

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

Happy New Year and welcome back to Career News. As always, it's packed full of useful information and advice, events, webinars, virtual work experience and much more.

Just some of the great content inside

- Year 11s are currently creating CVs for their mock interviews with employers check out the article from BBC Bitesize Careers on writing a brilliant CV.
- Preston College is offering a series of taster workshops in the February half term holiday: Film and Photography, Games and Graphics, ICT and Art and Design for Year 10/11. Limited places apply now!
- InvestIn are highlighting their amazing weekend career opportunities, in London or live online.
- Bolton Sixth Form have a few places left on their Performing Arts and Media after school courses.
- Future Medics are well served with conferences and free virtual work experience from Medic Mentor plus
 a chance to take part in a residential Medical Summer School at the University of Central Lancashire from
 the Medical Schools Council definitely one not to be missed!
- Thinking about university? Think Cambridge has a series of webinars to enable students to find out more about life at one of the UK's most prestigious universities.
- Lots of information and advice about apprenticeships, including the news that an apprenticeship will now be given UCAS points, in the same way that A levels, T levels and BTECs are.
- Various open events coming up in the next few weeks: at Wigan & Leigh, Preston, Runshaw, Blackburn, Bolton, Cardinal Newman and Myerscough - plus the final one at LUSoM for anyone considering further maths A level. The early application deadline for LUSoM is Monday 13th January - so don't miss out.
- A local plumbing and heating company has approached the school to offer an apprenticeship to an enthusiastic and reliable individual. If you think you would like to apply, you will need to send your CV to Miss Berry in the Top Office in the first instance, as soon as possible. There will be a lot of interest in this position, so get those CVs completed and sent to me: pberry@parklandsacademy.co.uk

College interviews in school start on 4th February with Wigan & Leigh, followed by Preston and Runshaw in March. Year 11s also have Mock Interviews with employers on 7th February, for which they will need their completed CVs. More details to follow soon.

Have a wonderful weekend

What can you do with...

ENGLISH

Languages Teacher

If you speak more than one language, you can travel the world and teach English to others!

Digital Marketer

Use cleverly chosen words to inspire, educate and convince customers with business campaigns.

Journalist

Research and investigate interesting stories for TV, radio and magazines!

Language Therapist

English is all about communication and the use of words. You can help others learn to communicate!



- researching
- analytical thinking
- debating

- communication
- decision making
- critical reasoning

SCAN ME

to build your skills and explore careers







NUCLEAR SECURITY TECHNOLOGIES

AWE Nuclear Security Technology's first intake of apprentices took place in 1952, with 10 apprentices undertaking craft apprenticeships over five years. Fast forward more than 70 years and AWE has over 500 apprentices across the business, as well as undergraduates and graduates (Evolve) making up their Early Careers Programme. This year, AWE will be recruiting more apprentices, undergraduates and graduates than ever, as they look to add 560 new recruits to their steady pipeline of early careers talent.

AWE's apprenticeships, varying from Level 3 Advanced to Level 6 Bachelors Degree, cover a broad spectrum of skills from Engineering to Project Management. Regardless of the chosen path, apprentices will be on a programme that develops not just their technical capability from day one, but also the skills required to be successful in future roles.

Evolve is AWE's flagship Graduate Programme. Made up of rotational placements across the business, Evolve is designed to provide graduates with technical knowledge and expertise across several disciplines. By selecting any one of the Evolve pathways, graduates are choosing a development programme that will help them build their career as a future leader of the business.

AWE also gives undergraduates extraordinary opportunities to develop and grow their skills whilst studying for their degree by offering Year in Industry placements and via the Defence Undergraduate Scholarship Scheme. Undergraduates will add experience they won't find anywhere else in the UK onto their CV, while undertaking exciting and challenging work that keeps the nation safe.

For almost 75 years, AWE has proudly played a role of critical national importance: helping deliver the UK's nuclear deterrent, preserve peace, prevent coercion and deter aggression. They are at the forefront of nuclear technology and innovation: from continuously delivering the warheads to ensure, and assure, the UK's Continuous At Sea Deterrent, to pioneering novel solutions to deter threats and counter terrorism – always delivering to keep our nation safe and secure.

Today, their workforce is 7,000-strong and brings together globally respected and exceptional professionals, including those at the very start of their careers. They aim to build enduring relationships with their government customers, international partners, suppliers and communities in the locations where they operate.

To find out more about all of AWE's Early Career programmes, head over to their website:

https://www.awe.co.uk/careers/earlycareers/





We would like to inform you of our early application deadline for high-attaining mathematics students.

Our early application deadline is 09:00 am on Monday 13th January.

Students must apply by this date to be invited to attend our aptitude test on Saturday 18th January.

Our application form can be found on our website, or through the following link: https://bit.ly/46rWPH0

LUSoM Application Process







Please note, students are still welcome to apply after this point but will need to liaise with the admissions team to organise sitting our aptitude test.

