



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

Welcome back to another packed edition of Career News. Lots of events and opportunities for students of all ages including:

- Virtual work experience with Medic, Dental and Allied Health Mentor - absolutely vital for anyone aspiring to work in any aspect of healthcare.
- The return of the Apprenticeship vacancies page as well as three Level 3 vacancies at NIS Ltd: Fabricator/Welder; Electrician and Project Build Fitter. These are great opportunities for Year 11s to apply for at a well respected local company. See inside for more details or contact: pberry@parklandsacademy.co.uk for more information.
- Wigan & Leigh College have their final open evening of this academic year on Monday 28th April. Last chance for Year 11s to have a look round and ask questions - or for Year 10s to make an early start on college choices. Year 10s will of course visit two colleges in June/July for sampling.
- Runshaw College are hosting an Apprenticeship, Employer and Adult Education Showcase on Wednesday 7th May, so if you are looking for an apprenticeship or interested in upskilling for future roles, register now.
- Training 2000 will be in school in a few weeks offering advice on interview techniques - but in the meantime, have a look at the interview tips sheets inside. Employers are looking for applicants who have done some research on a company and who have the right attitude - not just qualifications.
- There are various courses on offer - employability skills from the Coca Cola group or Teaching English abroad with UK TEFL. It's always helpful to complete courses in your own time - it sets you apart from other candidates for job or university interviews.
- Work Experience week is rapidly approaching (14th - 18th July) and I am still waiting for a number of completed booklets. I have various offers of support from local employers including nurseries, primary schools, solicitors and dog groomers amongst others. The Army (MPCT) programme will be going ahead and there will probably be 10 spaces available - contact me for more details. The NHS scheme will hopefully run, but I am still waiting for final confirmation on this. Watch this space



Have a great weekend



28th April - 2nd May 2025



STEM Dorado is a fantastic free educational resource tailored for children aged 5-13. Created by Dr. Alina Chakraborty, a Cancer Biologist from London, the magazine aims to advance science communication and outreach for children.

Read here: Vol 7: Feb 2025

STEM DORADO

The Future poster contest will be reviewed and from Group A (Years 1-2), Group B (Years 3-4), (7) will be published in the next issue of this magazine. Try guessing the winners!

All Dinosaurs were still alive poster contest.

Avir Banawara, Y-2, Garden Suburb Infant School

Lauren Ketchell, Y-4, Holly Trinity Primary School

Sam Couch, Y-5, St. Mary's Primary School

Myra Pramodh, Year 6, Devonshire primary school

THEME ACTIVITY

Fill in the missing numbers
The missing values are whole numbers between 1 and 25. Each number is only used once. Each row is a math equation. Remember that multiplication and division are performed before addition and subtraction.

5	-	11	*	-	-	-	-	-132
-	*	-	-	*	-	*	*	30
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*	+	*	*	*	+	+	4	62
7	*	*	+	8	+	-	-	336
-	-	-	-	36	*	*	*	-336
106	-32	-48	-348	89				

Life in a Nano World

What would life be like if everything around you was super tiny—even smaller than the eye can see? That's what a Nano World is all about!

For younger children:
In the world of the **really, really small**, things behave in strange and magical ways. Water rolls off leaves, colors shine without paint, and tiny creatures like bacteria live their secret lives! How would your nano world be?

For older children:
Scientists use Nanotechnology to build materials and machines so small that they are thousands of times smaller a grain of sand. This tiny tech can heal people with medicine that travels inside the body, clean dirty water, and even help astronauts explore space!
How do you expect a world driven by nanotechnology to be?

Fill in the missing numbers

The missing numbers are integers between 0 and 8.
The numbers in each row add up to totals to the right.
The numbers in each column add up to the totals along the bottom.
The diagonal lines also add up the totals to the right.

		5		1				19
								15
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							5	18
					2			23
25	16	23	22	11	23			17

9 - 14 years

BIOLOGY

Cell Stories #7

Where do cells get their energy from?

Hey Hey curious minds,

Do you remember the last episode of Cell Stories?

We discussed how cells keep alive by fabricating all sorts of proteins from instructions written as a DNA code that will be copied step by step as RNA messages.

Of course doing all of this takes a lot of efforts and energy. Now you might be wondering:

Where do cells get their energy from, and what do they eat?

Well, just like you need food for energy to play and run, the cells needed a special kind of energy to do their jobs.

The cells do not eat food like we do. They are way too tiny to be able to eat whole foods. Instead, when you eat, your digestive system breaks the food into lots of simple microscopic parts. For example, when you eat a cookie your body breaks it into simple sweet molecules of sugar called 'Glucose'.

Then **glucose** travels through your bloodstream and enters the cells. However, **glucose** alone isn't enough to keep the cells working. They needed a place to turn that **glucose** into usable energy.

That's where the **mitochondria** come in!

Do you remember **mitochondria**? We talked about them in the second episode of this series, when I was presenting you the things that are inside of our cells. And I briefly explained that **mitochondria** are power factories of the cells. Well here we are now, let me explain what really happens in a **mitochondria**:

The **mitochondria** take the **glucose** and mix it with **oxygen**, which you breathe in, to create a special kind of energy called **ATP (adenosine triphosphate)**. **ATP** is like a battery that powers everything inside the cell. The fabrication of ATP by the mitochondria is also called: cellular respiration.

But how does this fabrication happens?

Well, cellular respiration, happens in 3 big steps:

- 1- First, in the cytoplasm (outside the **mitochondria**), the **glucose** gets broken down into even tinier pieces that we call pyruvate.
- 2-Then, the pyruvate (chopped pieces of **glucose**) moves inside of the **mitochondria**, where the real energy-making magic happens.
- 3-There it reacts with **oxygen** (**oxygen** give some power: electrons), and tadaaa the mix produce **ATP**, also carbon dioxide (which you breathe out), and water (which your body uses or gets rid of).

48



STEM Dorado
EXPLORE DISCOVER LEARN INVENT GROW



OPEN EVENING

4.30PM - 7.00PM

**PARSONS WALK CAMPUS, WIGAN
MONDAY 28 APRIL 2025**



A quick reminder about our upcoming final Open Evening on Monday 28 April, 4:30 pm – 7:00 pm at our Wigan Campuses.

This is a final chance for Year 11 students to explore their post-16 options and an ideal opportunity for Year 10 students to start considering their next steps.

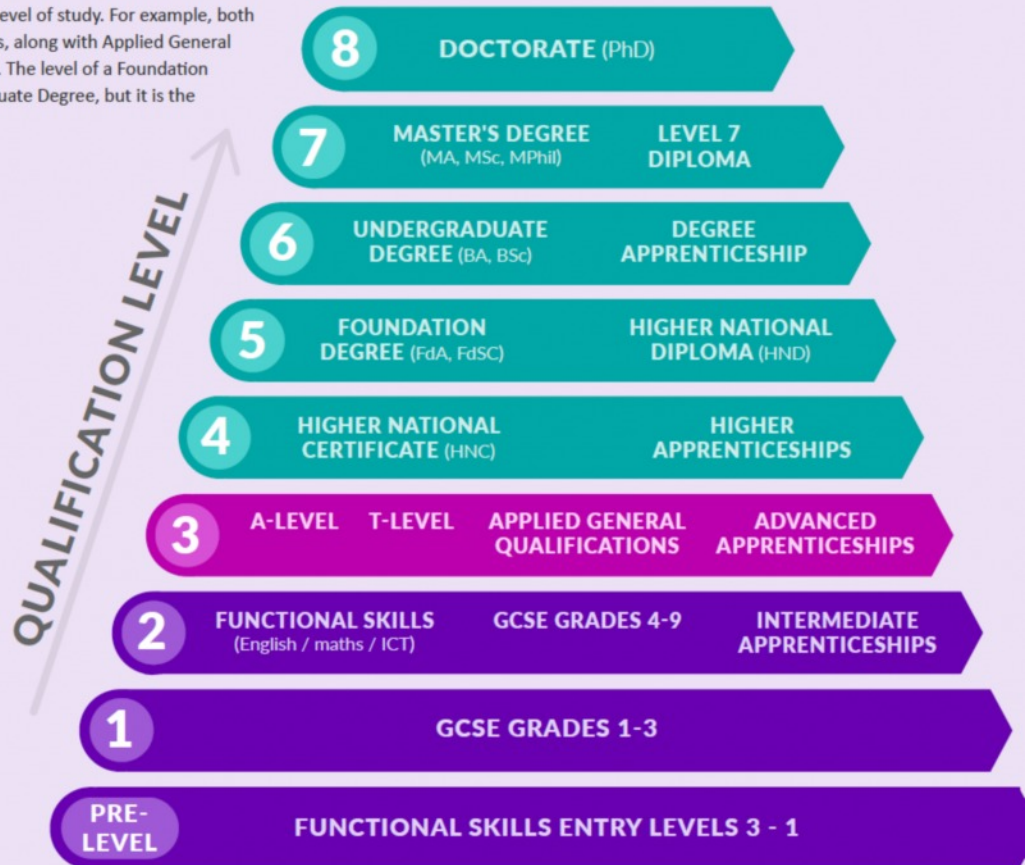
We strongly encourage students to book their place. Please note: Only one booking is required per student, parents/carers do not need to book additional places.

Booking link: <https://www.wigan-leigh.ac.uk/event/open-evening-5/>



WHAT QUALIFICATIONS ARE THERE?

This graphic shows each qualification and its level of study. For example, both T Levels and A Levels are Level 3 qualifications, along with Applied General Qualifications and Advanced Apprenticeships. The level of a Foundation Degree is not as high as that of an Undergraduate Degree, but it is the same as a Level 5 Diploma



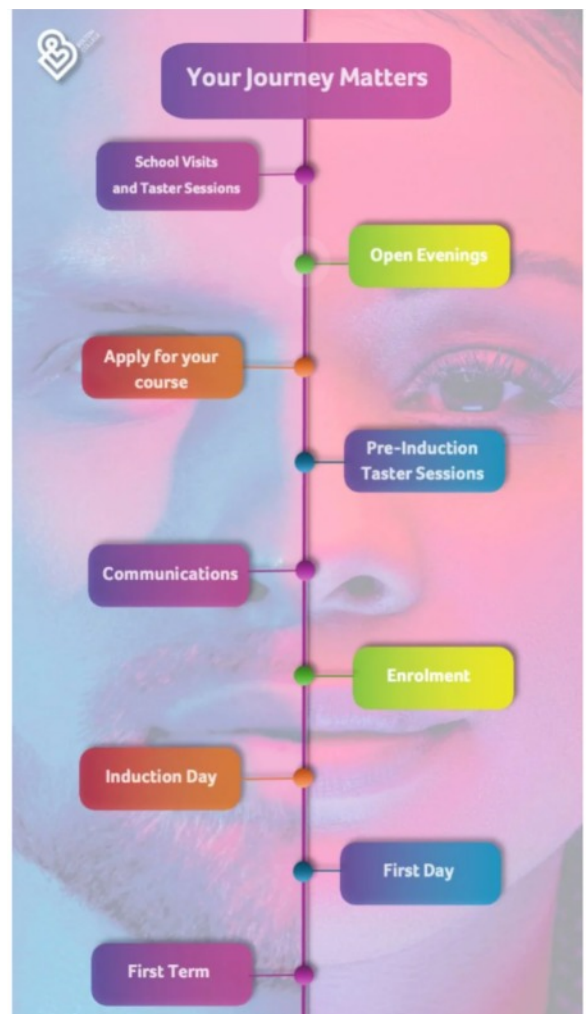
We're reaching out with something we're really excited to share - our new 'Your Journey Matters' resource, designed to support students as they begin to shape their future after school.

This engaging and informative link (see below) offers students a clear picture of what the post-16 journey looks like - from visiting Bolton College, applications and offers, to taster sessions, enrolment and the first day of term.

It's all about giving them the confidence and clarity to take their next steps with enthusiasm and a sense of purpose.

The more we can support them together, the brighter their future pathways will be.

[CLICK LINK HERE](#)



Considering university?



