



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:

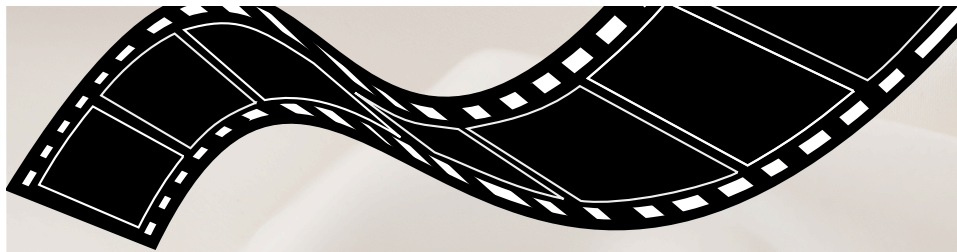
- Virtual work experience with Medic, Dental and Allied Health Mentor - absolutely vital for anyone aspiring to work in any aspect of healthcare.
- Revision tips from InnovateHer - plus lots of other great resources for students: courses, advice, apps, templates, etc.
- Various links to downloads including 'Choices' magazine from Amazing Apprenticeships and the Careers and Enterprise Company and a 'Students' Guide to University 2025' from UniTasterDays.
- The Youth Voice Census is back for 2025 - get involved and help shape policies and create real change in education, work opportunities and life experiences. Survey closes 6th June, so don't miss out.
- Preston College are presenting 'Around the World in 80 Days' in conjunction with students from their Actor Training Academy. This takes place between 21st and 23rd May at the Preston College Amphitheatre.
- Don't miss the Runshaw College Apprenticeship, Adult Education and Employer Showcase on Wednesday 7th May. This is a great opportunity for students to speak to the Apprenticeship team and make industry links with employers before September.
- Lots of apprenticeships available in the local area - check out the links inside. Lots of nationally available vacancies as well, with the British Army, Tesco, JLR (Jaguar Land Rover) and many more. This means you will earn while you learn.
- Year 10 will have an assembly on Tuesday next week with Runshaw College. This is to enable them to make their subject choices for the Sampling Day in July.
- Work Experience booklets need to be returned to school as soon as possible in order for details to be checked and employers emailed. These are available from the Top Office or from the school website: [click here](#).



Have a great weekend



5th - 9th May 2025



UNIVERSITY OF
SURREY

FILM PRODUCTION & BROADCAST BENG

- ENGINEERING KNOWLEDGE IN
VISION AND SOUND
- COMPUTERS AND CODING
- TV PRODUCTION
- FILM MAKING



- Ranked #1* for Cinematography in the UK
- Engineering Council / IET accredited degree
- Maths to A level standard required
- Optional paid professional placement
- Full employment in industry or further study for 100% of recent graduates.

*Guardian University Guide 2024



Scan to find out more:





ACTOR TRAINING ACADEMY
at Preston College

JULES VERNE'S

AROUND THE WORLD IN 80 DAYS



ADAPTED BY LAURA EASON

6:30PM 21ST - 23RD MAY 2025

PRESTON COLLEGE AMPHITHEATRE

TICKETS FROM £12

BOOK ONLINE: WWW.PRESTON.AC.UK/TICKETS

DO YOU KNOW THE 3 COMMON TYPES OF LANGUAGE?

When you start work it's important to know what type of language to use, and when, so you can communicate clearly and professionally.

INFORMAL LANGUAGE

Sounds like...

Relaxed Slang Friendly
Jokes

Used when....

Talking to friends and people you know well. Social situations. On social media. Telling a story or joke.



FORMAL LANGUAGE

Sounds like...

Complete sentences and full words
Sophisticated

Used when....

Speaking in professional settings. Talking to a boss or teacher. Meeting someone for the first time. Presentations.



TECHNICAL LANGUAGE

Sounds like...

Advanced Subject specific
Expert

Used when....

Sharing knowledge. Revising. Working with someone with shared expertise. Explaining a process.



Practice using different types of language at home.

Answer the same question two different ways – talking to a friend, and talking to the head teacher

How many formal and informal ways can you list of saying 'hello' and 'goodbye'?