If you have any queries, please email admissions@lusom.ac.uk



Lancaster University School of Mathematics
Lancaster University School of Mathematics, 67 - 69 London Road, Preston PR1 4BA

Tel: 01772 287481 Email: admissions@lusom.ac.uk

LUSoM Open Day

Join us for our last Open Day of the academic year Attend a Head of School talk, tour the building and experience a maths taster lesson

> Saturday 1st February 10am - 12:30pm



Scan below to sign up







OPEN EVENT

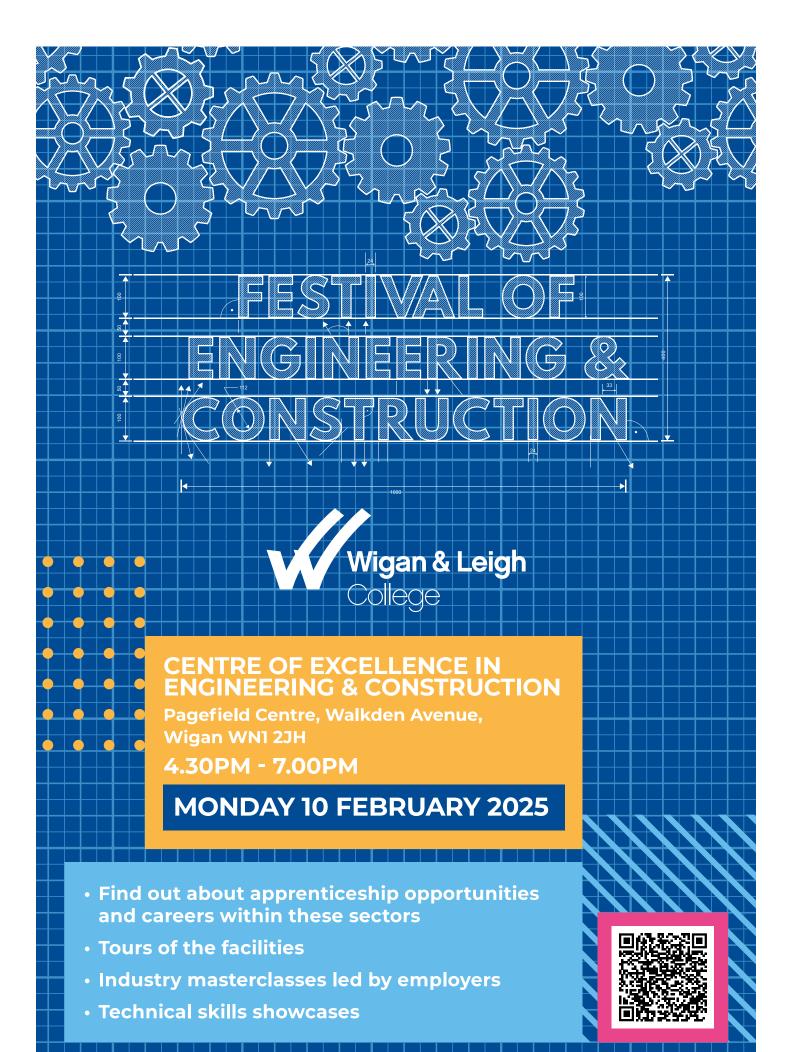
THURSDAY 6 MARCH 4PM - 7PM





www.preston.ac.uk/march







Join Radio 1's Katie Thistleton for the second series of The Bitesize Careers Podcast, tackling the most popular questions young people have asked about the world of work.



Together with your child, listen or watch the podcast episodes by scanning the QR code.





Episode 6: Help! What am I good at?





Episode 7: Help! How can I set achievable goals?





Episode 8: Help! What do I do next?





Episode 9: Help! How do I write a CV & cover letter?





Episode 10: Help! What should I do in a job interview?





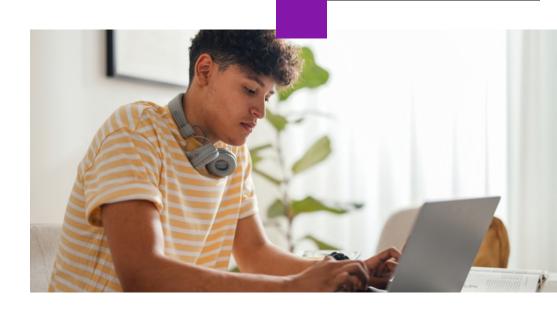
Episode 11: Help! What is networking & how can it help me?

QUESTION OF THE MONTH...



HOW DO I HELP MY CHILD WITH THEIR CV?

We've teamed up with BBC Bitesize Careers to find answers to the top questions that parents and carers have.



The New Year can be the perfect time to have those all-important career conversations at home. You can help your child to make a fantastic first impression by using the new BBC Bitesize Careers CV building toolkit. Here are some quick tips to help their CV stand out from the crowd in 2025.

A CV (curriculum vitae) is sometimes called a résumé, and is often the first thing employers will ask to see from your child, so it must be a true reflection of their skills and experience.

Their CV should be clear and easy to read, no longer than two pages and consist of a few basic aspects:

- Personal profile a few lines that shout about who they are and why they're right for the job.
- **Key skills** list key skills with words and phrases that describe what they can do.
- Education include formal education history (secondary school or above) and any other official training or academic awards.
- Work experience list any work they've done. It could be paid work, volunteering, or any work experience.
- References include someone who knows them well and can provide positive feedback. It could be a previous manager or trainer, but they could also ask a teacher or sports coach.
- Hobbies and interests these are optional, but for those with less work experience, relevant hobbies and interests can point towards a broader skillset.

Next steps: For more tips, join Careers expert Shoshanna Davis on The Bitesize Careers video-podcast <u>Careers: Help! How do I write a CV and cover letter?</u>

VISIT THE BBC BITESIZE CAREERS WEBSITE BY SCANNING THE CODE.



What is a CV?

Whether you're applying for a full-time job, a summer job, work experience or an apprenticeship, you'll often need to share a CV with the company or business who wants to hire you.