UniTasterDays
www.unitasterdays.com

New On Demand Webinars

Explore university subjects with impartial video guides.
Featuring a huge range of subjects and universities

Find university events with UnitasterDays.com, including:

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Workshops | Open Days**



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UNIVERSITY OF
PORTSMOUTH



Read our advice to get the most out of your time revising during exams

It's exam time. You've studied hard and, naturally, you want to do well. Our top 8 revision tips can help you stay calm and focused during your exams.

1. Start early

Starting your revision early means you can spread it out and avoid last-minute panic. Aim to start revising in the mornings when your brain is fresher. Sometimes, revising later is unavoidable, but try to limit late night sessions. You can't revise successfully in a rush, so avoid last-minute cramming during all-nighters in your room or the library. But if you have left it to the last minute, try to focus on the subjects you think will come up on the exam.

Once you know what to revise for the exam, make a revision timetable to plan your sessions using a digital or paper diary. Avoid the temptation to jump straight into your revision without one. Making a plan does take time, but it will save you hours of figuring out what to revise each day. Include lots of detail in your plan like relevant readings or lesson notes. Block out time for socialising, exercising and other breaks. Stick to your timetable as best as you can.

2. Find out the exam format

Make sure you understand the exam format and scope so you know what to revise. Look over your syllabus and decide your approach. For essay-based exams, you probably don't need to cover the whole syllabus. It can be more effective to learn a little content in more detail. Short answer-based exams need a broader, less detailed understanding of the material.

3. Find a revision method that works for you

Revision techniques include flash cards, past papers, mind maps, group work and recording yourself talking then playing it back. Finding what works for you involves trial and error. Bear in mind that what works well for one exam might not work for another. Starting your revision early gives you time to find out the best revision methods for you.

4. Test yourself

Time spent testing yourself pays off, so come up with questions to test your knowledge. Make sure you understand what you're revising by thinking it through, rather than learning by mechanical repetition. Ask your friends and family to test you too.

5. Teach someone else

Explaining what you've learned to someone else is a great way to be sure you understand the topic. It will also help you remember information and identify any areas you don't fully understand.

6. Space out your revision and take breaks

Memorising information takes time – you can't cram it all in at the eleventh hour and expect it to stay there. Give yourself the best chance of success by staggering your revision – five hours of revision over five days is better than five hours in one day.

Stepping away from your revision for a short period of time helps your brain process and cement information, and improves your ability to remember it. Do some stretching, go for a walk, have a cup of tea – whatever gets you away from your study space for a little while.

7. Look after yourself

Make sure you sleep and eat well, get some exercise and reward yourself.

Get a good night's sleep. A good night's sleep means your brain functions properly and can recall information. Sleep well to keep your brain healthy and to remember what you've revised. Getting to sleep at a reasonable time means you'll wake up earlier and fit in more revision during the day.

Eat well. You might be tempted to save time when revising by surviving on quick food. Eating things like pizzas and guzzling coffee may be time efficient but it won't result in effective revision. Eating a healthy, balanced diet and drinking lots of water will leave you feeling more energetic and focused. Try batch cooking to save time (and money).

Move your body. Exercise gets the blood flowing and sends more oxygen to your brain so it'll function better. Anything to get your brain working well will help you during revision and exams. Exercise is also a nice break from studying. Win-win.

Reward yourself. A reward at the end of a long day of revision is something you can look forward to while you're hitting the books. It could be anything from an episode of your favourite TV show to a phone call with a friend. Set a time to reward yourself, and don't stop revising until then. You could also plan a big reward for when exams are over.

8. Stay calm and positive

Maybe the most important thing to remember during the revision process is to stay calm and positive. Had a bad day? Try not to let it affect how you revise the next day. While exams are important, they're not the be all and end all of your education. Try not to stress too much about them.

There's no perfect formula for exam success, and you might find only some of our tips are right for you. The key is to work out how you revise most effectively and stick to that as best you can. Ultimately, when it comes to revision, you get out what you put in.

Good Luck!

Individual Challenger Experience

The Individual Challenger Activities are an exciting way for students aged 11-16 to complete a short STEM project from home and gain an Industrial Cadets Challenger award. Each activity is designed by our educational experts and allows students to use their creativity and imagination to complete a project in their own way and at their own pace. Students are guided through the activity on our learning platform and will have access to support for any questions or queries along the way. All students will get individual feedback on their project.

Structure & Cost

3 hour activities that can be completed flexibly in your own time and costs £25.

Activities

Carbon Capture - Eco Garden project

This course is designed to help you create a garden that supports the environment and contributes positively to the fight against climate change. Together, we'll explore the basics of climate change, its impacts, and the importance of natural carbon stores.

By the end of this course, you'll have a clear plan for an eco garden tailored to your space and a deeper understanding of how small, thoughtful changes can make a big environmental difference.

TinkerCAD Moon Base Project

This course is designed to help you create a 3D design using a CAD program. You will be able to investigate and learn how to create a 3D moonbase, fit for astronauts, whilst learning more about the best place to setup a base on the moon. Please keep in mind you will need an email address to log into TinkerCAD- this can be your own email or a parent/carer's email.

By the end of this course, you'll have a clear understanding of how to use a CAD program whilst deepening your understanding of space.

Once students have completed an Individual Industrial Cadets Challenger activity, they will join our alumni network and receive priority information about future EDT and Industrial Cadets activities.



To sign up, please visit our website [here](#) or scan the QR code.



Join our Experian challenges and gain virtual work experience

Ever wondered how criminals use money to fund illegal activities?

Financial crimes like money laundering and fraud costs the UK billions of pounds every year. Worse still, criminals are often moving money that comes from the most devastating crimes – those which cause harm to young and vulnerable people.

Experian believe data has the power to change lives. They help businesses and organisations use information in smarter ways to fight financial crime. By combining cutting-edge technology, powerful data, and expert insights, they're helping to stop criminals in their tracks and making financial systems safer and fairer for everyone.

Join our career challenges to see how Experian tackles fraud, protects communities from financial crime and helps catch the baddies! All while gaining virtual work experience!

FIRST STEP CAREER CHALLENGE:

YEAR GROUPS 7-9

“Free Skins or Fake Wins? Exposing Fake Gaming Giveaways!”

Tuesday 13th May at 4.30pm

You are online gaming with your friends and have just seen an advert promising a free rare skin – just click the link and claim your prize!

But wait... is it really a scam? Use your skills to investigate fake gaming giveaways, scams and learn how to protect yourself from online tricksters!

Your Mission as a Fraud Detective:

To identify and investigate fake gaming giveaways and scams and advise the Experian team on how to protect other gamers from scammers.

What this live online career challenge will involve:

- Meet the Experian Fraud team
- Develop data literacy and storytelling skills
- Gain a virtual work experience certificate
- Learn how to protect yourself and others when gaming online

What's involved?

1



Register and attend the 45 minute briefing session

2



Students work on the challenge in their own time

3



Recorded industry assessment

4



Certification of virtual work experience

Register now!

We're excited to announce our virtual work experience opportunities with Experian, taking place in May for students in year groups 7-9 (First Step) and 10-13 (Next Step). Our events take place outside of school hours, making them easily accessible for all students.



What if your students could see where STEM could take them - beyond the classroom and into the real world?

Destination STEM is your students' one stop destination for all things science, technology, engineering, and maths. It's a website specifically engineered to help your students find out more about inspiring career stories, exciting pathways, and real-world opportunities.

From gaming and space exploration to saving lives with cutting-edge tech, it's all here - ready to spark curiosity and ambition in your students. Plus, it's free to use!

Take a look!

What can Destination STEM offer?



Mentoring

Our free mentoring programme gives your students the tools to explore life after school. By talking with a professional with experience in STEM careers, your students have an expert who can give advice on careers in STEM and answer any questions they might have about the next steps in their journey.

[Find out more](#)



Careers

Are your students looking for career advice, inspiration, and insight into what employers are looking for? Find all the tools and resources they need to make informed decisions about your future over on our dedicated careers page.

[Find out more](#)



Placements

Help your students stand out from the crowd with a research placement! Our placements give your students the chance to gain real-life workplace experience in the STEM sector while developing their research skills and industry knowledge.

[Find out more](#)

Have a browse

"Destination STEM programmes have evidence of increasing GCSE and A level attainment by **up to one grade"**

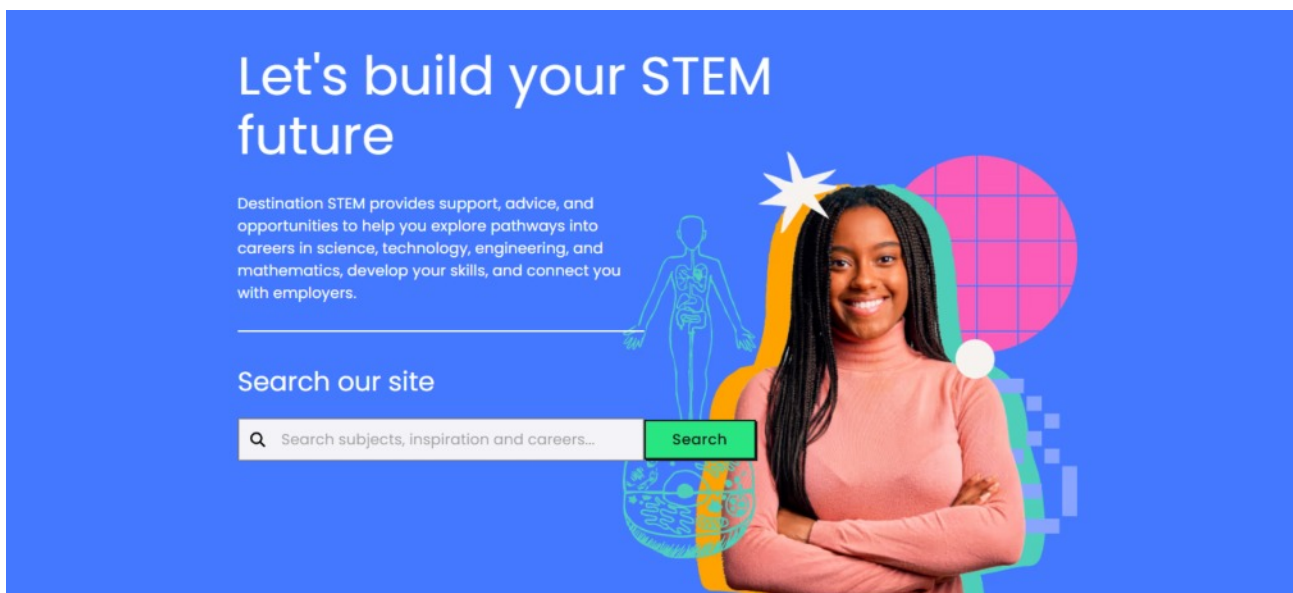


How can it help you?

Destination STEM has been proven to:

- Boost young people's confidence and enjoyment in STEM
- Raise and develop career aspirations
- Develop student's critical transferable skills, such as project management, leadership, communication, and budgeting

Easy to use. Free to explore. Made for students.



"Destination STEM is for 13-19-year-olds curious to explore exceptional opportunities, boost skills, and hear from industry experts"

STEM Learning





Work experience at industry landmarks around London

Over the spring break, we were busy putting the finishing touches to our Summer Work Experience programmes in London. We are now more than 85% full and have already started closing registration for our most popular programmes.

Here are some of the life-changing opportunities on offer:

- Experience sports psychology at a **Premier League football club**
- Trade the London **stock market** live in the financial district
- Board a **Boeing 747 jet** at an airfield and collaborate with aerospace engineers
- Argue a ground-breaking human rights case in the **Supreme Court**
- Take your seat as the government or opposition and enter a parliamentary debate in the **Houses of Parliament**

These hands-on experiences take place at some of the most exciting industry locations, enabling students to experience first-hand what their future workplace might look like.

VIEW PROGRAMMES

Supporting University Applications

Attending an InvestIN programme is a great way for students to showcase their dedication and expertise to universities. Students can earn a recognised qualification in Work Experience and many students also talk about us in their interviews and personal statements.