List different technical words used in your favourite subjects



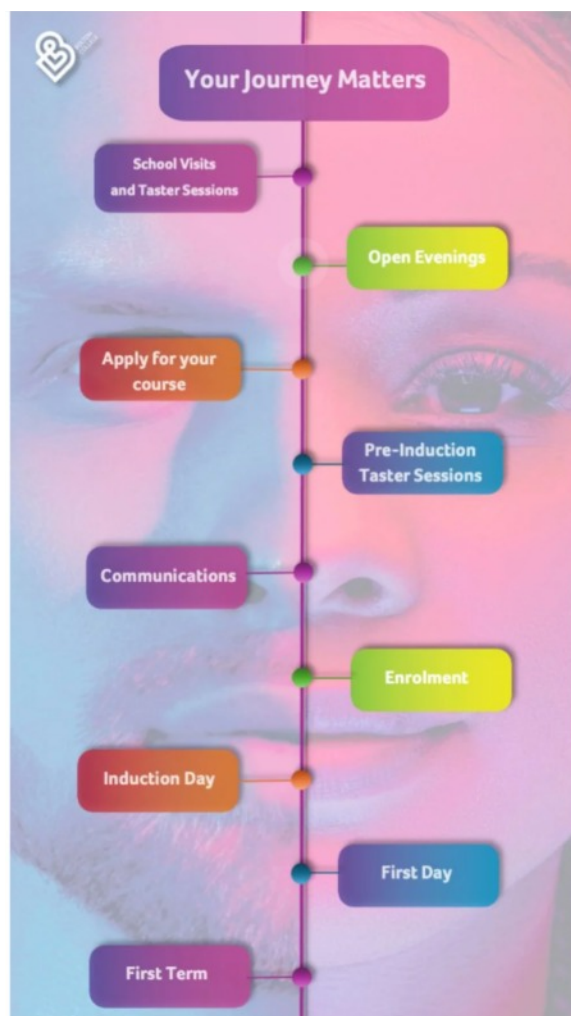
We're reaching out with something we're really excited to share - our new 'Your Journey Matters' resource, designed to support students as they begin to shape their future after school.

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:

**Taster Days | Residential Events |
Workshops | Open Days**



info@unitasterdays.com



[@UnitasterDays](https://twitter.com/UnitasterDays)



[UnitasterDays](https://www.facebook.com/UnitasterDays)



[@UnitasterDays](https://www.instagram.com/UnitasterDays)



Kickstart Your Career with a JLR Retail Apprenticeship – Applications Open!

APPLY NOW!

As your students are exploring their next steps after GCSEs, a JLR retail apprenticeship could be an incredible opportunity for them to gain valuable experience, earn an income, and start a rewarding career with a premium car brand.

Our apprenticeships are designed to equip young individuals with industry-leading training, real-world experience, and a nationally recognised qualification.

Our apprentices:



Work full-time in a JLR retailer across the UK.



Receive expert training at our state-of-the-art JLR academies.



Gain mentorship from experienced professionals.



Develop sought-after skills in the automotive industry.

We are looking for individuals who share our passion and want to become part of our retailer team.

We currently offer three apprenticeship roles:



Service Technician (3 year programme):

This role would suit students who enjoy problem-solving, working with technology, and have a passion for cars. Apprentices will maintain and service the latest JLR vehicles in a high-tech workshop.

Entry requirements: GCSEs grades 9-4 (A-C) in English, Maths, and two other subjects.



Customer Service Advisor (1 year programme):

Ideal for students with strong interpersonal skills who enjoy working with people. This role involves managing service bookings, providing exceptional customer support, and ensuring every customer has the best experience at a JLR retailer.

Entry requirements: GCSEs grades 9-3 (A-D) in English, Maths, and two other subjects.



Parts Advisor (1 year programme):

Perfect for students with an interest in automotive parts and logistics. This role supports the service team, manages stock, and ensures the smooth running of workshop operations.

Entry requirements: GCSE grades 9-3 (A-D) in English, Maths, and two other subjects.

Why recommend a JLR Retail Apprenticeship?

Apprentices can:

- Earn while they learn.
- Achieve national and industry-recognised qualifications.
- Gain real-world experience in a JLR retailer.
- Receive support throughout their learner journey.
- Develop personal and professional skills.
- Access career progression opportunities, including our Aspiring Managers Programme.

Do you like learning about **electricity**?



You could be a/an...

Wind turbine technician



Nikil maintains wind turbines so they can keep generating electricity.

Career route	Apprenticeship
Salary range	£23,000– £42,000

Electrician



Alice installs and repairs electrical systems in buildings.

Career route	Apprenticeship
Salary range	£17,500- £51,000

Electrical engineer



Keira designs electrical systems for electric vehicles.

Career route	Degree
Salary range	£32,000- £75,000

Stakeholder engagement advisor



Wendy **builds relationships** with everyone involved in setting up new wind farms.

Career route	Degree
Salary range	£40,000- £70,000



You don't need a degree to be a scientist!

You can take a different career route including an apprenticeship, degree apprenticeship or by training on the job.

Which job would you like to do?



www.energisingfutures.co.uk



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

We're excited to remind you about our upcoming virtual work experience opportunities with Experian, taking place in May for students in year groups 7-9 (First Step) and 10-11 (Next Step).

Our events take place outside of school hours, making them easily accessible for all students.

FIRST STEP - Student year groups 7-9

Tuesday 13th May at 4.30pm

(virtual session hosted on MS Teams)

"Free Skins or Fake Wins? Exposing Fake Gaming Giveaways!"

- A 45-minute briefing with the Experian team
- Complete the career challenge at their own pace
- Certification awarded on completion
- [Register now!](#) (Students)

NEXT STEP - Student year groups 10-11

Wednesday 14th May at 5pm

(virtual session hosted on MS Teams)

"Get Rich Quick... or Get Caught? The Dark Side of Influencer Money Scams!"

- A 45-minute virtual briefing with the Experian team
- Complete the career challenge at their own pace
- Certification awarded on completion
- [Register now!](#) (students)

What's involved?