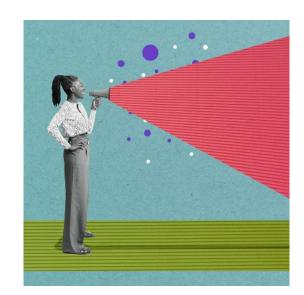
A CV is a document that includes information about yourself and why you're a good fit for the role. It presents your skills and qualifications effectively and clearly.

Writing a CV is a skill, but a good one can help you stand out from the crowd.

CV stands for **curriculum vitae**. That's Latin for your 'course of life' and that's basically what the document does. It tells people who you are and what you've done up to the point of applying.

What should your CV include?

- Name
- Contact details
- Personal profile
- Key skills
- Education
- Work experience
- References
- Hobbies and interests/achievements



You DO NOT need to include your age, date of birth or nationality. Employers shouldn't consider those things when deciding to offer you an interview. You also don't need to include a photo.

What should your CV look like?

There's no need to try and stand out with jazzy fonts and fluorescent paper. Your CV should be **clear and easy to read**.

Your CV should:

- Be no longer than two pages
- Use an easy-to-read font like Arial or New Times Roman. The font should be black and sized between 10-12
- Use headings and bullet points. Keep the layout simple and make it easy to read
- Use plain language

How to write your key skills section

A key skills section on your CV is a quick and easy way to show employers you've got what it takes to do the job.

There's no need to go into too much detail here. You simply need to list your key skills with words and phrases that describe what you can do. These could be soft skills, that can be used in almost any job such as "highly organised", or hard skills, which are usually specific to the job like "graphic design".

This section should go near the top of your CV so the reader knows your skillset from the off.

In practice, it will look something like this:

- Problem solving
- Time management
- Active listening
- Attention to detail
- Photo editing for social media
- Research



The skills you list should be relevant. Make sure you read the job description carefully and make note of any requirements for the role. Don't forget that you may need to give an example of when you have used the skills, ie. How and when did you solve a problem? How do you organise your time and so on. Take a look at this article to help identify skills you might not know you had.

How to write your work experience section

Here, you can include any work experience you have. This might include paid work, volunteering, or work placements. Begin with your most recent experience and work backwards.

Here's what you should include:

- Employer
- Job title
- When you worked there
- What you did there

Your experience can show reliability, mindset and transferable skills, even if it's not specific to the job role you're applying for. When talking about what you did there, try to highlight achievements and demonstrate the skills that your new role would require.

Remember, you can include any work experience you've done in or out of school. If you don't have any work experience yet then focus on your key skills and interests section.





INVESTIN THE ULTIMATE WORK EXPERIENCE

Weekend Career Opportunities

Choose your career, maximise your potential

We're excited to share that our weekend programmes are now open for registration! This spring, we're running weekend programmes for students aged 15-18 with 15 exciting careers to choose from, such as medicine, architecture, investment banking, law and many more. Our weekend programmes provide students with the perfect introduction to an industry, where they can meet top professionals, participate in interactive career simulations and build practical skills to prepare for their future career.

What's more, students will gain real-life experience as well as a personalised certificate to boost future university applications!

View Programmes



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



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

SPRING WEEKEND PROGRAMME DATES

9th March 2025 - London or Live Online

Doctor | Architect | Entrepreneur | Computer Scientist | Artist

16th March 2025 - London or Live Online

Lawyer | Dentist | Engineer | Filmmaker | Forensic Scientist

23rd March 2025 - London or Live Online

Banker | Psychologist | International Politics | Fashion Designer | Vet



Find Out More



Career Tasters This Spring

We're excited to offer your students a great opportunity to explore their future careers this spring! With 15 different industries to choose from, our weekend programmes are designed to provide students with the perfect introduction to a potential career pathway.

Available in person in London or online, our programmes enable students to connect with industry professionals, participate in hands-on simulations and gain a meaningful glimpse into the world of work.

VIEW PROGRAMMES

Spring Weekend Programme Dates

9th March 2025 | London or Live Online

Doctor | Architect | Entrepreneur | Computer Scientist | Artist

16th March 2025 | London or Live Online

Lawyer | Dentist | Engineer | Filmmaker | Forensic Scientist

23rd March 2025 | London or Live Online

Banker | Psychologist | International Politics | Fashion Designer | Vet

VIEW PROGRAMMES

Read Our Latest Reviews

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



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

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

Venue: The Sixth Form Bolton

Course cost: £10 per course to be

paid in full in advance

Age group: Year 10 - Year 11 pupils

COURSE 1: PERFORMING ARTS AND MEDIA

Duration: 4-week course **Dates:** 20th January -10th February **Day:** Monday, 4.30pm - 5.45pm

On the final week you will watch our Performing Arts Academy students perform in the comedy production of The Odyssey.

COURSE 2: MUSIC AND MUSIC TECHNOLOGY

Duration: 3-week course

Dates: 24th February - 10th March **Day**: Monday, 4.30pm - 5.45pm

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





Deane Road, Bolton, BL3 5BU. Tel: 01204 846215

www.bolton-sfc.ac.uk

COURSE 1: PERFORMING ARTS AND MEDIA

WEEK 1: ADVANCED THEATRE DEVISING STRATEGIES

Elevate your creative skills in theatre by mastering advanced devising techniques. Gain confidence and stand out in any audition with this workshop. Perfect for aspiring actors and directors. This workshop is all about unleashing your creativity!



WEEK 2: ADVANCED CHARACTER DEVELOPMENT FOR STAGE AND SCREEN

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



WEEK 3: ACTING FOR SCREEN

Lights, Camera, Action - build your screen presence! Take your acting skills to the next level with expert advice on how to perform for the screen. Perfect for those looking to break into the world of film and TV.