- **78%** of our alumni referenced InvestIN in their **university application**
- **3/4** of respondents that referenced InvestIN on their application **received a place at their first choice university**

FIND OUT MORE



Stay in University of London Halls of Residence

Students who require accommodation will stay at UCL halls, with meals and guardianship included.

Find Out More

Work Experience This Summer

Work experience at industry landmarks around London

Gain hands-on experience at some of the most exciting industry locations across London and discover what your future workplace might look like. We are now more than 85% full for our 2025 summer schools and have already started closing registration for our most popular programmes.

Programme Highlights Include

Experience sports psychology at a Premier League football club

Trade the London stock market live in the financial district

Board a Boeing 747 jet and collaborate with aerospace engineers

Argue a human rights case in the Supreme Court

Enter a mock parliamentary debate in the Houses of Parliament

Stay in UCL Halls of Residence!



Find Out More



Summer Availability

Our Certified Learning Course in TEFL certifies students to teach abroad, online, or privately in the UK.

We have limited space available for our popular 2-Day Enrichment Course. Book now to secure your place for this summer.

Students get TEFL certified in as little as 2 days!

Our courses usually run from 8:30 - 4:30 over 2 days. Don't have two consecutive days available in your timetable? Not a problem! We can run courses on non-consecutive days or over shorter sessions.



RESERVE YOUR DATES

Get Certified Online

Students can complete the same Certified Learning Course in TEFL, but in an online self-paced course format. They'll still receive the same certificate, but it allows more flexibility for those with busier timetables. This is a popular choice for students who'd like to complete their course over the summer holidays.

FIND OUT MORE



Raise employability prospects with Skills for Impact!



Develop confidence and prepare for the competitive job market!

Coca-Cola Europacific Partners (CCEP) in partnership with U-Explore have created an innovative online course for students to raise their skill levels and employability prospects.

89% of employers
consider attitude to work
the most important factor
when recruiting!

With this **FREE** online programme, students will meet senior leaders and explore various career paths whilst gaining **real-world insights** and **practical experience** with interactive modules.

Half of employers asked,
want to see better work
based skills such as
communication and
self-management

Gain access to post-16
apprenticeships and degree
apprenticeship opportunities
within CCEP!

Find out more about
Skills for Impact below...

Improve Employability Skills Today!

What You Need To Know...

- This programme is free.
- You can work through the lessons at your own pace, and over as many sessions as you like.
- You'll watch short videos on the skills and behaviours employers are looking for, plus you can download infographics with 'Top Tips' to take away and practise.
- You can record this learning on your CV and be more application-ready when you apply for jobs in the future.
- You will receive a personalised completion certificate at the end of programme - make sure to reference this in your applications for apprenticeships and jobs!



**Industrial
Cadets**



Bronze Virtual Routes Into STEM

Discover STEM careers and how to get there

We are delighted to let you know that due to some funding, we are able to offer a small number of fully funded bursary places on one of our Virtual Routes into STEM courses, for schools in your area. This would be open to students in YEAR 9 and 10 groups.

This funding is open to students who require financial support and the eligibility criteria below will apply.

- Free School Meals – evidence will be requested
- Student Carer - students will be requested to provide an email explaining what they do and how this has an impact on their school life etc.
- Been in local authority care – Council area and what period of time – email evidence will be requested.

Virtual Routes into STEM -

<https://www.etrust.org.uk/programmes-bronze-virtual-routes-into-stem-information>

What is our Virtual Routes into STEM Experience?

The Routes into STEM Virtual course allows students in Yr9 & 10 and S3 & S4 to recognise the variety of opportunities available to them after taking their GCSEs or Nat 5 and Highers, it will provide them access to key information on different pathways including STEM education, STEM careers and apprenticeships. Diverse live interactive sessions will take place during school holidays. Students will be able to listen and ask questions to a variety of STEM professionals and student ambassadors. Students will also choose from a range of exciting projects, developed by our University and Industry partners, to work on during the course.

What do you get out of it?

A chance to find out about different Routes into STEM careers from industry experts, college and university leaders as well as young people who are currently on that path

Engage in projects and activities that will enhance your problem-solving, critical thinking, creativity and innovation skills as well as inspiring you to find career motivation

Projects include: a Biopharm challenge from GSK, a Design challenge from Balfour Beatty, a sustainable lab challenge from Avantor, a Royal Society of Chemistry challenge and many more exciting challenges in all aspects of STEM

- A chance to create your own personalised action plan to see your own Route into STEM
- You will learn about your career skills and how you could write about this in your CV/ Personal Statement and/or Application form
- Once completed you will receive an Industrial Cadets Bronze Award showing all that you have achieved on the course

Please apply ASAP to avoid disappointment.

Bronze Virtual Routes Into STEM



Discover STEM careers and how to get there

The Routes into STEM Virtual course allows students in Year 9 & 10 to recognise the variety of opportunities available to them after taking their GCSEs, it will provide them access to key information on different pathways including STEM education, STEM careers and apprenticeships. Diverse live interactive sessions will take place during school holidays. Students will be able to listen and ask questions to a variety of STEM professionals and student ambassadors. Students will also choose from a range of exciting projects, developed by our University and Industry partners, to work on during the course.

View our Routes into STEM Virtual Experience flyer [here](#)

Who is it for?

Students in Year 9 or 10 who are interested in exploring a career in STEM (Science, Technology, Engineering and Maths).

All you need is an interest in STEM, curiosity about the future and openness to all academic abilities.

What is involved?

- Approximately 20 hours of study virtually.
- Hear from current and previous students about what studying STEM at college and university is like.
- Hear from admission teams about what universities are looking for and how your application can stand out.
- Find out about apprenticeships, including degree apprenticeships.
- Hear from current apprentices about what it is like to study and work in STEM.
- Hear from previous apprentices about their journey and what they have taken from their apprenticeship into their STEM career.
- Hear from hiring managers what they look for in applications and interviews.
- In our interactive live sessions, you will get the chance to ask questions of a variety of STEM professionals from those who have just been through the early careers process as apprentices, interns and graduates to those who have an established STEM careers and what their journey has been. There will also be the chance to ask questions to university admissions teams about the application process and university life - Take a look at the Easter break 2025 live sessions' timetable [here](#).
- Take part in interactive live workshops including a chance to build a model bridge with a civil engineer, watch a live chemistry experiment and listen into the making of a podcast.
- Explore current themes in STEM through a choice of workshops set by leading STEM organisations including the electric revolution and net zero, the future of technology, sustainability in Science from Avantor design and the built environment, transport and flight, future energy and more.

When is it?

The course will run over 4 weeks (4th - 25th April 2025) with live sessions during the Easter break (14th - 17th April 2025) giving you the flexibility to complete the course at your pace whilst developing your independent study and time management skills.

What do you get out of it?

- A chance to find out about different Routes into STEM careers from industry experts, college and university leaders as well as young people who are currently on that path.
- Engage in projects and activities that will enhance your problem-solving, critical thinking, creativity and innovation skills as well as inspiring you to find career motivation.
- Projects include: a Biopharm challenge from GSK, a Design challenge from Balfour Beatty, a sustainable lab challenge from Avantor, a Royal Society of Chemistry challenge and many more exciting challenges in all aspects of STEM.
- A chance to create your own personalised action plan to see your own Route into STEM.
- You will learn about your career skills and how you could write about this in your CV/ Personal Statement and/or Application form.
- Once completed you will receive an Industrial Cadets Bronze Award showing all that you have achieved on the course.

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!

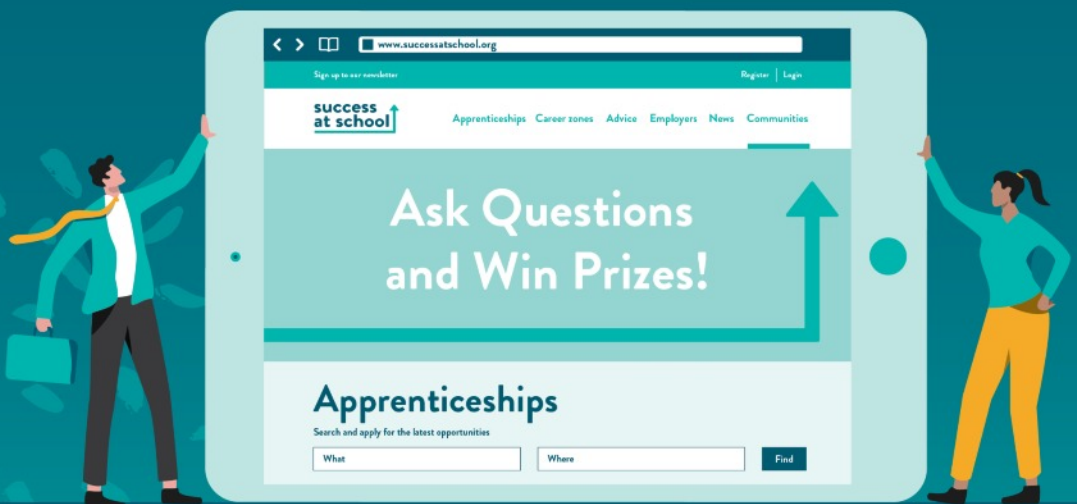
How it works:

- 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



Find out more: www.successatschool.org/community

**success
at school**

success
at school

How can we help your students?

We're here to help your students take the next step!
Let's make it happen!



We can send them tailored opportunities based on their interests!

- In their profile, they can favourite '**Employers**' and '**Career Zones**'. Then they will **receive exclusive invites to events** related to their interests.
- Then, on a **Tuesday and Thursday**, students will **receive an email with opportunities**, without having to spend hours searching for what they're interested in!



Access to 24/7 Mentoring, 365 days a year.

- '**Ask an Apprentice**' isn't just for apprenticeship seekers! Our mentors have **navigated school, exams, UCAS applications, and mental health challenges**. Students can access them anytime, risk-free. Read our safeguarding policy [here](#).



Certificates and Prizes!

- Students who attend our webinars and register **get a certificate** to showcase their career commitment - perfect for LinkedIn! Plus, asking a question in **Ask an Apprentice** enters them into a prize draw to **win Apple prizes** like a MacBook Air!

LOG IN NOW!

The InvestIN Scholarship Scheme

Our scholarship scheme offers students aged 15-18 the chance to attend a fully funded 1-Week in-person Summer Experience. With 15 career paths to choose from, you'll gain real-world insights, meet industry professionals and take part in hands-on simulations that will bring your future career to life.

Who can apply?

We welcome applications from students aged 15–18 who meet at least one of the following criteria:

- Currently in receipt of a bursary from the government's 16-19 bursary fund (or equivalent)
- Currently receives free school meals during secondary education or have done so in the past 6 years
- Have been in care or taken the role of a caregiver at home

We understand that some students may require financial support but don't meet these criteria. If this applies to you, please reach out to us at socialimpact@investin.org to discuss your situation.

Why apply?

Whether or not you're awarded a scholarship, the application process itself is designed to prepare you for future opportunities. Every applicant, regardless of the outcome, gains access to valuable tools designed to help you take the next step in your journey. This includes:

- Free Webinar and Q&A Sessions: Hear from industry experts and gain practical advice on shaping your career path.
- Access to Career Resources: Receive a resource pack filled with activities and advice from professionals on how you can excel in your chosen career.

For those who progress to the next stage, the Virtual Assessment Centre offers a unique opportunity to practice real-world hiring techniques. Plus, you will also be invited to attend one of our Live Online weekend programmes free of charge.

Successful candidates will be awarded a fully funded place on our 1-Week Summer Experiences, where you'll meet professionals, visit workplaces and take part in career simulations that bring your future career to life.

How does it work?

The application process is straight forward:

- Complete a short online form
Tell us about yourself and why you're passionate about attending.
- Attend an assessment centre
If your application stands out, you'll be invited to a virtual assessment centre.
- Join a Summer Experience
Successful applicants will be awarded a fully-funded place on their chosen programme

What's Covered?