1



Register and attend the 45 minute briefing session

2



Students work on the challenge in their own time

3



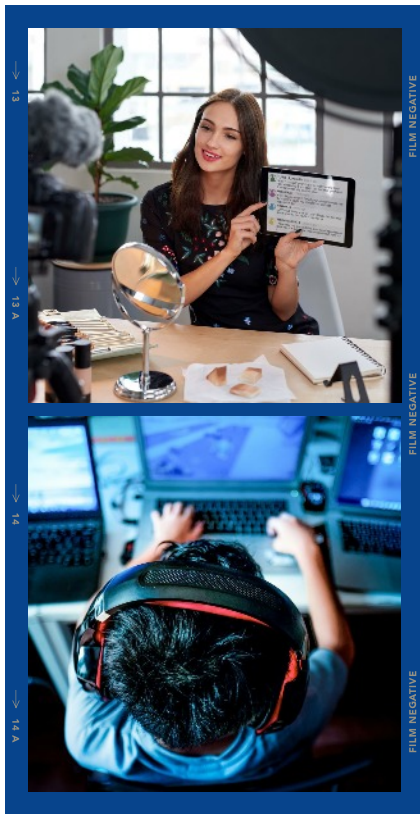
Recorded industry assessment

4



Certification of virtual work experience

Register now!



Would you like to gain **virtual work experience** as a **fraud detective**?



Uncover gaming and social media scams, gain essential skills and certification too!



REGISTER NOW

FIRST STEP

Tues 13th May - 4.30 pm
Year Groups 7-9



NEXT STEP

Weds 14th May - 5.00 pm
Year Groups 10-13+FE



www.digdata.online

Working in partnership

digdata[®]
a Data Inspiration Group programme

experian[™]



THINK OF YOUR PATH TO **SUCCESS IN STAGES, YOU HAVE JUST STARTED THE **FIRST STAGE**.**

SAAHIRAH AHMED, APPRENTICE

#NCW2025

National Careers Week

NCW

Headline Partner:

NatWest
Thrive



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"**

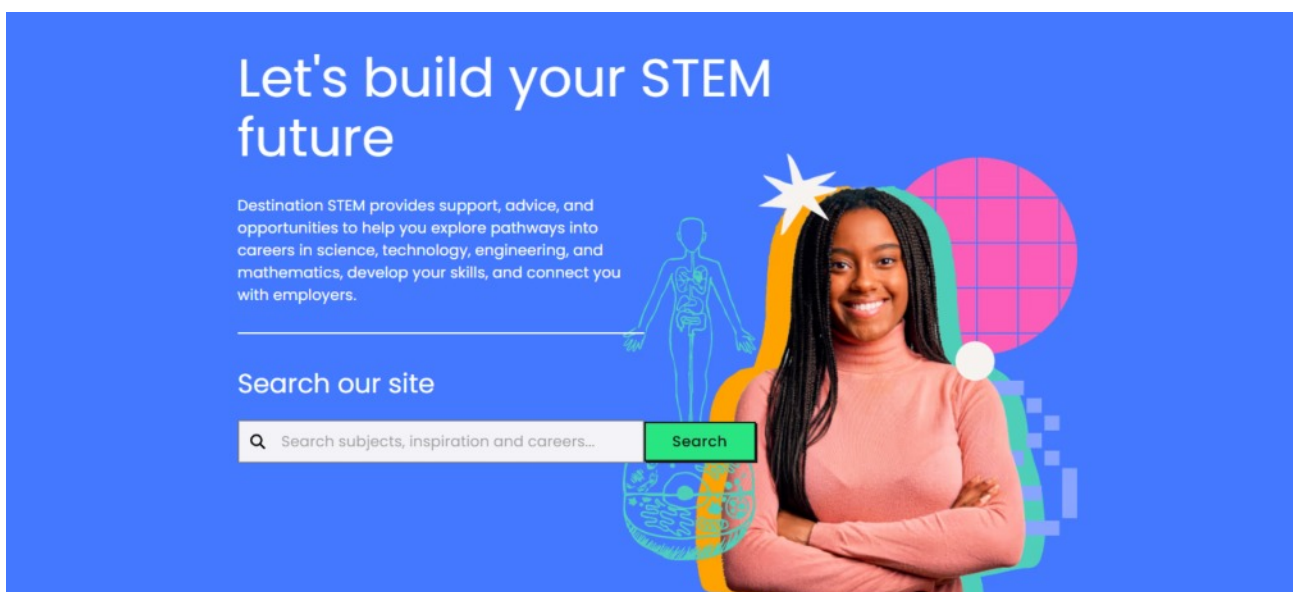


How can it help you?