WEEK 4: THE ODYSSEY, A PLAY WRITTEN BY SPLENDID THEATRE, PERFORMED BY B6 ACADEMY STUDENTS

As a finale event, we will provide you with two free tickets to come and see our Performing Arts Academy students perform in the comedy production of The Odyssey.

COURSE 2: MUSIC AND MUSIC TECHNOLOGY

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

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



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

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



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

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





Attend the Biggest Online Careers Event of the Year! (And, it's free!)

Join us on 12 February 2025 for an all-day online virtual careers fair where you will be able to meet 10+ employers to discuss your career options. From STEM Careers to animal care, this event is designed to provide you with insider knowledge to get ahead in 2025.

Join companies such as Aldi, DHL, E.ON and more!

We had over 1,000 students signup for last years' event, and this year, it's back, bigger, better and with prizes!

Register now!











Thinking about University? Think Cambridge.

If you are in Year 11, we want to inspire you to apply to Cambridge. The **Think Cambridge** webinar series will help you to discover what Cambridge offers.

The series is also open to teachers, advisors, parents and supporters. It has lots of information to help them support applicants.

What you will get out of the series

- Listen to stories about student life from our ambassadors.
- Learn about Cambridge's student facilities and current student projects.
- Hear from admissions tutors and lecturers.
- Get advice on how to prepare to apply.
- Q&A opportunity in each session

Booking information

To register for the webinars, complete the booking form. You can attend as many sessions as you like.

Book now

2025 Webinar Series

The series runs from 27 January to 31 January 2025.

All sessions will run online. They include a presentation and views from our student ambassadors.

The sessions will be recorded and sent to registered guests up to 48 hours after the session. This means you can watch the sessions at a later date.

Date	Webinar	Time (UK time)
Monday 27 January	Explaining the collegiate system and student life	5pm to 6pm
Tuesday 28 January	The application process and preparing a strong application	5pm to 6pm
Wednesday 29 January	Deciding on your course: Arts, Humanities and Social Sciences	5pm to 6pm
Wednesday 29 January	Deciding on your course: Medicine and Veterinary Medicine	5pm to 6pm
Wednesday 29 January	Deciding on your course: STEM	5pm to 6pm
Thursday 30 January	Supporting an applicant: for parents and supporters	5pm to 6pm
Thursday 30 January	Ask a student - CAMbassador panel	5pm to 6pm
Friday 31 January	Applying and studying at Cambridge for international students	5pm to 6pm
Friday 31 January	What is the Cambridge Foundation Year?	5pm to 6pm

Medical Schools Council Summer School 2025 - Inspiring Future Medics

Are you a Year 11 aspiring medic in England from a widening participation background?



The **Medical Schools Council** Summer School programme, delivered in partnership with **Sunderland University** and the **University of Central Lancashire** is designed to inspire and support students like you on your journey into medicine!

The initiative prioritises students meeting widening participation criteria, including careexperienced individuals, refugees and those from areas with low higher education engagement.

Programme highlights:

Gain insight into medical careers, application guidance and skill development Engage in interactive problem-solving and network with clinicians Explore rural healthcare challenges and build lifelong friendships with peer support

What's included?

Five virtual sessions:

Introduction to Medicine and Careers: Tuesday 25 February 2025, 17:00-18:00 Meet and Greet Networking: Tuesday 11 March 2025, 17:00-19:00

Problem-Based Learning Workshop: Tuesday 25 March 2025, 17:00-19:00 Understanding MDTs in the NHS: Tuesday 22 April 2025, 17:00-18:00 Skills and Attributes for Medicine: Tuesday 1 July 2025, 17:00-18:00

Three-night residential experience at the University of Central Lancashire's stunning Westlakes Campus (Tuesday 22 July - Friday 25 July 2025) with accommodation at Summergrove Halls.

Residential Summer School Schedule:

Tuesday 22 July 2025

Afternoon: Arrival and check-in at Summergrove Halls. Introductory session on the admissions process including guidance on UCAT, interview skills and personal statements.

Evening: Visit to St. Bee's boarding school for recreational activities (e.g. basketball, badminton) and a scenic walk to St. Bees beach for ice cream and sunset views.

Wednesday 23 July 2025

Morning and afternoon: Exploration of rural medicine and specialty fields through simulations and workshops highlighting unique healthcare challenges and solutions in remote areas.

Evening: Visit to the local Mountain Rescue Centre for insights into emergency care in rural settings.

Thursday 24 July 2025

Morning and afternoon: "A day in the life of a Doctor/Medical Student" - immersive simulations and shadowing experiences showcasing clinical and academic life in medicine.

Evening: Social BBQ (if possible at the Summergrove Halls BBQ huts) followed by a medical-themed quiz hosted by student ambassadors.

Friday 25 July 2025

Morning: Farewell breakfast and programme conclusion. Departure by late morning.

Application deadline: Sunday 19 January

Find out more and apply by clicking on the link below Q

CLICK HERE FOR MORE DETAILS

Take the first step towards your future in medicine!



Join our NHS live online career challenges Gain FREE virtual work experience

Are you aware of our NHS virtual work experience opportunities as part of National Work Experience Week 13th – 17th January 2025?

Our career challenges are designed to develop key employability skills such as problem solving, data literacy, storytelling, and presentation. Hosted on Microsoft Teams, these sessions take place outside of school hours, making them easily accessible.