If you're awarded a scholarship, we'll cover the full cost of the 1-Week Summer Experience. You will also receive a lunch voucher each day and travel expenses to and from the programme venues within London's TFL zones will be covered. Please note that accommodation and travel beyond TFL zones are not included as part of the scholarship scheme.

Timeline

The deadline for all Stage 1 applications is the 14th April.

Applications will then be reviewed, and all applicants will be informed as to whether they were successful or not by the 22nd April, when further details of the assessment centre will be provided.

Our virtual assessment centres will be held the week commencing 28th April.

The final candidates will be informed of their place by the 9th May.

Apply Now



Established in 1983, we have a long and proud track record of delivering high quality, often bespoke, products and services across a broad range of markets.

Civil Nuclear

From new build and operations to waste treatment and decommissioning, we offer practical solutions for the most complex of nuclear challenges.

Defence nuclear

With security-accredited processes, people and facilities, we provide production capability to a number of sites around the UK

Science & technology

We have a long and proud history of providing robotics, automation and mechanical handling equipment to a variety of technology sectors.

Our capability

We provide bespoke design and manufacture of plant and equipment by the transfer of technology across a wide range of markets.

Careers

As a rapidly growing business with a diverse and interesting order book, we have a variety of staff and contract opportunities. If you believe you display behaviours that align with our core values; respect, protect, commit and inspire, we would love to hear from you.

As a people focused organisation, we have a range of benefits, policies and initiatives to suit everyone and we believe these are the driving factors in enabling our employees to deliver to their highest potential.

Latest vacancies

Apprentice Project Build Fitter

Main Purpose of Position Mechanical Assembly is a discipline which covers a wide range of occupational areas including general mechanical assembly, alignment, hydraulics, pneumatics, pipe work, system integration, testing and installation. The apprentice will...

[View details](#)

Apprentice Fabricator/ Welder

Main Purpose of Position Fabrication and welding is a discipline which covers a wide range of activity including the use of heat and various tools to cut, join or shape metal and other materials. This can cover various elements of the manufacturing process....

[View details](#)

Apprentice Electrician

Main Purpose of Position Electrical Assembly is a discipline which covers a wide range of occupational areas including control panel assembly/wiring, machine assembly/wiring, system integration, testing and installation. The apprentice will undertake a 4 year...

[View details](#)

What to put in your first CV

- **Make a great first impression**
- **Personal statement**
- **Skills & strengths (with examples)**
- **Life & work experience**
- **Qualifications - achieved or currently aimed for**
- **Contact details**



youthemployment.org.uk/careers-advice



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

**CLICK HERE FOR
MORE DETAILS**

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 Times New 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.



Stronger Starts.

Interested in apprenticeships?

Tesco's Stronger Starts Retail Apprenticeship may be the perfect next step for you!

- **Minimum starting salary of £22,501.44**
- **No qualifications or experience required**
- **Support from dedicated coach, colleagues and The Prince's Trust**
- **Exciting progression opportunities**
- **Vacancies available nationally**

**Applications open
24th June 2024
for a September
2024 start.**



Find out more: www.amazingapprenticeships.com/tesco



Retail Apprenticeship Where could it take you?



JANE

STRONGER STARTS

RETAIL

APPRENTICESHIP



TOM

HUB OPERATOR

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

1

SHIFT LEADER

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

PROJECT MANAGER

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

2

STORE MANAGER CONVENIENCE

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

AREA MANAGER

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

3

CENTRE MANAGER

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

YOUR FUTURE



Retail Apprenticeship What skills do you gain?

It's not just about stacking shelves!

RETAIL

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

BUSINESS

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

CUSTOMER SERVICE

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

SOCIAL MEDIA

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

TECHNOLOGY

Become proficient at using a range of different technologies.

FINANCE

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

STOCK

Learn to manage stock availability using systems and procedures.

PRODUCT PLACEMENT

Develop an understanding of product placement promotional activities.

TEAMWORK

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

TIME MANAGEMENT

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

PROBLEM-SOLVING

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

COMMUNITY

Gain knowledge of supporting local communities.





The Biggest Youth Voice Survey is Back!

The Youth Voice Census is back again for 2025. By getting involved, you'll help to amplify the voices of young people across the UK. Your support will shape policies and create real change in education, work opportunities, and life experiences.

Key Dates

31st March: The Youth Voice Census survey opens for responses

28th April - 2nd May: Your Say Day

6th June: The Youth Voice Census survey closes

September: We unveil the report and share the results with MPs, policymakers, employers, and you!

Help Us Amplify Youth Voices!

The more youth voices we hear, the bigger the impact. Let's make sure every young person's voice is heard.

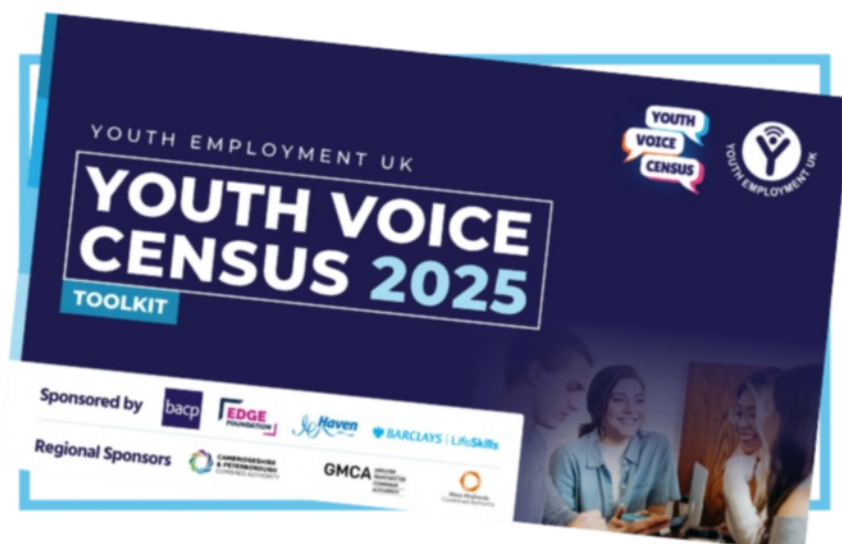
Get to Know the Census

Aged 11- 30? The Youth Voice Census is your chance to share how you feel about school, work and life.

Don't worry - it's completely anonymous. Your answers will be used to help inform real-world change to make your experiences better.

Every year, thousands of people complete the survey, sharing their opinions to shape the future.

Depending on the answers you give, the survey can take between 10 and 45 minutes to complete. You can start and stop as many times as you like, saving your progress as you go!



**TAKE THE
SURVEY HERE**

YOUTH VOICE CENSUS 2025

**What would help you find
a job now or in the future?**

TELL US ABOUT IT

Complete the survey by
6 June 2025



Army Basic Training & Job Role Information Day

Saturday 10th May 2025, Reserve Centre, Kimberley Barracks, PR1 6PR.

Arrive between 1000 and 1200 (at a time that suits you best) bring family.

Parking will be at the entrance or inside the centre (pull up at the gate).

A great opportunity to see, handle and get information about the kit and equipment you will be using during basic training. Also speak to Armoured, Artillery and Logistics soldiers about their job roles. Also Army staff about the subjects you will be taught. Additionally speak face to face with a recruiter and receive a full application update.



You are invited as an Army applicant, family and friends are also welcome.

If you are a student in years 10 and 11 or FE education, you are welcome to attend.

It will run from 1000 through to a 1245 finish. You will be there for roughly an hour.

15-minute presentation each hour about basic training and the following stands to visit.

- Map Reading
- First Aid
- Chemical, Biological, Radiological and Nuclear
- Weapon Systems
- Personal Kit and Equipment
- RAC, RA and RLC specialist role recruiters
- Application Progress Check

If you are in the application process reply by email to your recruiter. All others phone to give your name, with the number of people attending to book your place. Any questions please get in touch.

Tel - 01772 20 30 30



Don't miss the Apprenticeship, Employer & Adult Education Showcase at Runshaw College on **Wednesday 7th May**, 4:30 - 7.00pm.

This would be a great opportunity for students to speak with our Apprenticeship team and to also make industry links and set up any work experience before September comes.

Click here to register

Whether you are interested in learning more about Runshaw Adult courses, an Apprenticeship or looking for employment with one of our Partner Employers, you will find 2025 can be your year!

Parking is in Car Park A and you will be assured of a super warm Runshaw greeting!



ADULT COURSES



APPRENTICESHIPS



Interview tips...

Top tips for a successful interview

1

Plan your journey

Allow extra time and plan to arrive at least 15 minutes early. If you are unfamiliar with the location, do a test run.

2

Research, research and research!

Be prepared for the interview - research the company and your role.

3

Appearance

Dress professionally for an interview.

4

Behaviour

Make sure that you use positive body language, such as a firm hand shake, sit up straight and make eye contact. Don't take your mobile phone into an interview with you.

5

Sell yourself

Take a record of achievement file with you including your GCSE certificates. You can take notes into your interview.

Before your interview

Practise answering interview questions with someone else. If you are at school or college, you may be able to arrange a mock interview.

Keep in mind the interviewer wants to find out about what you can offer them: the particular skills and qualities you can bring that set you apart from other applicants.

But it's not just about what the employer is looking for – try to think of some insightful questions you could ask, for example:

- Future opportunities for progression?
- Do you have a mentor scheme?
- What responsibilities would I start with if I was successful?
- How soon could I start?

On the day - breathe!

First impressions count!

Make sure you dress appropriately and look the part. Avoid elaborate jewellery, body piercings, excessive make up and hairstyles, etc.

Offer a firm handshake and make appropriate eye contact with the interviewer.

It's OK to take a moment to think through your response, and better to have a considered reply rather than a rushed answer. If you need more time to think about your answer, ask the interviewer to repeat the question. Don't let your nerves take hold of you, channel them and use them to your advantage!

Remember it's not enough to just say you're good at something – always try to provide examples.

It's fine to ask questions! Ask your prepared questions and anything that came up during the interview... **Avoid JUST** asking about your salary and benefits!

Commonly asked interview questions

Background on you...

- Tell me a bit about yourself?
- What do you like to do in your spare time? (hobbies etc)
- What is your current situation? (i.e. school, college, employed)
- Have you been given any responsibilities? (i.e. prefect etc)

Why should they hire you...

- What made you apply for this position?
- What do you know about the company?
- What can you bring to the company?
- What skills do you have that will help you in this role?

Can you give me an example of when...

- You worked as part of a team?
- You used your initiative?
- You worked under a pressure?
- You worked to a deadline?
- You multi-tasked successfully?

Self evaluation...

- What do you consider your strengths?
- What do you consider your weaknesses?
- What is your greatest achievement and why?

Future career plans...

- Where do you see yourself in five years time?
- Have you got a future career in mind?

! Did you know that you can book a mock interview with your Training 2000 recruitment advisor?

CV tips

Use a positive tone throughout

Maintain a consistent font and use appropriate sizing

Keep it up to date with relevant information

Use a chronological order with work experience and qualifications (most recent first)

Keep it simple and clear

Spell check and use correct punctuation and grammar

Key things to include:

- Contact details
- Personal statement - a short introduction to you
- Grades / education history
- Work experiences
- Work history (if it's not your first job)
- References
- Key skills

What happens next...

If you are successful in the interview:

- We will call you and offer you the Apprenticeship position
- A member of Training 2000 will contact you to officially register you on the Apprenticeship programme
- A start date in company will be agreed and you START your employment
- You will be invited into Training 2000 to complete your on-boarding

If you are unfortunately not successful in the interview:

- We will get feedback from the company and find out why
- We will contact you and explain what steps we can take to make the next interview successful (this may include a mock interview here at Training 2000)
- We will continue to pair you with companies and arrange interviews until you are successful in finding an Apprenticeship

www.training2000.co.uk | 01254 54659

Part of the
University of
Central Lancashire



DEVELOPING TALENT THROUGH TRAINING

Engineering Experience

Engineering Experience is our three-day, two-night, on-campus residential for year 11 student who want to find out more about studying engineering at university.