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



10 ways to find your STEM career

SEARCH ONLINE

Find careers in STEM that interest you

BE PART OF A TEAM

Join a STEM club

LEARN NEW SKILLS

Take up a STEM hobby

GET AHEAD

Research future STEM careers

GET INSPIRED

Visit STEM places of interest

CHALLENGE YOURSELF

Take part in STEM competitions

SEE IT FOR YOURSELF

Visit STEM workplaces

ASK QUESTIONS

Get careers information from STEM Ambassadors

PLAN YOUR STEM FUTURE

Research apprenticeships, colleges and universities

RECORD YOUR ACHIEVEMENTS

Showcase your STEM skills to future employers



LLOYDS BANKING GROUP

AI Meets Banking Brilliance – Explore Your Future with Lloyds Banking Group

Tuesday, 6th May 2025, 5:00pm - 6:00pm

We have a fantastic online careers event with the UK's biggest Bank Lloyds Banking Group for students who are looking to get into the industry with a core focus on Gen AI. This is a really interesting and exciting event where the bank will showcase to students what they get up to in this space and how it's changing the banking landscape. The event is on Tuesday 6th May, 5pm - 6pm and is free to join.

Are you curious about where a future in finance could take you – and how artificial intelligence is reshaping the industry?

Join us for an exclusive virtual event with **Lloyds Banking Group** - one of the UK's leading financial institutions with a proud history, bold digital ambitions, and a commitment to helping Britain prosper.

Whether you're in school, college, or just starting to consider your career options, this is your chance to discover exciting opportunities at the intersection of finance and technology.

Event Details:

- Event: **Lloyds Banking Group Careers Live: Gen AI**
- Date: **Tuesday, 6th May**
- Time: **5:00pm - 6:00pm**
- Location: **Online (tune in from anywhere!)**
- Who Can Attend? **All students in school or college**

Why Attend:

Finance today is about much more than money management – it's about innovation, people, and purpose. In this one-hour session, you'll gain insights into:

- How **AI and large language models (LLMs)** are driving change within Lloyds Banking Group
- The variety of **early careers programmes**, apprenticeships, and training pathways they offer
- **Real-life stories** from current apprentices and professionals who are shaping the future of finance
- The **skills and mindset** LBG looks for in the next generation of talent

About Lloyds Banking Group:

With over 60,000 colleagues and 30 million customers across the UK, Lloyds Banking Group is at the heart of the UK economy. From high street banking to cutting-edge digital innovation, they offer careers that matter, where you can make a real impact, right from the start.

So, if you're intrigued by the blend of technology and finance, or simply want to explore future-fit careers in a trusted, progressive company – this is the event to attend.

Register Now:

<https://www.surveymonkey.com/r/LBG-Gen-AI>

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

SUMMER OPEN DAYS

ARMY FOUNDATION COLLEGE HARROGATE (AFC)

COMING SOON



This exciting event is perfect for anyone interested in learning about our college.

Applications are currently open for the September 2025 intake.



AFC COLLEGE

ARMY OFFICER

INSIGHT DAY SATURDAY 12TH JULY

Join us for the next Army Officer Insight Day at Sandhurst! You will participate in various activities, including a Welcome Brief, a tour of the Royal Military Academy, and opportunities to speak with current Officer Cadets and Staff.



SECURE YOUR PLACE HERE

MAY 2025



ARMY CAREERS NEWSLETTER

Army Officer Insight Day at the Royal Military Academy Sandhurst

Join us at the Army Officer Insight Day, Sandhurst, which is filled with exciting activities and valuable information about life as an Army Officer. Get a glimpse into the world of the British Army and learn about the various roles and responsibilities.

Saturday 12 July 2025

09:00 - 16:00

Royal Military Academy Sandhurst
London Road, Camberley GU15 4PQ

The Army Officer Insight Day gives candidates the opportunity to find out more about officer training and life at Sandhurst.

Come prepared to find out more about the application process, Army Officer Selection and the training at the Royal Military Academy Sandhurst, see what life is like and interact with, and ask questions of, current Army Officers across all the parts of the Army.

Whether you're considering a career in the Army or simply curious about what it takes to be an Army Officer, this event is perfect for you. Don't miss out on this opportunity to gain valuable insight and experience!

ARMY APPRENTICESHIPS

GET

SKILLS
QUALIFIED
CONFIDENCE
STARTED

GET SKILLS

My journey as a healthcare assistant apprentice is setting me up for a rewarding and successful career in healthcare.

Adewale (Healthcare Assistant)

13k+

13,000+ APPRENTICES CURRENTLY ENROLLED

GET CONFIDENCE

If the opportunity arises, take it. Work hard, enjoy camaraderie within your workspace, challenge yourself and others.

Corrina (HR Specialist)

6000

APPRENTICESHIPS COMPLETED PER YEAR

20

LEVEL 2 APPRENTICESHIPS AVAILABLE

GET QUALIFIED

Apprenticeship has four parts: 20% off the job training, 80% on the job training, Gateway and End point Assessment.

GET STARTED
NUMBER 1 APPRENTICESHIP EMPLOYER

DID YOU KNOW

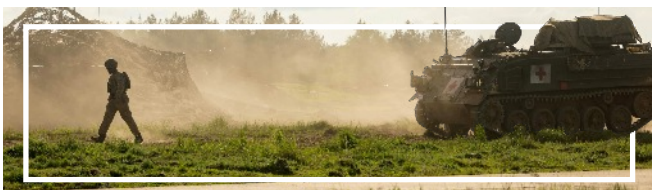
The Army has been awarded 1st place in the Top 100 Apprenticeship Employers for the 4th year in a row.