Students will enjoy: • A 45-minute briefing with the NHS • The opportunity to complete a career challenge at their own pace • Certification upon completion

These events provide valuable insights into emerging careers and help students build skills that will enhance their future education and employment choices.

Tuesday 14th January at 4.30pm (virtual session hosted on MS Teams)

Student year groups 7-9

"Quick with the facts, help the NHS be swift to react!"

- A 45-minute briefing with the NHS team
- Complete the career challenge at their own pace
- Certification awarded on completion

Register now!

Wednesday 15th January at 5pm (virtual session hosted on MS Teams)

Student year groups 10-11

After a sudden bump and fall, should they visit A&E or is first aid enough for all?

- A 45-minute briefing with the NHS team
- Complete the career challenge at their own pace
- Certification awarded on completion

Register now!

More virtual events coming up in February for National Apprenticeship Week!





= apprenticeship guide



UCAS points for apprenticeships to start in May 2025

UCAS has set the date for a big change to help former and current apprentices who want to go to college or university.

From 2026, apprenticeships at level 3 (in England, Wales, and Northern Ireland) and SCQF level 6 (in Scotland) will be given UCAS Tariff points. This means students doing apprenticeships can use them to apply for university or college, just like A-levels or other qualifications.

How will apprenticeships be awarded Tariff points?

The new system aims to make the <u>Tariff points system</u> fair. The number of points will depend on how long the apprenticeship takes, how much work and study is involved, and the grade the apprentice achieves. For example, an apprenticeship lasting 24 months will earn the same points, no matter where it was done in the UK.

Haven't I heard all of this before?

UCAS announced the change back in February 2024, originally saying that they would be able to roll out the new plan in September 2024. This was pushed back to give universities more time to adopt the new proposals.

What will employers and universities think of someone who takes an apprenticeship pathway?

Currently, it can be challenging for young people to demonstrate the value of their qualifications to university or college admissions teams, but this change will help bridge that gap.

UCAS worked with schools, colleges, universities, and employers to design the new system. Most people agreed with the plan: in a survey, 74% supported it, with colleges showing the most support at 89%. Schools, advisers, and universities were also very positive.

Leaders in different industries have welcomed the change, including Dr Navina Evans from NHS England, who said it will help more people start careers in healthcare: "A level 3 apprenticeship in health is a fantastic route to beginning a rewarding career in the NHS and we welcome its inclusion in the new UCAS Tariff, which recognises the value of the qualification and will help inspire more young people to work in health and social care."



Come along to our

THURSDAY 13TH FEBRUARY 2025

4:00pm - 7:30pm

Business Administration | Customer Service | Leadership and Management Engineering Operative | Engineering Fitter | Machining Technician | Draughtsperson Metal Fabricator | 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











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





WHAT COMES NEXT for pupils in year 11?





START YOUR APPRENTICESHIP



PROUD TO PROVIDE **EXCELLENCE** IN TECHNICAL EDUCATION AND TRAINING

Following the success of last year's half term sessions, I'm pleased to announce our Visual Performing arts department are running various sessions for Year 10s and 11s in Media Film and Photography, Games and Graphics, Art and Design and ICT during the February Half term.



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ASK AN APPRENTICE COMMUNITY!

Student: Why Join?



Easy to use

Post your questions – apprentices respond!



Personalised

Ask the questions you want answered



Network

Our apprentice mentors are from top UK employers



Stand out

Gain insider knowledge and get ahead in applications



Ask anonymously

Ideal for questions you'd rather not ask your teacher!



Industry-specific

Get advice specific to the industry you're interested in applying to!





- Sign up for free and join the community.
- Post your questions about apprenticeships, careers, and more!
- Get answers and advice from experienced apprentices.

Not sure what to ask? Things to ask about:

- Application tips
- Life as an apprentice
- Skills you'll need

Scan here to sign up













DID YOU KNOW?

You could be a finance apprentice at a retail firm, a business apprentice at a hospital or an engineering apprentice in the Army!





Apprenticeship open evenings

Join us at our state-of-the-art training centre in Blackburn and speak to our team about all your options once you finish school or college. We'll have our specialist tutors on hand to answer any questions you have and help you take control of your future. Plus, as we are part of the University of Central Lancashire, our apprentices will have progression routes to Degree Level Apprenticeships.

Wednesday 29th & Thursday 30th January 2025

between 4.30 - 7.30pm

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

Let us know you are coming:

www.training2000.co.uk/events

Part of the University of Central Lancashire











What happens next... for year 11 students

Apply to Training 2000



From November 2024 onwards

Come to our open evenings



Wednesday 29th & Thursday 30th & Thursday 30th January 2025

> From 4.30-7.30pm Training 2000, Blackburn

Interviews with companies

Confirm your GCSE results



August 2025

Prepare your CV



From Nov 2024 onwards onwards

We'll get in touch



Initial contact in March 2025 from Training 2000. We'll arrange a meeting with you to discuss your application during the Easter holidays. If you apply after Easter we will be in touch within a week.

Start your Apprenticeship



SERVES 4

Spaghetti Bolognese

Ingredients:

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



os

Method

Peel and chop the onion.
 Peel and crush the garlic.
 Peel and slice the carrot.
 Finely slice the celery.



2. Fry the onion, garlic, carrot and celery in oil.



3. Add the meat and cook until the mince is lightly browned.



4. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper.



5. Bring to the boil, then simmer.



6. While your sauce is simmering, place the spaghetti in a separate saucepan of boiling water.



7. Drain the spaghetti using a colander.



8. Place the spaghetti on a plate, and pour some of the Bolognese over the top.



Food Skills

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

Keep Calm & Reduce Food Waste



Did you know...