Date: **Tuesday 1st - Thursday 3rd July 2025**

Cost: **Free**

Location: **Loughborough University East Midlands campus**



Successful applicants will take part in a range of practical Engineering workshops and industry talks. Each session will be run by our academics, careers team or an expert in industry and students are encouraged to pick subjects that they may not have considered before.

Key Dates

- Applications Open 03 March 2025
- Application Deadline 6 May 2025
- Application Outcome 14 May 2025
- Engineering Experience 1 – 3 July 2025

The event will include:

- Practical, hands-on workshops & activities delivered by our academics, researchers, and expert alumni in industry.
- Information to help you explore different types of engineering and the careers they provide.
- Explore the different courses on offer at one of the largest engineering universities in the UK.
- Opportunities to ask current students any questions about student life and living at Loughborough University.

Applications are now open for Engineering Experience.

Engineering Experience is our three-day, on-campus residential running from the 1st – 3rd of July. The event is for year 11 students who want to find out more about studying engineering at university.

To apply and find out more about our eligibility criteria please click below!

[Read more](#)



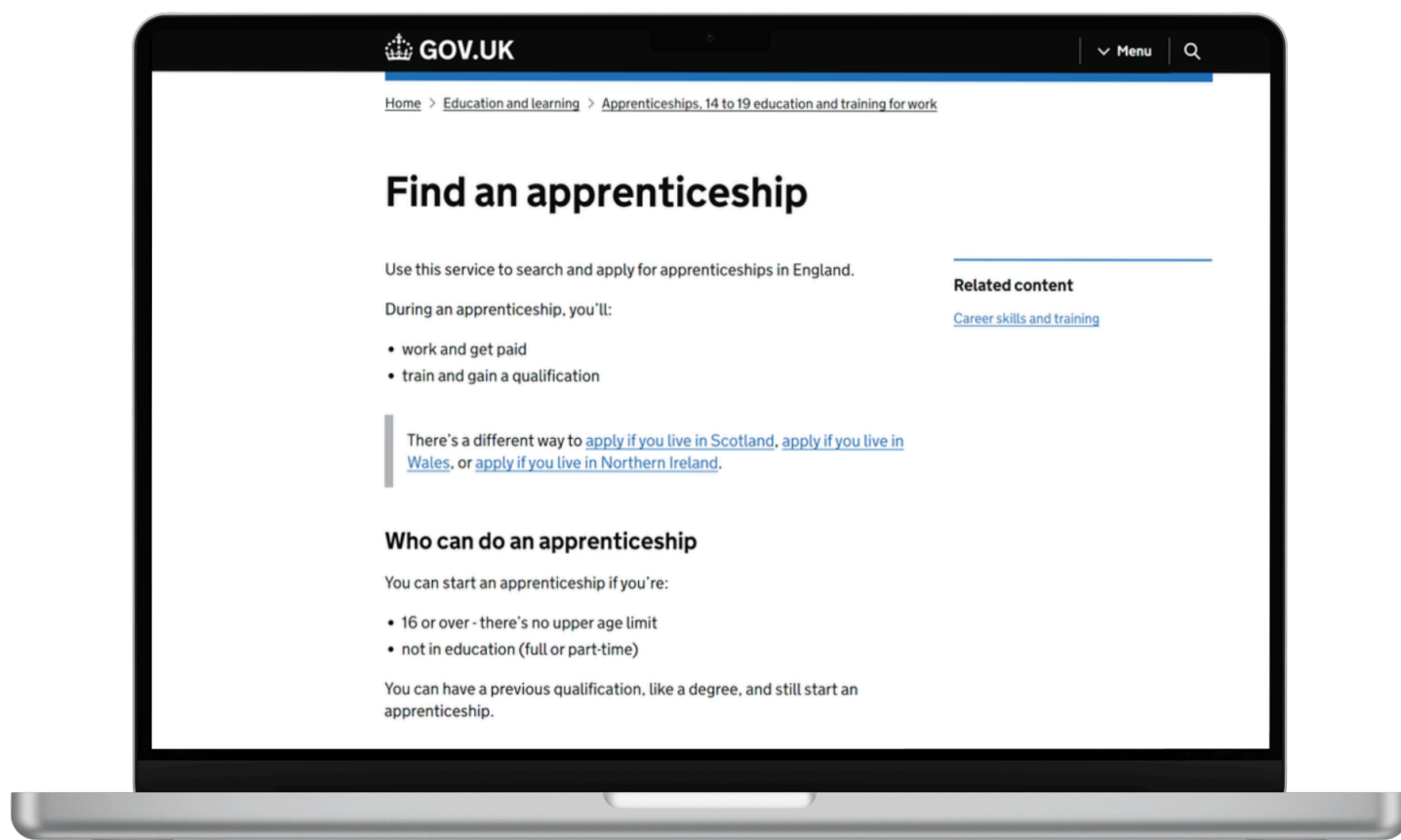


Department
for Education



A STEP BY STEP GUIDE TO SETTING UP AN ACCOUNT ON FIND AN APPRENTICESHIP

The government apprenticeship vacancy service
Version 1: August 2024



Find an apprenticeship

Find an apprenticeship is the government portal for apprenticeship vacancies in England

Each year, thousands of vacancies are advertised through this site by employers who are seeking apprentices to join their organisations.

Some of the key benefits include:

- Free of charge to use.
- Secure government platform.
- Search thousands of different job roles throughout England.
- Manage multiple applications simultaneously.
- Receive feedback if unsuccessful.

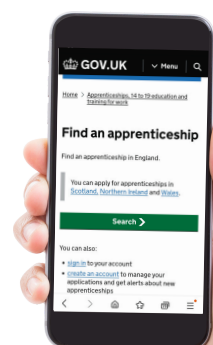
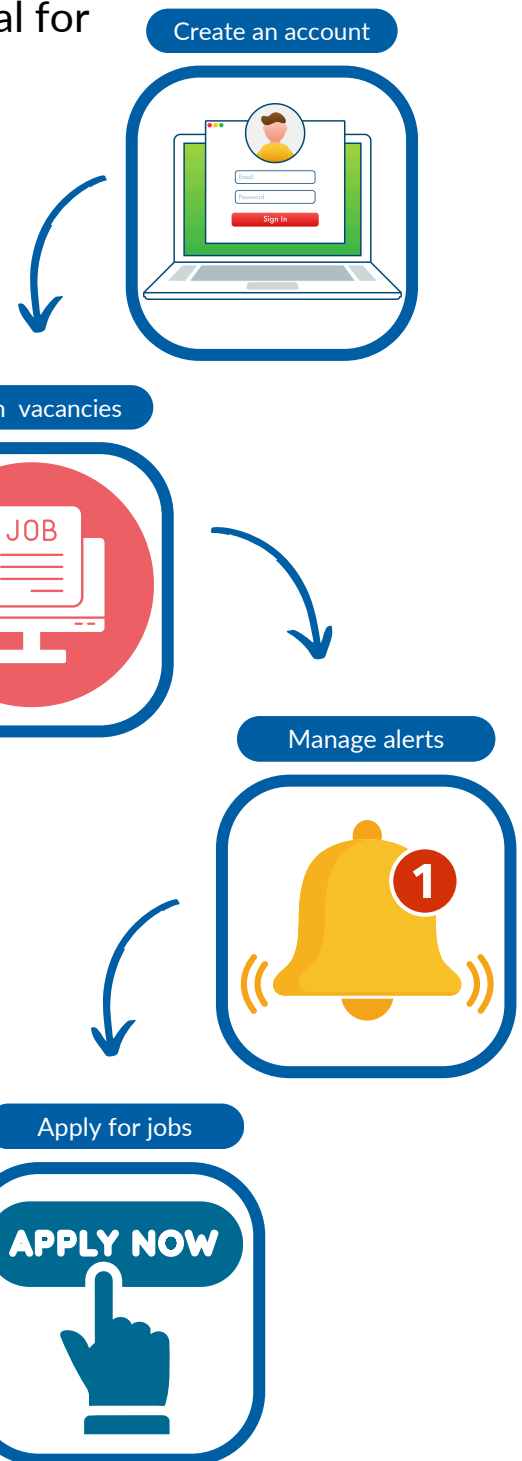
This guide sets out the process to follow in order to create an account on the site.

Before you start

To create an account on Find An Apprenticeship, all users will need to create a GOV.UK One Login with the same email address that you use for Find an apprenticeship. All your account information will automatically be transferred to your GOV.UK One Login.

To create an account, users will need the following:

- A personal email address.
- Access to a mobile phone and/or access to a computer/laptop.

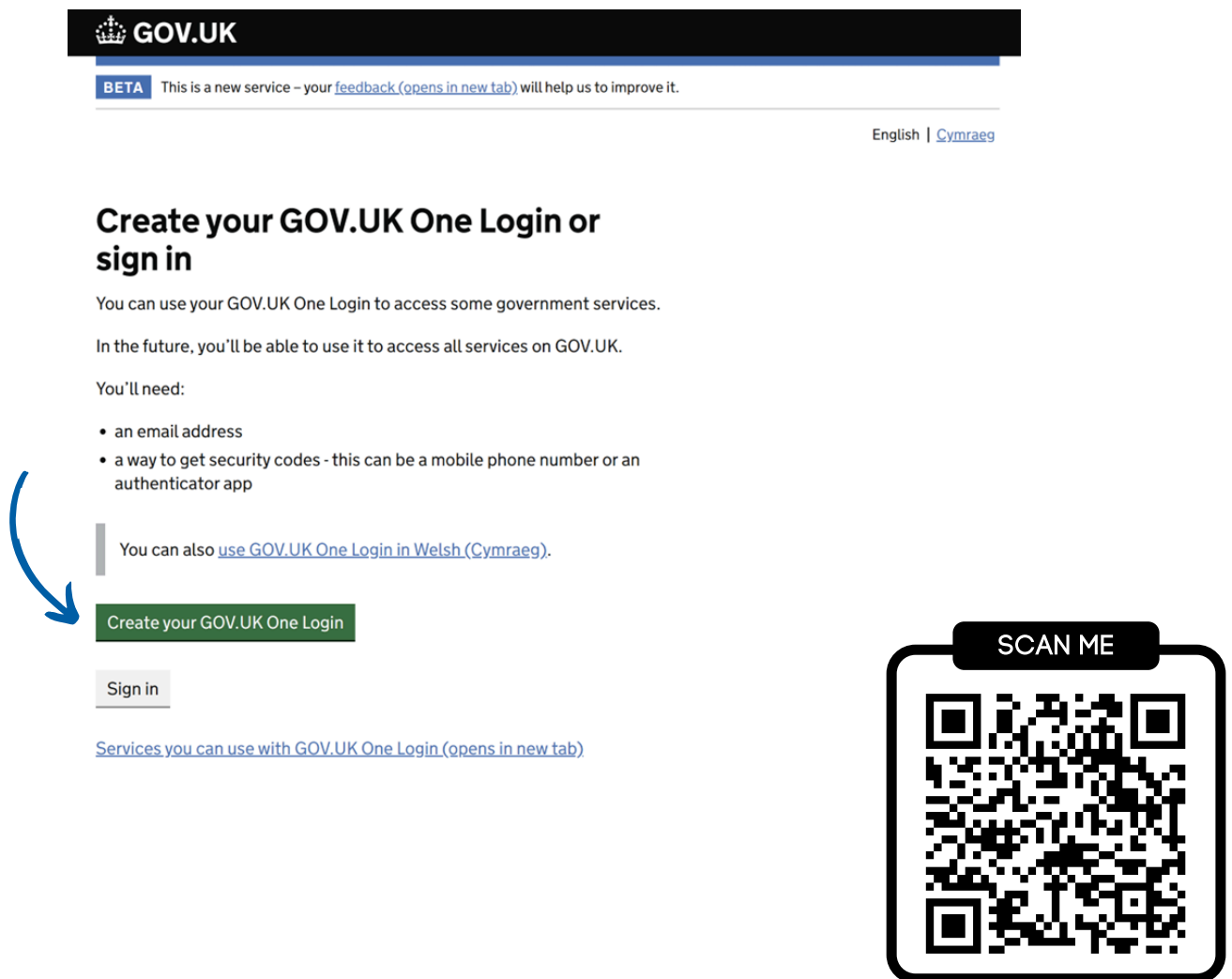


STEP 1: CREATE A GOV.UK ONE LOGIN

Create a GOV.UK One Login

The Government is changing the way that users can access online services. All individuals will be required to create a GOV.UK One Login before creating an account on **Find an apprenticeship**. Follow the steps set out below.