THE ARMY INVESTS IN ITS PEOPLE

Connect with soldiers and officers who are eager to share their experiences and answer all your questions about the exciting life in the Army!

ASK A SOLDIER



FEATURED CAREER OPPORTUNITIES

COMBAT INFANTRY SOLDIER ARMoured CAVALRY CREW LIGHT GUNNER UNCREWED
AERIAL SYSTEMS PARATROOPER GUARDSMAN AVIATION GROUND CREW SPECIALIST
HOUSEHOLD CAVALRY SOLDIER INTELLIGENCE & COMMUNICATIONS INTELLIGENCE ANALYST
COMMS ENGINEER ELECTRONIC WARFARE SPECIALIST LINGUIST POWER ENGINEER
GEOGRAPHIC TECHNICIAN ENGINEERING VEHICLE MECHANIC BRICKLAYER AVIONICS
TECHNICIAN ARMOURER CARPENTER AND JOINER SURVEYOR ELECTRICIAN
ENGINEER DRIVER MEDICAL DOG HANDLER NURSE HEALTHCARE ASSISTANT
DOCTOR DENTIST MEDICAL TECHNICIAN PHARMACIST BIOMEDICAL SCIENTIST
LOGISTICS & SUPPORT DRIVER AMMUNITION TECHNICIAN PORT OPERATOR CHEF
FUEL SPECIALIST MOVEMENTS CONTROLLER HR & FINANCE HR SPECIALIST LEGAL OFFICER
MILITARY POLICE MUSIC MUSICIAN

GET IN TOUCH

Armed Forces Careers Office Preston
54 Fishergate, Preston, Lancaster, PR1 8BH
01772 203030
rg-accprestongroupmail@mod.gov.uk

START YOUR JOURNEY



FIND A RECRUITMENT CENTRE



ARMY
BE THE BEST

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!

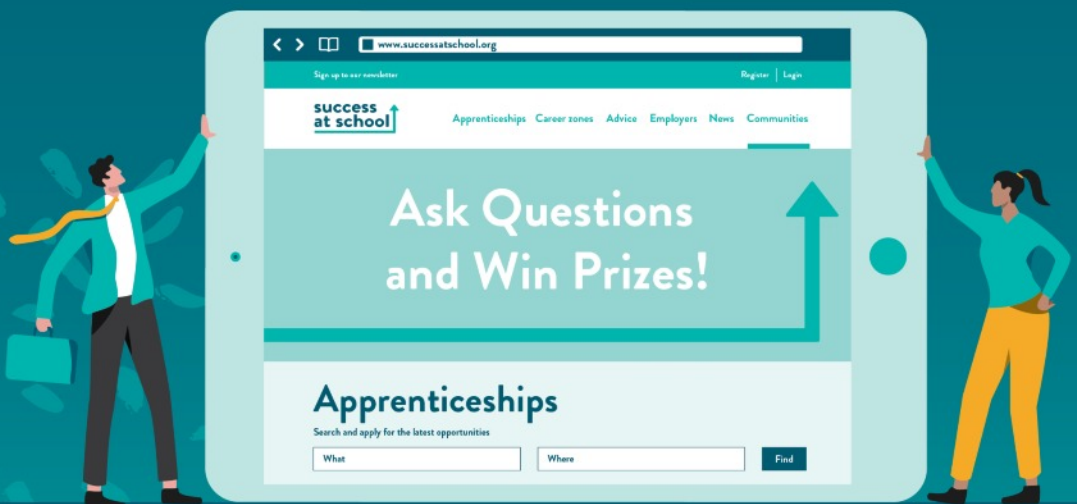
How it works:

- 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!

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.



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](#)



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.

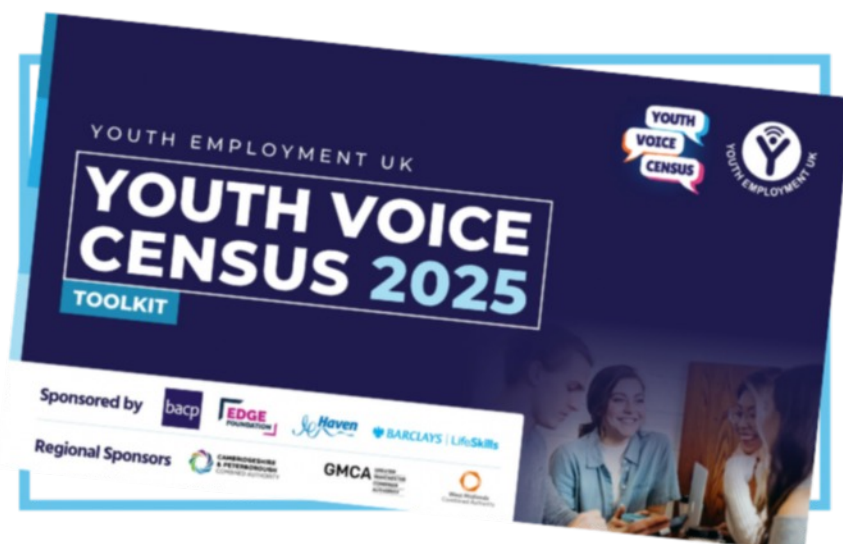
Get to Know the Census

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



CHOICES MAGAZINE

The monthly parent and carer guide to apprenticeships and technical education

SUBSCRIBE TO CHOICES MAGAZINE

The Choices Magazine is available monthly and is packed full of helpful information, resources and case studies.