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

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

Top tips to reduce food waste

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

DESIGN YOUR OWN RECIPE CHALLENGE

Today you've been amazing at adapting your recipes.

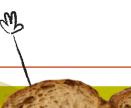
If you had cooked the original recipes, these are the items you would have had left:

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

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



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







A Career with a Difference

Providing great career advice should be about widening student's horizons and giving them the opportunity to see careers that are a little out of the ordinary.

Have you thought about Horseracing?

Did you know it is:

- The Second Biggest Spectator Sport to Football
- An Industry worth 3.45 billion to the British Economy
- The largest Sporting Employer.

There are many different routes to explore from Apprenticeships and Early Career Programmes to hands on working with horses or working in an office environment:

- There are several Specialist Training Colleges to choose from which young people can attend
 either after GCSEs or A Levels. For those wanting to explore riding options, the British Racing
 School based in Suffolk and the National Horseracing College based in Yorkshire, offer a
 Foundation Course in Racehorse Care which leads to a Level 2 Apprenticeship delivered in a
 racing yard.
- For those based in Scotland, the Scottish Racing Academy also has courses to offer. They offer a vocational pathway allowing students to learn more about the racehorse and how to care, feed, prepare and exercise racehorses.
- The National Stud based in Suffolk offers practical courses learning how to care for mares, young
 horses and foals, ideal for those students who don't necessarily want to ride horses but are keen
 to care and look after them.
- There are also Business Apprenticeships available and Early Career Programmes, so there really is something for everyone.

Click below to find out more about these training courses and careers or get in touch with us via social media @careersinracing



Real students. Real employers. Real advice.

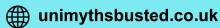
Research and real stories to bust common myths about uni, helping you feel confident in your decisions.













In collaboration with:

University



Supported by:





ARE YOU INTERESTED IN

APPRENTICESHIPS?



YOU COULD BE AN APPRENTICE
WITH EDF

- Starting salary ranging from £14,995 to £21,891
- Gain skills & qualifications
- Access a wide range of employee benefits
- Contribute to a more sustainable energy future
- Help tackle climate change





edfenergy.com/careers/apprenticeships

Success is Personal

ARE YOU INTERESTED IN LAW?

YOU COULD BE A

SOLICITOR

APPRENTICE WITH EDF





edfenergy.com/careers/apprenticeships



Success is Personal

Apprenticeships at EDF



At EDF, success is personal. Our Apprenticeship programmes offer an exciting opportunity to build a rewarding career while contributing to a more sustainable energy future.

If you or someone you know tick any of these boxes, an EDF apprenticeship could be the perfect next step.		
Do you enjoy one or more of these school/college subjects?		
Business		
Chemistry		
Computing		
Geography		
Law		
Physics		
Psychology		
Technology		
Do you want to work:		
■ towards achieving Net Zero		
tackling climate change		
on sustainability		
for the biggest generator of		

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	Business Administration
	Chemistry
	Civil Engineering
	Construction Quantity Surveying
	Cyber Security
	Data Analyst Security
	Environmental Ranger
	Facilities Management
	Health, Safety & Environment
	Maintenance and Operations
	Engineering
	Nuclear Engineering
	Project Controls
	Project Management
	Solicitor
	Wind Turbine Technician

EDF offer apprenticeships in all of

these areas!

Are you interested in a career in:



low carbon electricity

Interested?

Visit EDF's website and download their guide to Early Careers, which tells you everything you need to know!



www.edfenergy.com/careers/apprenticeships



Youth Futures Team



Next Steps

Leaving School? What Next?



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



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

Employment

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

Training

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

Want Support?

Please contact the Youth Futures team on

youthfutures@lancashire.gov.uk Alison (East): 07729 081094 Anna (North): 07354 167290 Steph (Central): 07917 534459





An exclusive partnership between Preston College and Preston North End Community and Education Trust.

- > Trained by UEFA B qualified coaches
- > Compete nationally in the EFL CEFA league and the ECFA league
- > Courses from Level 1 to 3
- > Gain experience
- > Exciting enrichment and activities available

Apply today www.preston.ac.uk/apply



Tuition fees are going up in England

Uni tuition fees are going up by £285 in 2025-26 to £9,535 a year. How will this affect you?



When you pay: **NO CHANGE**

You won't pay anything until you graduate and start earning £25k a year or more.



Amount you pay every month: **NO CHANGE**

You'll pay 9% of anything you earn over £2,083 a month (£25k a year).

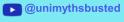


How long you pay for: **COULD CHANGE**

- You'll make monthly repayments for 40 years
 OR until you pay the loan off, if you earn
 enough to do so before the 40 years is up.
- Higher fees mean those that earn enough to pay the loan off before the 40 years is up will pay monthly for slightly longer.







munimythsbusted.co.uk

In collaboration with:











PRESTON COLLEGE

UNLOCK YOUR FUTURE WITH OUR FREE ESOL COURSES FOR TEENAGERS!

Are you aged 16-18 and not currently in education or employment? Want to improve your English and open doors to new opportunities? Our ESOL (English for Speakers of Other Languages) courses are designed just for you!



WHY JOIN OUR ESOL COURSES?

- Improve your English skills: speak, read, write and build confidence.
- Prepare for Further Education and Employment: Gain the language skills you need to succeed in college or work.
- Learn in a supportive environment: Our friendly tutors ensure you get the help and guidance you need.
- Meet new friends: Join a diverse group of young people who are also improving their English and building their futures.