Visit <https://signin.account.gov.uk/sign-in-or-create> or scan the QR code. Click on the 'Create your GOV.UK One Login' button.



The screenshot shows the GOV.UK One Login creation page. At the top is the GOV.UK logo. Below it is a BETA banner with the text: "This is a new service – your [feedback \(opens in new tab\)](#) will help us to improve it." On the right, there are links for "English" and "Cymraeg". The main heading is "Create your GOV.UK One Login or sign in". Below this, it says: "You can use your GOV.UK One Login to access some government services. In the future, you'll be able to use it to access all services on GOV.UK. You'll need: • an email address • a way to get security codes - this can be a mobile phone number or an authenticator app". A blue arrow points from the text "You'll need:" to the "Create your GOV.UK One Login" button. Below the button is a "Sign in" button. At the bottom, there is a link: "Services you can use with GOV.UK One Login (opens in new tab)". To the right of the page is a QR code with a "SCAN ME" label above it.

GOV.UK

BETA This is a new service – your [feedback \(opens in new tab\)](#) will help us to improve it.

English | [Cymraeg](#)

Create your GOV.UK One Login or sign in

You can use your GOV.UK One Login to access some government services. In the future, you'll be able to use it to access all services on GOV.UK.

You'll need:

- an email address
- a way to get security codes - this can be a mobile phone number or an authenticator app


You can also [use GOV.UK One Login in Welsh \(Cymraeg\)](#).

Create your GOV.UK One Login

Sign in

[Services you can use with GOV.UK One Login \(opens in new tab\)](#)

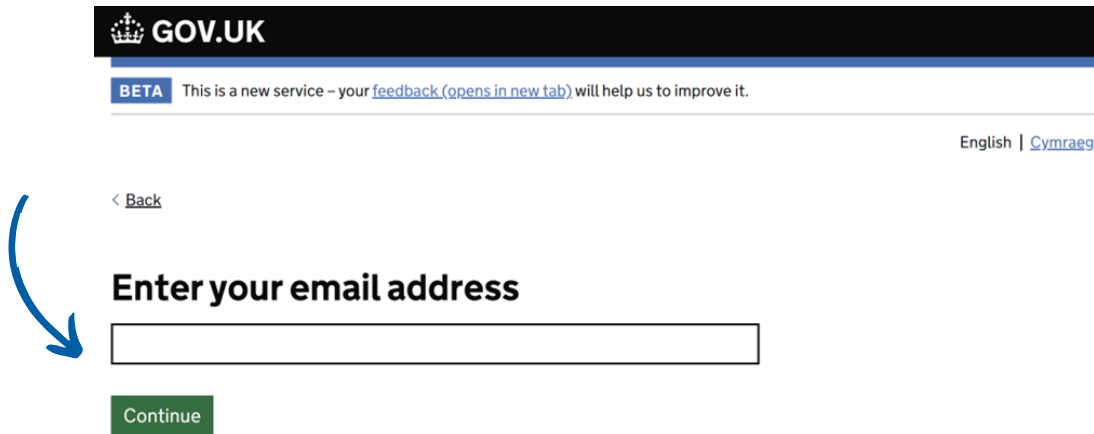
SCAN ME



STEP 2: ENTER YOUR EMAIL ADDRESS

Enter your email address.

*Please note - this will also be your email address for your **Find an apprenticeship** account so it is best if it is a personal email address (not school or college).*



GOV.UK

BETA This is a new service – your [feedback \(opens in new tab\)](#) will help us to improve it.

English | [Cymraeg](#)

[< Back](#)

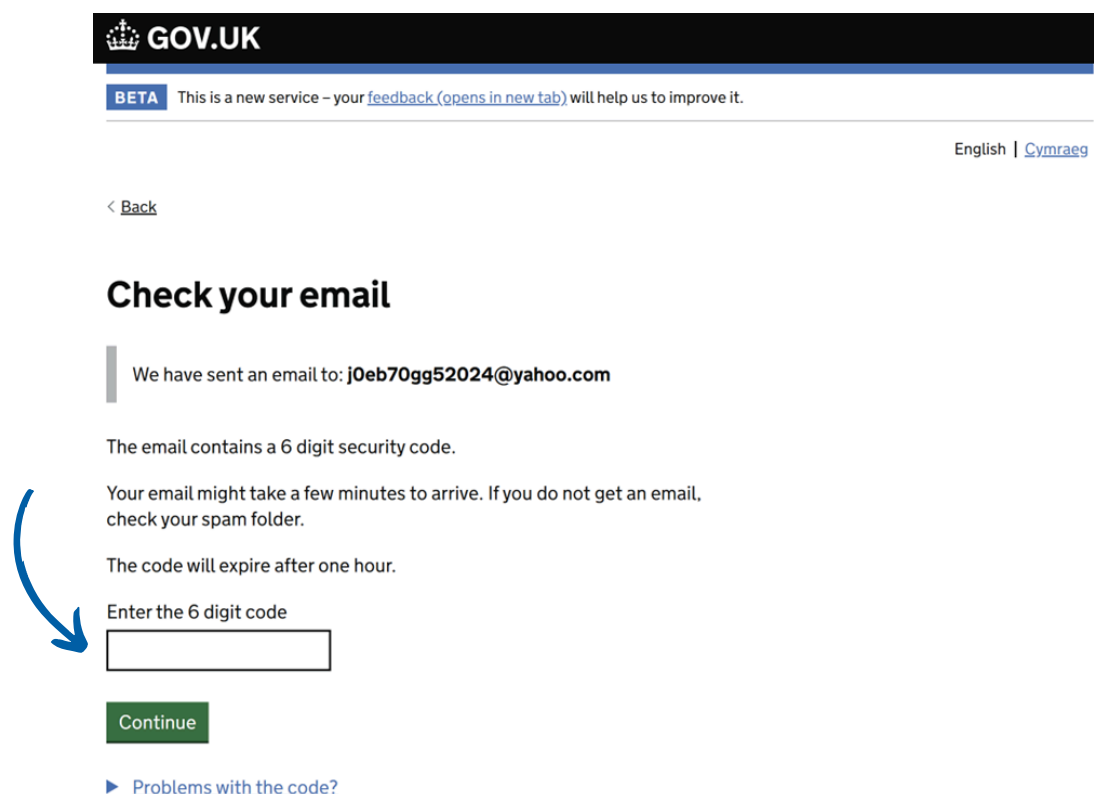
Enter your email address

Continue

STEP 3: RETRIEVE YOUR CODE

Retrieve your 6 digit security code.

Please check your email and retrieve the 6 digit security code that has been sent through.



GOV.UK

BETA This is a new service – your [feedback \(opens in new tab\)](#) will help us to improve it.

English | [Cymraeg](#)

[< Back](#)

Check your email

We have sent an email to: **j0eb70gg52024@yahoo.com**

The email contains a 6 digit security code.

Your email might take a few minutes to arrive. If you do not get an email, check your spam folder.

The code will expire after one hour.


Enter the 6 digit code

Continue

[▶ Problems with the code?](#)

STEP 4: CREATE A PASSWORD

Create a password for your One Login account.
Please note the requirements for characters, letters and numbers.



GOV.UK

BETA This is a new service – your [feedback \(opens in new tab\)](#) will help us to improve it.

English | [Cymraeg](#)

Create your password

Enter a password

It must be at least 8 characters and must include letters and numbers. Do not use a very common password, such as 'password' or a sequence of numbers.

[Show](#)

Re-type password

[Show](#)

► [How to create a secure password](#)

Agree to the GOV.UK One Login terms of use


By continuing, you confirm that you agree to our:

- [privacy notice \(opens in a new tab\)](#), which explains how we use your personal information
- [terms and conditions \(opens in a new tab\)](#)

[Continue](#)

STEP 5: SELECT YOUR PREFERENCES

Select how you would like to receive security codes.
If you select authenticator app, please note you will need to download this.



GOV.UK

BETA This is a new service – your [feedback \(opens in new tab\)](#) will help us to improve it.

English | [Cymraeg](#)

Choose how to get security codes

You'll need to enter a security code when you sign in to GOV.UK One Login.

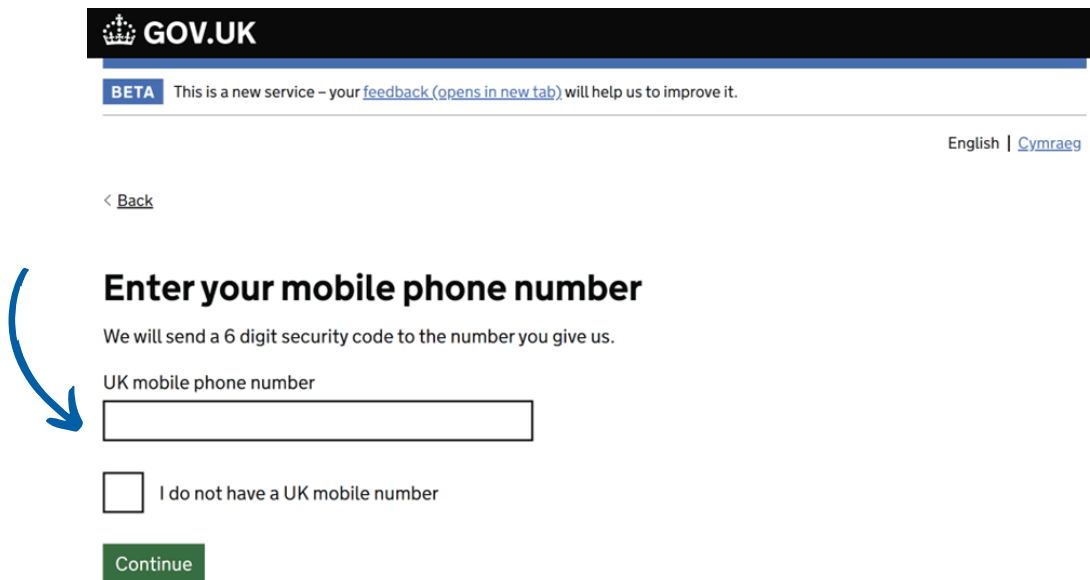
☐ Text message

☐ Authenticator app for smartphone, tablet or computer

► [What is an authenticator app?](#)

STEP 6: TEXT MESSAGE

If you selected text message, please enter your mobile phone number.



GOV.UK

BETA This is a new service – your [feedback \(opens in new tab\)](#) will help us to improve it.

English | [Cymraeg](#)

[< Back](#)

Enter your mobile phone number

We will send a 6 digit security code to the number you give us.