Parents and Carers can now sign up to receive the magazine directly to their inbox, please see the link below:

SUBSCRIBE NOW



SUBSCRIBE TO RECEIVE YOUR FREE EDITION EACH MONTH:

- Build your knowledge of apprenticeships and technical education
- Stay up to date with the latest news
- Completely free of charge
- Get your copy before everyone else, straight to your inbox

SUBSCRIBE HERE:

amapps.uk/choices



FIND PAST EDITIONS HERE:

amapps.uk/parent-magazine



4/25

ISSUE 8

CHOICES

The monthly parent & carer guide to apprenticeships and technical education

FROM APPRENTICE TO BOSS
HEAR HOW AN APPRENTICESHIP
PROGRESSED CARL'S CAREER

APPLICATION TIPS WITH
APPRENTICE TANMAI

8 REASONS MY T LEVEL
SUPPORTED MY CAREER
PROGRESSION

GETTING STARTED WITH
EXPLORING HTQS

TANMAI SHARES HER
TOP TIPS FOR
ASPIRING
APPRENTICES

Amazing
Apprenticeships

THE CAREERS &
ENTERPRISE
COMPANY

APPLICATION TIPS WITH TANMAI

APPRENTICE INSIGHT



Tanmai has completed level 3 and 4 apprenticeships, and is now in the first year of her level 6 degree apprenticeship.

Tip 1 - Research

Employers look for candidates who show a genuine interest in their company. A great way to stand out is by finding a personal connection to their values, projects or initiatives. During my applications, I made sure to highlight what resonated with me from the research I did about each company.

Tip 2 - Giving examples

Employers don't just want to hear that you're a 'hard worker' or a 'great team player', they want proof. Did you lead a group project? Organise an event? Plan a multi-destination budget holiday with 5+ people? Show, don't just tell.

Tip 3 - Assessment centres

At assessment centres, employers aren't looking for the loudest person in the room. They want to see collaboration, problem-solving, adaptability and how well you work with others. Instead of treating it like a competition, focus on being a strong team player. Stay engaged, contribute thoughtfully, and listen as much as you speak.

Tip 4 - Rejection

Not every application will be a success, and that's okay. If you don't make it through, ask for feedback. Many companies are happy to provide insights that can help improve for the next time. The key is to keep going.

Read more...

Tanmai shares her insights, advice and experience in more detail here:

amapps.uk/tanmai





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](#)

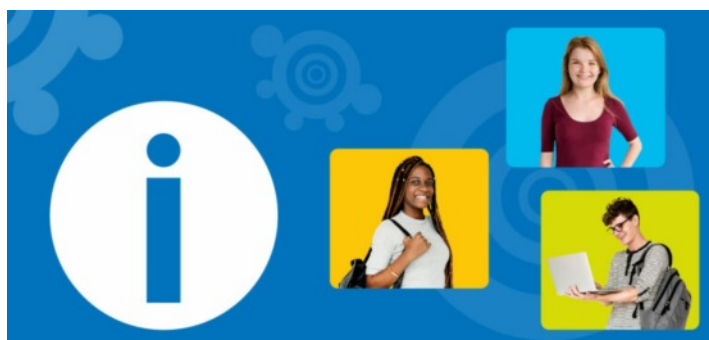


Whether you are interested in learning more about Runshaw Adult courses, an Apprenticeship or looking for employment with one of our Partner Employers, you will find 2025 can be your year!

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

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Tech for Revision



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Tech for Revision

We have created resources, including 3 digital tools and 4 downloadable resources to help you with your exam revision.

Check them out



We want you to know that we understand that exam time can be quite difficult, but with the right tools, you can completely change what's in your control.

We want to empower you with these tools and knowledge. Everyone learns differently, and you are unique, so your way of learning should be unique to you.

What's included

- Tips on staying focused and fresh
- Templates to prepare and plan for your revision
- Apps and websites recommendations
- What to do on the exam result day and next steps

Check them out



Opportunities in the RAF

Applications are open – and your students
can start their journey today!

FIND OUT MORE



"I joined the RAF as a People Specialist to travel the world, find adventure and develop new skills. Now I represent the RAF on the Bobsleigh Team travelling all over Europe. I love working with and supporting people and have made memories that will last a lifetime."

Iva
RAF People Specialist

People Specialist (HR)



Students can start their career in people operations with the RAF, taking on a role that supports personnel and drives mission success wherever the RAF is deployed.



Foundation Certificate in People Practice, undertaking a CIPD Level 3 qualification



£25,200 starting salary + comprehensive benefits



Travel opportunities around the world



Based UK-wide

The 4 steps to success...

Here's what students can expect during the recruitment process...



