or working for yourself? Start with what you know about yourself, reflect on subjects and activities you've enjoyed so far, and research different career ideas relating to these.

Build your skills toolkit through continued education and experiences, which will open more opportunities. For example, doing work experience is the best way to discover whether a role is what you thought it would be. It helps you make connections and might lead to other opportunities in the future. It's also brilliant life experience and something you can talk about in applications and interviews in the future.

Invest time and energy into exploring different options, so that you are able to make informed decisions later down the line. Most importantly, avoid pressure to have everything planned and trust that your toolkit will lead to fulfilling career choices.

What is your advice for someone who has a fixed idea about which path they want to take?

Having a clear goal is valuable, as it fosters determination and resilience. However, while it is great to have an idea of your destination, it is always helpful to explore alternative options in parallel. Life doesn't always go as planned.

Seek work experience in your chosen field to confirm whether it's the right fit, and network with professionals to learn about their experiences and gain broader perspectives. Explore related roles and career paths to keep an open mind and prepare for unexpected opportunities.

Ensure your CV and cover letters are tailored and strong, providing evidence of skills and attributes.

And lastly, build confidence and competence in the language of your studies and socialise to establish a support network.

Taster courses are a great way for students to try out university without committing to anything. They're also an excellent way to test out new subject areas or see how a favourite subject might be at degree level. Students can use a taster course to check if a subject they already like will suit them or to try something completely new. Students can use the experience in a variety of other ways: to inform their own thinking, by reflecting on it in their personal statement, or by discussing it with a career adviser.



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**

MENTORVERSE

Welcome back! I hope you've had a fantastic summer break and you're all set for the new academic year. With a new year comes new opportunities to explore and challenges to conquer! We're here to support you, and your students interested in medicine, dentistry, or allied healthcare.

As it's the new academic year, let me reintroduce myself. I'm Dr. Siva, a Chief Mentor at Mentorverse. Our goal at Mentorverse (also known as Medic Mentor, Dental Mentor, and Allied Healthcare Mentor) is to help students secure a spot in medical or dental school and provide ongoing support through university through a merit-based scholarship.

Our range of programmes and events are designed to help you and your students successfully navigate through the medical or dental UCAS application process and build those key skills that admission committees love. We offer a variety of free programmes to assist you, your students and their parents, whilst widening access to medical and dental careers in the UK.

The first step is to send your students in Years 10 - 12 who may have an interest in medicine or dentistry, to sign up for a Get Into Conference.

Students can register for the upcoming Get into conference here:

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

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

Our upcoming Get Into Medicine conferences are:

Saturday 19th September from 9am - 1:30pm

Sunday 20th September from 9am - 1:30pm

Our upcoming Get Into Dentistry conference is:

Saturday 26th September from 9am - 1:30pm

The Get into Medicine or Get Into Dentistry Conference is a complete guide to the medical or dental application journey. Students get essential insights into the medical/dental UCAS application process, connect with professionals, fellow students, and gain a deeper understanding of a future career in medicine or dentistry.

Our conferences will provide tailored advice, covering essential topics such as:

- Application Timelines
- How to Tactically Choose Medical/Dental Schools
- Personal Statement
- Medical/Dental School Interviews
- UCAT Entrance Exam to Medical/Dental School
- Medical Leadership and Awards Programmes
- Accessing Work Experience
- Accessing Scholarships

Students will be awarded a certificate of attendance which can be listed on their UCAS applications for 'activities that support higher education'.

Students and parents can register for free here:

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

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

Please ensure you have a functioning camera and microphone for the session. It's also important that you have a parent or guardian present at these conferences to gain insight and guidance to support students effectively.

MENTORVERSE

For students in the 10-11 year groups, we present the following avenues:

- Free NHS Virtual Work Experience
- Free Volunteering Placements with the 'You Okay Doc?'
- Free National Study Skills E-learning
- Free Virtual Medical/Dental Society Webinars
- Free Equality, Diversity, and Inclusion E-learning Course for Healthcare Professionals

Your students can access these extracurricular opportunities by signing up for a free student portal:

Medical: <https://medicmentor.org/the-medic-mentor-portal-2/>

Dental: <https://dental-mentor.org/the-medic-mentor-portal-2/>



Enrolling as a bronze pathway student, you can

- Access free work experience each month
- Get access to zoom links for all of our free conferences and meetings
- Access the Wider Reading and Virtual Medical Societies
- Participate in Fundraising
- Download all of your Medic Mentor certificates
- Access Study Skills E-learning
- Access how to advance to other Pathways

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!



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

Firefighter

As a firefighter you'll respond to emergencies and protect people, the environment and property from all types of accidents and emergencies.

You'll work closely with the local community to increase their level of fire safety awareness, and to help prevent fires and accidents happening in the first place.

You'll also promote fire safety and enforce fire safety standards in public and commercial premises. This will involve acting on and advising on all matters relating to the protection of life and property from fire and other risks.

In the role, you'll continually learn and update your knowledge through a series of lectures, exercises, practice drills and training, which are an integral and ongoing part of the job.

Types of firefighter

wholtime firefighters - work for the fire service full time and usually cover urban areas.

retained firefighters - are on-call responders who usually cover rural areas. You'll be required to live or work within five minutes or one mile of the fire station and respond to pagers when an emergency call is received. You'll either be self-employed or work for an employer willing to allow you to leave work immediately to attend an emergency.

Responsibilities

As a firefighter, you'll need to:

- respond immediately and safely to emergency calls and requests for assistance
- attend emergency incidents including fires, road accidents, floods, terrorist incidents, spillages of dangerous substances, and rail and air crashes
- rescue trapped people and animals
- minimise distress and suffering, including giving first aid before ambulance crews arrive
- safeguard your own and other people's safety at all times
- clean up and check a site after dealing with an incident
- take time to become familiar with local streets, roads and buildings, so you can respond to emergency calls with speed and efficiency
- inspect and maintain the appliance (fire engine) and its equipment, assisting in testing fire hydrants and checking emergency water supplies
- undertake drills and physical training and take part in training on techniques, use of equipment and other related matters
- maintain the level of physical fitness necessary to carry out all the duties of a firefighter
- promote fire safety and educate and inform the public by giving talks in schools, at local organisations and by carrying out home visits
- maintain links with the local community

In a management position, you'll find that the operational aspects of firefighting form a much smaller part of your role, being replaced by supervisory activities.

Typically you'll be required to:

- assess situations quickly, deciding on the best course of action
- direct the crew
- write full incident reports
- carry out fire investigation
- manage budget administration and control
- allocate personnel and resources to achieve performance targets
- negotiate with representative bodies
- deal with external agencies
- carry out planning and resource management

For more information click [here](#)