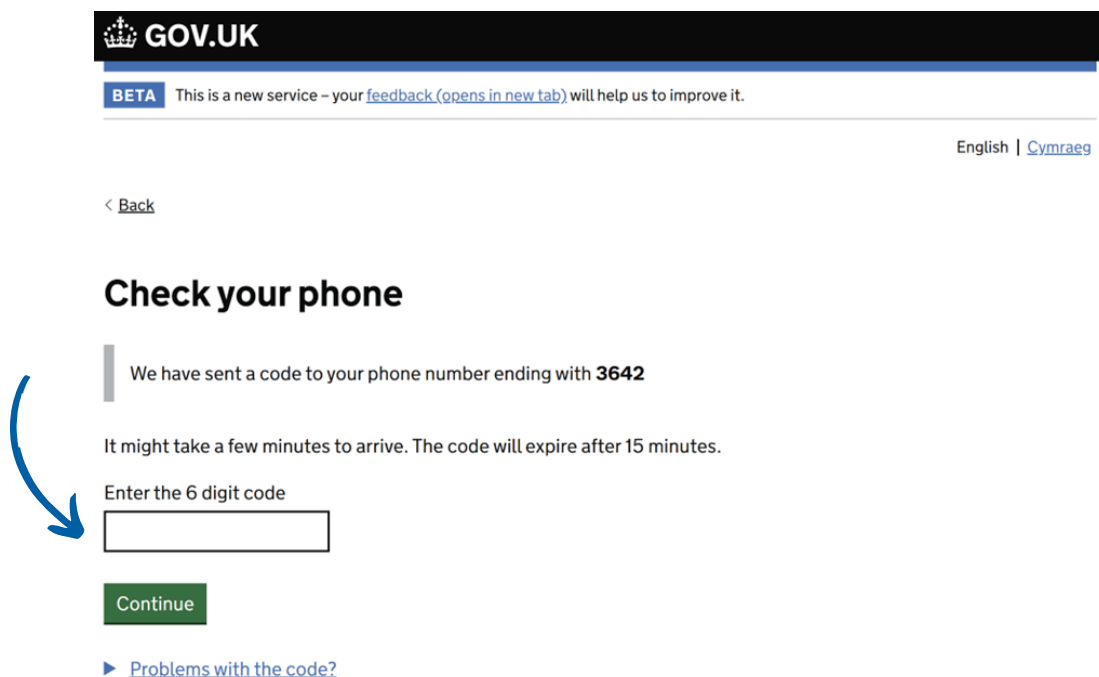
UK mobile phone number

☐ I do not have a UK mobile number

[Continue](#)

STEP 7: ENTER THE CODE

Enter the code that has been sent to your phone.



GOV.UK

BETA This is a new service – your [feedback \(opens in new tab\)](#) will help us to improve it.

English | [Cymraeg](#)

[< Back](#)

Check your phone

We have sent a code to your phone number ending with **3642**

It might take a few minutes to arrive. The code will expire after 15 minutes.

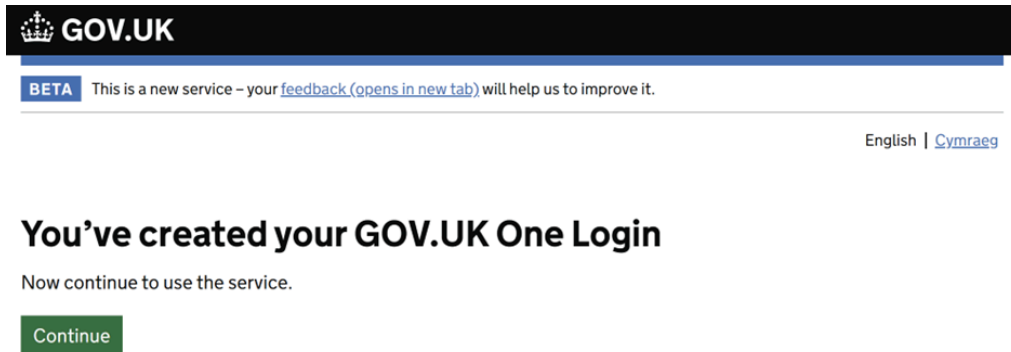
Enter the 6 digit code

[Continue](#)

[► Problems with the code?](#)

STEP 8: CONGRATULATIONS

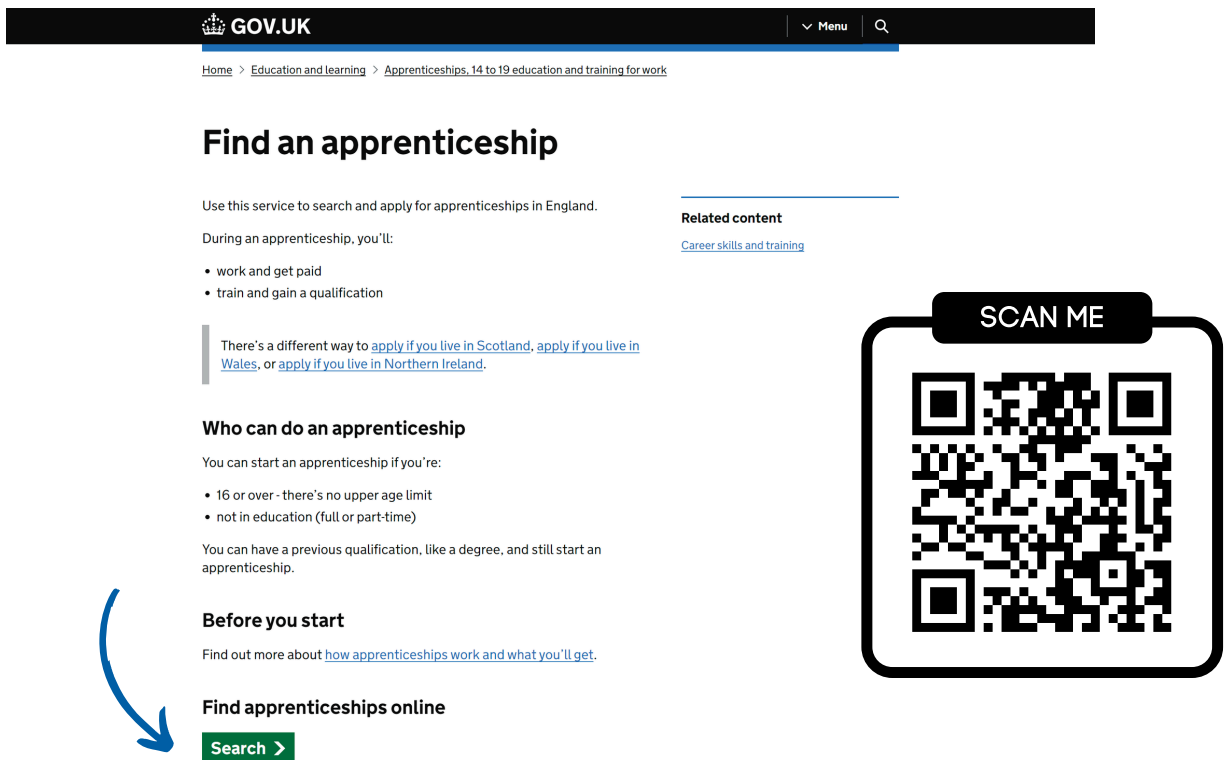
Congratulations. You have now created your GOV.UK One Login account.



STEP 9: VISIT FIND AN APPRENTICESHIP

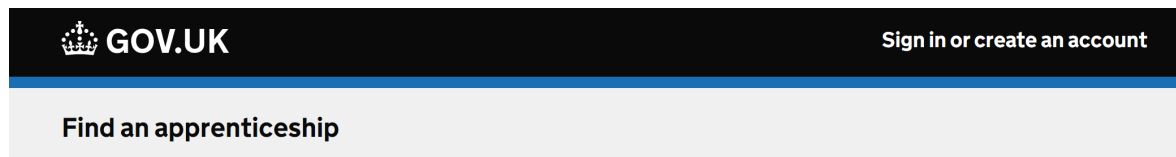
Go to the **Find an apprenticeship** site, or scan the code below.

<https://www.gov.uk/apply-apprenticeship>



STEP 10: LOG IN TO YOUR ACCOUNT

If you haven't already, you can now create your Find an Apprenticeship (FAA) account. Click on 'Sign in or create an account'.



GOV.UK Sign in or create an account

Find an apprenticeship

Important

We've updated Find an apprenticeship.

We've made it easier to search and apply for apprenticeships in England.

Search apprenticeships

20,287 apprenticeships currently listed

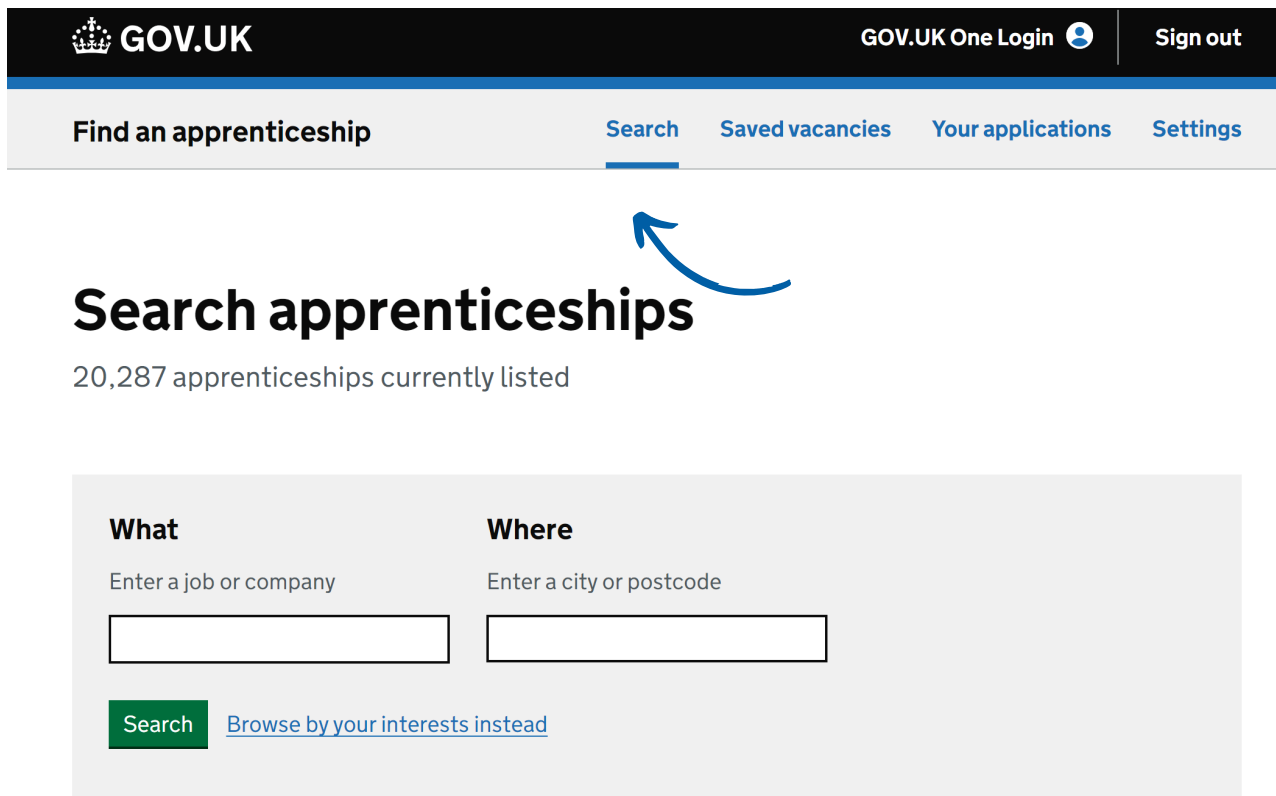
What	Where
Enter a job or company	Enter a city or postcode
<input type="text"/>	<input type="text"/>
Search	Browse by your interests instead


You will be prompted to enter your GOV.UK One Login details and will be required to authenticate your account by text message or authenticator app.

Once complete, you will then have access to your Find an apprenticeship account. This will always be linked to your GOV.UK One Login account.

USING FIND AN APPRENTICESHIP

When you log into your Find an Apprenticeship account, a screen will display as below. You can use the quick search function (What and/or Where) and you can also click on 'Search' to access more detailed filters and options.



GOV.UK GOV.UK One Login  Sign out

Find an apprenticeship **Search** Saved vacancies Your applications Settings

Search apprenticeships

20,287 apprenticeships currently listed

What **Where**

Enter a job or company Enter a city or postcode

Search [Browse by your interests instead](#)

TOP TIPS TO REMEMBER...

- Find an apprenticeship is a live jobs site. It will show current vacancies (but not those that have already closed and been filled).
- Manage your alerts to ensure that you stay up to date when new vacancies are added that match your search criteria.
- Look out for new features that will be added to the site over the next year including a brand new 'favourites' function.



Real students. Real employers. Real advice.

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

UNI MYTHS BUSTED!

 @uni.myths.busted

 @unimythsbusted

 @unimythsbusted

 unimythsbusted.co.uk



In collaboration with:



UCAS

Supported by:



 UniTasterDays.com



Youth Futures Team

Next Steps



Leaving School? What Next?