1 Apply & Confirm Eligibility



2 Complete Selection Assessments



3 Basic Training (10 weeks at RAF Halton)



4 Specialist Training (8 weeks at MOD Worthy Down)

YOUNG PROFESSIONALS

We are incredibly excited to invite you to the **Young Professionals Summer Conference** at The O2 Arena in London on **Tuesday 15th July**, 1:30pm - 5pm - our biggest event to date. This is your chance to step inside one of the world's most iconic venues and meet some of the most prestigious employers in business, banking, finance, law, engineering, and technology, all in one place.

There will be a big focus at this event on Business and Entrepreneurship, with a step by step guide on how to start a business, raise finance, scale and market brands on a global scale. Dan Miller our Founder and CEO will play a big part in this session and sharing his journey on how he founded the YP brand and made his first million by the age of 25! We will also have guest speakers from huge companies at global law firms, banks and accounting firms to share why their industries play a crucial role in supporting and growing companies.

All students that attend will get a professional LinkedIn headshot as well as a digital PDF link packed with CV templates, how to start a business, top tips on applying to corporate roles as well as lots of other useful content.

Event Details

- Date: **Tuesday 15th July**
- Location: **The O2 Arena, London**
- Time: **1:30pm - 5:00pm**
- Who can attend? **All students at school / university**

Meet Global Employers Looking for Future Talent

This year's event will feature representatives from some of the biggest names in business, banking, finance, law, engineering, and technology. Some of the employers attending include; **Goldman Sachs, BDO, Lloyds Banking Group, Rothschild & Co, Legal & General, Grant Thornton, UBS, Linklaters, Farrer & Co, Charles Russell Speechlys, Browne Jacobson** and many, many more still to be announced!

If you are serious about your future, this is the event you cannot afford to miss.

Why You Should Attend

- The format of the event will be 90-minutes of workshops, presentations and panels for all students followed by a further 90-minutes of networking.
- **Exclusive networking with top employers** – Speak directly with recruiters and decision-makers from the biggest global firms actively hiring young professionals. Get work experience and secure either a grad role or apprenticeship
- **Unmissable keynote speeches** – Hear from **senior business leaders** (to be announced soon) as they share insights, career advice, and industry trends.
- **Expand your professional network** – Build valuable connections with industry experts, company representatives, and like-minded peers who share your career ambitions.
- **Experience an event like no other** – This is not just another careers fair. This is a **next-level experience** that could open doors to life-changing opportunities.

This is the **largest event we have ever hosted**, and places are expected to fill up fast. If you want to connect with top employers, hear from industry leaders, and gain the tools to set yourself apart, **register today before all places are taken**. Please note that there is a booking fee of £26 to secure your place, this goes towards the venue hire, food and drink, goodie bags, downloadable resources for you to keep, as well as some of the incredible speakers we are booking for this event.

Register Now:

<https://www.surveymonkey.com/r/YP-Summer-Conference-PM-Session>

Support for students with special educational needs and disabilities

By Verity Lewis, Disability Advice Officer at the University of South Wales

Starting university is an exciting new chapter filled with opportunities and challenges. If you have special educational needs or a disability (SEND), you might feel uncertain about what to expect. However, rest assured, UK universities are dedicated to supporting you every step of the way. This guide will introduce you to the resources, adjustments, and services designed to help you thrive and make the most of your university experience.

Declaring your disability

Your first step towards accessing support is to declare your disability on your UCAS application or directly to the university. Many students worry this might affect their application, but universities are legally required under the Equality Act 2010 to treat everyone fairly. Declaring your disability

helps universities understand your needs and arrange reasonable adjustments to support your learning and university life from the very beginning.

The Disabled Students' Allowance

If you have additional needs due to a disability, learning difficulty, or long-term health condition, you can apply for the Disabled Students' Allowance (DSA) (page 60). This non-repayable grant can cover the cost of:

- non-medical helpers, such as a mentor or note-taker
- travel costs related to your disability
- specialist equipment, like a laptop with assistive software
- other resources tailored to your needs.

It's important to apply for the Disabled Students' Allowance (DSA) early, as the process can take some time. While it might seem overwhelming at first, universities are here to guide you through it. At the University of South Wales, for instance, you can connect with a Disability Adviser during open days, taster sessions or through their dedicated email inbox, even before you enrol. These conversations ensure you have the support you need in place, ready for when you start your university journey.



DOWNLOAD NOW!

What to expect at a university open day

By Gavin Spoons, Regional Student Recruitment Officer at Norwich University of the Arts

Open days are the perfect way to experience first-hand what being a student at a particular university is really like. You can gather lots of useful information online and in prospectuses, but nothing beats being in the university environment and having the opportunity to speak to academics and current students. Open days are packed with scheduled activities to help you get a feel for a university and see if it's somewhere you might want to study.

Campus tours

Arguably the central event of the day, these guided tours are typically led by current students who show you around the campus. You'll explore the university environment, see communal areas such as cafes and libraries, and have a chance to visit facilities related to your course. This gives you insights into your day-to-day life as a student, and you might see work and projects you could do yourself.