WHAT WE OFFER:

- Free Classes: No cost to attend!
- Experienced Tutors: Support from qualified ESOL teachers.
- Practical Skills: Improve everyday English for life in the UK, including help with job applications, interviews, and social conversations.



ENROL TODAY!







NEW

COLLEGE

PODCAST

COLLEGE COMPASS



UNLOCK THE SECRETS TO A SUCCESSFUL CAREER

GUEST SPEAKERS
ADVICE & GUIDANCE
INDUSTRY KNOWLEDGE

LISTEN NOW ON SPOTIFY



DOYOULIVE INCHORLEY?



Hop On, Chill Out, Hop Off

There is now a **DIRECT** bus from Chorley to Preston College... and back again!

@prestoncollege











Aspiring Clubs for year 10, 11 and 12

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

Aspiring Engineers

A 4 week course delivered in engineering workshops on a Thursday evening covering:

- Sheetmetal / welding
- Computer Aided Design (CAD)
- CNC machining
- Electronics and electrical

When:

Thursday evening 4.30 - 7.30pm: 7th, 14th, 21st and 28th Nov 2024

Thursday evening 4.30 - 7.30pm: 6th, 13th, 20th, 27th March 2025

Cost: There is a small cost to cover materials of £20

Aspiring Optical Professionals

A 3 hour taster session looking at:

- Eye conditions
- Demonstration of magnifiers
- Different prescriptions and trial frames

When:

Mon 3rd Feb 2025 | 1pm - 4pm Mon 21st July 2025 | 1pm - 4pm

For more information and to book visit our website

www.training2000.co.uk/aspiring-clubs

Part of the
University of
Central Lancashire









Aspiring Dental Nurses

A 3 hour taster session introducing you to:

- The role of a Dental Nurse
- Surgery tour looking at equipment and instruments
- Mixing alginate impression material

When:

Mon 3rd Feb 2025 | 9.30 - 12.30pm Mon 21st July 2025 | 9.30 - 12.30pm

- Discuss oral hygiene and diet
- Current apprentices as guest speakers

Aspiring Accountants

A 3 hour taster session covering:

- Current apprentices as guest speakers
- Balance sheet activity
- Double entry bookkeeping activity
- Accounting board game

When:

Wed 5th Feb 2025 | 9.30 - 12.30pm Wed 9th July 2025 | 9.30 - 12.30pm

- Accountancy in the working environment
- Accounting card games

Aspiring Business Professionals

A 3 hour taster session looking at:

- Decision making
- Prioritising
- Project planning
- Communication in the workplace

When:

Wed 5th Feb 2025 | 1pm - 4pm Wed 9th July 2025 | 1pm - 4pm

Open days 2025

You'll have the opportunity to:

- Speak to our expert subject tutors and ask all your questions
- Have a tour of our site and training facilities

When:

Wed 29th and Thurs 30th January 4.30-7.30pm

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

Part of the University of Central Lancashire









Unlocking a cyber security degree apprenticeship with Leonardo

Matilda is a third-year cyber security degree apprentice at Leonardo. She talks to the Apprenticeship Guide about her experience:

"In September 2022 I started my career as a cyber security degree apprentice at Leonardo, and I am about to start my third year at the Bristol office. During school, I always had an interest in computers but felt like I couldn't pursue my passion as computer science was a neglected subject at my all-girls secondary school. I was one of few in my GCSE computer science class and found myself losing interest after a couple of months in.



My dad pushed me to keep going when I was ready to drop out of the GCSE and suggested I try a scheme called Cyber Discovery. The scheme showed me a very exciting side to topics I had previously thought were dull when learning them in the classroom and reignited my interest!

I moved schools to take my A-level in Computer Science. Over the school holidays, I used free courses available via Cyber First to expand my knowledge, which cemented my interest in following a career in cyber security.

Although I knew that I wanted to work in cyber security quite early on, I also knew I didn't want to go to university. When my school ran a session about degree apprenticeships, I realised this was exactly what I wanted! A full degree (with no debt) and years of hands-on experience was a dream come true. I had heard of Leonardo before applying as I was familiar with its helicopter business but wasn't aware of the cyber capabilities. I saw a post online Leonardo Early Careers and was instantly attracted due to the opportunity to secure and support critical national infrastructure. It is important to me to have fulfilling work, which I can achieve at Leonardo.

The culture was also very attractive to me. Leonardo's awards in Investors in Young People showed me that as an apprentice I would be supported and valued. Leonardo is a Disability Confident Employer and, as I have dyslexia, I knew this would not impact my application. I moved across the country for the job on my own but as I felt so welcomed at Leonardo, it didn't feel daunting.

As part of my degree apprenticeship, I rotate on placements in the different areas within the cyber and security solutions business. This allows me to have a go at a range of practices before choosing where I want to work when my apprenticeship ends. From the start, I have been involved with real world projects and have been learning every day. So many amazing people at Leonardo value the apprenticeship scheme and they are always happy to give me a hand when I need support.

Leonardo has given me the opportunity to be a STEM ambassador where I have helped plan and run workshops, careers talks and activities to inspire young people to get involved with cyber. My favourite STEM event was when I worked with Unlock Cyber and I made and delivered a demonstration on OSINT (Open Source INTelligence) capabilities to local schools. The reaction of the students when they realised how much information can be exposed from a simple Google search wasn't dissimilar to my reaction to when I first started learning about cyber security. I felt proud to be able to pass on my knowledge and enthusiasm with the backing of a company like Leonardo. Hopefully from my demonstration I inspired someone to give cyber security a chance!