College

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

Apprenticeship

- 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

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How are you developing your self belief skills?



We're not all naturally confident. The good news is that we can grow our personal confidence over time. Self belief is about learning how to recognise your strengths, trying new things, allowing yourself to learn and grow from mistakes, and approaching small and big challenges in life with a positive attitude to help you always look for a healthy and useful way forward, even when you're out of your comfort zone.

youthemployment.org.uk/young-professional-training/

Sign up for free Young Professional training to grow your skills.



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 10-13/S3-S6/NI10-14, 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/>

MEDIC MENTOR



YOUR MEDIC FAMILY

The Medical Schools Council acknowledges virtual work experience as an equal alternative to in-person shadowing based on a discovery report conducted by Health Education England. I encourage students aged 14 and over, interested in medicine to participate in our FREE National NHS Virtual Work Experience programme. We are pleased to offer a variety of medical specialties, with a focus this month on palliative care. This enables your students to gain a well-rounded perspective of working within the NHS.

This opportunity is for students in Years 10-11.

<https://medicmentor.org/university-hospitals-birmingham-trust-virtual-work-experience/>

Developed in collaboration with Birmingham Universities Hospitals Trust, this Virtual Work Experience has proven to be transformative for thousands of secondary school students over the past year. It also provides a strong foundation of knowledge for students who are preparing to undertake future in-person placements.

We've designed a 6-month medical e-learning work experience programme, focusing on one specialty each month, allowing students to set their own pace of learning. From structured teaching to direct interaction with doctors and healthcare professionals, our programme ensures students not only observe procedures but also gain a broader understanding of roles within the medical field.

Covering everything from confidentiality and ethics workshops delivered by the GMC to clinical procedures, our virtual work experience provides a crucial overview, thereby enhancing your students' UCAS applications.

Signing up is easy – students simply need to fill out the free online application form:

Why the Medic Mentor Virtual Work Experience is the largest In the UK...

- There are 6 Sessions in total providing the longest and most in-depth work experience available
- It covers 6 different areas of medicine whereas other work experiences only cover 1 or 2
- It is e-learning based so students can complete it in their own time around school work
- Students have 30 days to complete one session and then the next session drops
- Students are provided a certificate of completion once all 6 sessions are done
- Involves real doctors, clinical settings and high fidelity simulations
- Takes students on a complete patient journey
- Students get an insight into the multidisciplinary team
- Includes a free reflective journal (great for personal statements)
- It's completely free!
- *Why not sign up today?*



**University Hospitals
Birmingham**
NHS Foundation Trust

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!



The UCAT exam plays a vital role in aspiring dental and medical students' journey, and we are committed to equipping your students with the essential mentoring and resources they need to excel in this crucial exam. Through the guidance of experienced doctors, dentists, and insights from top 10% UCAT scorers in the country, our conferences offer comprehensive support for navigating the application process and thorough UCAT preparation.

To empower your students in achieving their career aspirations and answer the questions surrounding the UCAT exam, it's important for your students to join the upcoming Get into Medicine and Get into Dentistry Virtual Conferences.

Register for the Get Into Medicine Conference on:

- Saturday 26th April, 9:30am - 3:30pm
- Sunday 27th April, 9:30am - 3:30pm

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

Register for the Get Into Dentistry Conference

- Saturday 17th May, 9:30am - 3:30pm

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

Attending these conferences provides your students with valuable insights and strategies for tackling the UCAT, as well as giving them an opportunity to connect with other like-minded individuals who share their passion for medicine and/or dentistry.

During these sessions, we will cover:

- UCAT Entrance Exam
- Exam techniques and sample questions from each UCAT section
- UCAT shortcuts and timeline
- Best UCAT preparation techniques
- Tactically choosing universities
- Medical and Dental school interview skills
- National Leadership Programmes
- Medical and Dental Awards Programmes
- Extracurricular activities
- Work experience
- Applying for scholarships to study medicine or dentistry

Your students will not only leave with enhanced test-taking abilities but also invaluable connections and resources to support their dream of a career in healthcare. Students and parents can register for free at this link:

Medicine: <https://medicmentor.org/get-into-medicine-university-conference/>

Dentistry: <https://dental-mentor.org/get-into-dentistry-university-conference/>

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/>

Free Medical Leadership Opportunity

Supracurricular activities are now a vital part of UCAS applications. Admissions teams are looking for evidence of initiative, passion, and a commitment to go beyond what's taught in the classroom. Leadership, in particular, is a crucial skill for those aspiring to careers in medicine and dentistry. It enhances problem-solving, teamwork, and decision-making abilities, setting students apart and preparing them to tackle professional challenges with confidence.

To support your students in Year 10/11 in gaining leadership skills and valuable insights into the healthcare profession, I'm delighted to announce that registrations for the Free Virtual Medical Leadership Conference on Sunday 27th April, from 10am to 2:30pm, are now open!

To secure access to this event, students must first attend the Get Into Medicine or Get Into Dentistry Conference. The below registration link enrolls your student onto both events.

Aspiring Medics: <https://airtable.com/appgXnyzN5ZD9lw6/shrWZYfxHizvOy5EX>

Aspiring Dentists: <https://airtable.com/appgXnyzN5ZD9lw6/shr6kU8QjDeODNP63>

During the Medical Leadership Conference, students will explore the theme 'Problems Facing the NHS and Future Solutions.' They'll gain key insights into the NHS system, including its strengths, challenges, and planned reforms. This engaging event also offers students the chance to hear directly from doctors, medical students, and peers about their personal leadership journeys. Through these inspiring stories and guidance, students can take their first steps toward becoming effective leaders in healthcare.

Students will gain a deeper understanding of the impact of leadership in medicine and dentistry. This includes the ability to solve problems, work collaboratively in diverse teams, and tackle professional challenges with confidence. These are skills that not only strengthen their future careers but also contribute positively to personal growth.

Registering for these programmes is simple - students just need to complete the free online application form:

Aspiring Medics: <https://airtable.com/appgXnyzN5ZD9lw6/shrWZYfxHizvOy5EX>

Aspiring Dentists: <https://airtable.com/appgXnyzN5ZD9lw6/shr6kU8QjDeODNP63>

We are eager to welcome your students to our exceptional programmes and support them in their journey toward a fulfilling career in medicine or dentistry.

Kind regards,

Dr (Prof) Dhakshana Sivayoganathan

Medical Director of Medic Mentor (part of Mentorverse)
Visiting Professor of Medical Leadership & Innovation at University of Greater Manchester (Bolton) Medical School
British Medical Journal (BMJ) Clinical Champion
General Medical Council (GMC) Designated Body for Doctors
Associate Member of the NHS Confederation
NHS Providers Insight Partner

MENTORVERSE



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!



After the success of our recent NHS National AHP Work Experience session, I am thrilled to extend an invitation to your students in years 10-11 for our upcoming sessions in May:

4th May: Road Traffic Accident

- This session we follow Tom after he is in a road traffic collision resulting in a critical leg injury, he is admitted to ITU where he is intubated. His lengthy recovery sees him going through rehabilitation needing to see SALT, Physiotherapists, Orthotists and Occupational Therapist to help him get back on his feet.
- Next we meet Jade who is 23 weeks pregnant with a previous history of pre-term labour - she suffers from back ache and neck pain which she sees an Osteopath for treatment. She already has a cerclage in situ to prevent pre-term labour as she had a history in this pregnancy of a shortening cervix.

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

The NHS Virtual Allied Healthcare Work Experience offers a unique opportunity for aspiring healthcare professionals. It's a rare occasion for students to hear from our exceptional guest speakers.

Students will gain an intimate look at the healthcare industry in the LIVE virtual work experience, delving into diverse roles within allied healthcare and taking a closer look at patient care by following the journeys of two patients from incident through to treatment.

The NHS Allied Healthcare Work Experience is the largest programme for aspiring healthcare professionals, having successfully invited over 12,000 students to participate in its programme last academic year - many of which have gone on to study:

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

Registration Link: <https://alliedhealthmentor.org/product/live-virtual-work-experience-programme/>

Once registered, students will receive access to their virtual work experience portals. Better yet, every complete session comes with a Work Experience Certificate, and for those who complete the full 6-month programme, there's a Highly Commended Reference - a golden ticket for their apprenticeship and UCAS applications.

Registration will start at 8:30am then the live work experience session starts at 10am, with an end at 5pm. Plenty of breaks are scheduled throughout.

Students can register at any time throughout the 6-month programme using the link below. We recommend booking early to gain as much out of this programme as possible.

Places are £10 a session to cover administrative and technological costs, or £50 for the full 6 months:

<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.



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VAC1000311630

Level 2 Apprentice Chef

War Horse, Chorley

VAC1000315141

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Indevor Bonds & Guarantees Ltd., Chorley

VAC1000315040

Level 2 Apprentice Early Years Practitioner

Clayton Brook Childcare Ltd., Clayton Brook

VAC1000314825

Level 2 Apprentice Print Production Operative

CCA Occasions Ltd., Leyland

VAC1000313083

Level 2 Apprentice Trainee Chef

Cherry Tree, Bolton

VAC1000305967

Level 2 Apprentice Warehouse Assistant

The Glowhouse Ltd., Leyland

VAC1000313251

Level 2 Early Years Apprentice

Little Explorers Nursery and Pre-School, Chorley

VAC1000312387

Level 3 Accounting Apprentice

Lancashire and South Cumbria NHS Foundation Trust

VAC1000307804

Level 3 Digital Support Technician Apprentice

Lancashire and South Cumbria NHS Foundation Trust

VAC1000307045

Level 3 Apprentice Fitter

GAP Group Limited, Bamber Bridge, Preston

VAC1000311742

Level 3 Fabricator/Welder Apprentice

Morecheck Ltd., Bamber Bridge, Preston

VAC1000313918

Level 3 Mechanical, Electrical & Trim (MET) technician apprentice

Steer Automotive Group Limited, Standish, Wigan

VAC1000314723

Level 3 Apprentice Dental Nurse

SRDC Limited, Chorley

VAC1000315042

Level 3 Business Administration Apprentice

The Environment Agency (recruiting nationally)

VAC1000316033

Level 3 Apprentice Dental Nurse

Lotus Dental Practice, Leyland

VAC1000316084



CAREER *of the* WEEK

Holiday representative

Working as a holiday representative is a great way to see the world but requires energy, dedication and excellent customer service skills.

A holiday representative, or rep, is responsible for looking after groups of clients on package holidays at resorts.

Your main priority is to ensure that clients enjoy their holiday and that everything runs as smoothly as possible for them. As the public face of the tour operator, you must create an excellent first impression and continue to provide outstanding service to holidaymakers throughout the duration of their stay.

The role involves holding welcome meetings, handling complaints and resolving problems as they arise.

Holiday reps are often also responsible for selling resort excursions and additional services, like car hire.

Responsibilities

Duties may vary according to the tour operator you work for and the role and type of representative work you do (such as customer service, family, children's or club representatives), but will typically include some or all of the following:

- meeting guests at the airport
- escorting guests to their accommodation
- organising and hosting welcome meetings (sometimes for up to 200 people)
- selling and organising excursions and other activities
- selling car hire and other services
- responding to clients' queries (this may involve being on duty for set times each day)
- handling client issues, such as lost luggage or passports, allegations of theft or other crimes, problems with rooms, health problems, injuries or even deaths
- dealing with unforeseen 'non-client' problems, like flight delays, transport strikes or weather conditions
- resolving any conflict with or between clients
- establishing and maintaining relationships with local hoteliers, apartment owners, excursion agents and travel companies
- maintaining an in-depth knowledge of the resort and the local area in order to answer clients' questions
- accompanying customers on excursions and acting as a guide
- organising and supervising children's activities, ensuring they're in a safe environment
- organising and taking part in daytime and evening entertainment
- checking hotel standards and safety procedures
- completing risk assessments and health and safety checks
- keeping basic accounts and records and writing reports
- assisting in the support and training of new holiday representatives



For more information [click here](#)