Through Unlock Cyber I was interviewed about my experiences as an apprentice at Leonardo. It was great to be able to share my enthusiasm and give advice to other young females on how to develop their cyber security knowledge and skills. I am looking forward to the next two years of my degree apprenticeship and excited to see where my career takes me!"

To find out more about apprenticeships with Leonardo, visit <u>careers.uk.leonardo.com</u> or search <u>Early Careers</u> <u>Leonardo</u>





Business and Accounting Careers Events and Work Experience for Y11 Students this January with Evelyn Partners, RSM & Forvis Mazars

We have three fantastic Business and Accounting events we have this month for your students in Y11 to get involved with.

The events are all free to attend virtually and are with Evelyn Partners, RSM and Forvis Mazars all of which are within the top 10 globally as the biggest professional services firms. These events are truly fantastic with some work experience this year on offer as well during the school holidays.

Calling all aspiring business and accounting students - this month Young Professionals have lined up 3 fantastic insight evening sessions with 3 of the biggest professional services firms in the world. All taking place on different nights this month, you will have the opportunity to hear from all 3 companies sharing their insights and opportunities that you can apply for.

We would encourage you to sign up to all below events so you can maximise your full exposure to all the companies and help you to gain a better understanding of the industry. You will also get the opportunity to submit a work experience or apprenticeship application off the back of the events.

After each event you attend you will receive a certificate of attendance which can be used on your LinkedIn profiles and any corporate applications that you make.



Event 1

- Insight to Evelyn Partners Thursday 16th January, 5pm 6pm
- Evelyn Partners are a top 10 firm globally specialising in professional services and wealth management
- £62.2bn of assets under management and over 188 years of experience
- Click here to find out more details and apply:

https://mailchi.mp/f3f36ebde470/business-finance-with-evelyn-partners



Event 2

- Insight to RSM Wednesday 29th January, 5pm 6pm
- RSM are a global accounting and professional services firm offering careers in audit, tax and consulting
- Hear about their school leaver, work experience and graduate programmes
- Click here to find out more details and apply

https://mailchi.mp/61ae1ac17fba/careers-in-business-accounting-finance-with-rsm



Event 3

- Insight to Forvis Mazars Thursday 30th January, 5pm 6pm
- Forvis Mazars are a world leader in accounting and professional services offering careers in audit, tax and business services
- Hear about their school holiday work experience programmes on offer this year and apply at the end of the session
- Click here to find out more details and apply:

https://mailchi.mp/7531b505d4ed/work-experience-with-business-and-finance-leader-forvis-mazars

We hope these 3 events look exciting and we can't wait to welcome you to all of them later this month.



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?





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 throught to a community team.





The only LIVE NHS Healthcare Careers virtual work experience in the UK run by Healthcare Professionals!

Let us help you to take your first steps into the world of healthcare careers. It is live, giving you the chance to interact will healthcare professionals, but from the comfort and safety of your own home.

Join thousands of other students who are exploring healthcare careers with the help of our

LIVE simulated high fidelity work experience programme!

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 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.

Students will gain invaluable perspectives on patient care dynamics and the collaborative efforts within the NHS, including exploring careers within:

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

Attendees will have the opportunity to interact with healthcare professionals throughout each day. This will empower students to make informed career decisions and demonstrate their commitment to healthcare in their UCAS applications. Once they've registered, students will be emailed links to their virtual work experience portals.

Students are awarded a Work Experience Certificate for every session they complete. Those who complete the full 6-month programme will be awarded a Highly Commended Reference from the Presidents of Allied Healthcare Mentor. These are fantastic additions to student's CVs!

Students can register individually at any time throughout the 6-month programme using the link below. We recommend booking early to gain as much out of this programme as possible. Places are £10 a session to cover administrative and technological costs.

Sign up here: Allied Health Mentor work experience programme



CAREER of the WEEK

Estate agent

Estate agents liaise with clients, solicitors and other property professionals to negotiate sales and lettings on residential or commercial properties.

Working as an estate agent, you'll usually specialise in the sale and/or letting of residential or commercial properties, businesses or land, on behalf of your clients. You'll value, market and lead viewings on properties, with the aim of negotiating the best price for your client.

Your role will involve frequent liaison with banks, building societies, mortgage brokers, surveyors, solicitors and other estate agencies during transactions. You may also handle sales taking place via auction.

Types of estate agent

You may usually specialise in one area of estate agency, such as:

- residential sales
- residential lettings
- commercial sales
- commercial lettings
- rural estate.

Responsibilities

As an estate agent in England, Wales and Northern Ireland, you'll need to:

- collect information about a property and arrange for photographs to be taken
- visit and talk to sellers about their property and its special features
- estimate the value of a property
- market and promote properties for sale
- arrange and carry out property viewings for prospective buyers
- represent the sellers in negotiation with prospective buyers
- monitor sales as they proceed and liaise with all interested parties including mortgage brokers, solicitors, surveyors and other estate agents
- recommend properties to clients that meet their needs and budget
- make sure that the price agreed is acceptable to both buyer and seller
- keep up to date with trends, legislation and regulation in the relevant property market

If you work in the lettings area of estate agency, you'll need to:

- vet prospective tenants by collecting references and performing credit checks
- ensure properties meet legal and health and safety requirements, e.g. gas safety certificates
- draw up tenancy agreement contracts
- collect or organise rent payments
- act as a property manager and resolve any issues that arise with properties









For more information click here