Course talks

Throughout the day, there will be a range of informative talks offering information about the university, specific courses, and student support. Most universities host a welcome talk at the start of the day to highlight the unique aspects of that university.

Course-specific talks hosted by academic staff are also very valuable. These talks share detailed information about the courses you're

considering. They allow you to talk directly to the course leader, their fellow lecturers, and current students. These course talks give you a more detailed look into course content than you will find outside of an open day. They cover the work you will do, and the careers you could progress into.

Support talks

Finally, there are additional talks and sessions throughout the day to introduce you to other university departments and of... You could find yourself in talks about accommodation options, what is available, student experience receive advice for applications

Accommodation tours

If you're looking to move away to study at university, you'll want what accommodation options to you. Similar to campus tours, be an opportunity to look around accommodation sites with help from students there to answer any questions. You can see the types of rooms and facilities offered in different sites. Imagining yourself living student is just as important as course advice for applications

Plan your day

Open days can be quite intense, with talks and sessions, but there's a lot to gain from them. Universities offer an open day programme after a long day of open days. This contains a mix of each talk and tour, so you can experience it all in one go. Try to experience as much as you can. It'll help you make informed decisions about your university journey.

Scholarships: finding financial opportunities and standing out in applications

By Jon Hering, Head of Commercial at Blackbullion

Introduction

We get it: studying is expensive.

Tuition fees are going up in September 2025, there is an ongoing cost-of-living crisis, and rising inflation affects how much your maintenance loan can help. Heading to university can seem like a pricey way to kickstart your adult life.

That's where we come in.

To date, Blackbullion has released over £25 million in additional funding - grants, bursaries, hardship funds, and scholarships - through our Funding Hub. Our first corporate scholarship launched in April 2023. Since then, we've continued to work with brands like Amazon, Nationwide, and Accenture to help students cover the costs of university.

Even though there are more opportunities out there, the market for scholarships is still small and highly competitive. That's why this article is here to help you find the right opportunities. It will give you the tools to stand out and smash your applications, so you have the best chance to secure additional funding for your degree.

When to expect scholarships to launch
You should be aware of the main funding windows:

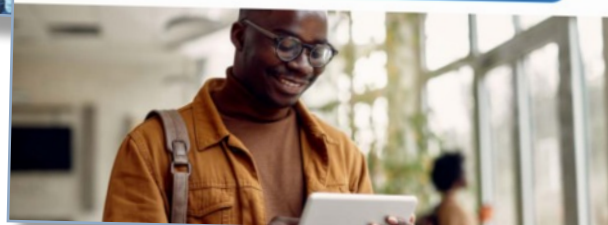
- National Scholarships Week 2025 - running 31 March to 4 April 2025, in partnership with Amazon. Last year, NSW 2024 launched over £800,000 worth of scholarship funding through corporate partners.
- April 2025 - a key period when many scholarships open. Make sure to prepare applications in the spring.
- September 2025 - another wave of scholarships launches in early autumn, giving you a second chance.

Scholarships as a gateway to careers

Many scholarships provide more than financial aid. They offer internships, mentorship, and work experience. These extras can be pivotal in building your career. Try to seek scholarships aligned with your goals, as these opportunities will make you more appealing to future employers.



Learn more about bursaries, scholarships, and free money on Episode 22 of The Uni Guide Podcast, featuring the author of this article, Jon Hering from Blackbullion.



How to choose the right university for you

By Charlotte Higgins, Marketing Officer at the University of Derby

Choosing a degree to study is a big decision, as is selecting the right university. At the University of Derby, we believe making your choice should take into consideration three key factors.

Choosing the right degree

It is vital to select a degree that you are passionate about. You will study the subject for the next few years, so it must be an area that you will enjoy. Review courses on university websites and prospectuses that suit your interests.

There are also various types of degrees to be aware of, including a traditional three-year programme, foundation pathways to help you transition to university, integrated masters if you're looking for advanced learning, or even a degree apprenticeship. Whatever you choose, check it suits your preferred learning and assessment style, such as writing assignments or practical assessments.

Sometimes it's easier to research your dream career, then work backwards to discover what you need to study. But don't worry if you are unsure. Career teams at college and university can help you find out. At the University of Derby, we offer tailored support no matter your chosen course or your previous experience. We provide access to services and programmes to help you reach your career goal.

Top tip: If you have a specific career in mind, find out if your degree needs to have any specific accreditations from an industry board.

Example: If you want to become a professional psychologist, you need to study a degree that is accredited by the British Psychological Society.

Choosing the right campus

A university's campus is the heart of your learning journey. You're likely to spend time in a range of lectures, seminars, and other learning activities, so make sure the campus has everything you need to succeed. This includes passionate teaching staff who are experts in their field and excellent facilities available for you to use.

The best way to discover the opportunity to about your choice

Top tip: You will library during the library at a university

Example: At dedicated to are ready to your source

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

University of Derby
University of Derby
University of Derby

Student events
your social events
continuing
Choose a new exciting
accommodation
needed

Top tip: opt to receive

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





Making that all-important decision

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



APPRENTICESHIPS UNCOVERED

All apprenticeships have a level, ranging from 2 to 7. The level of an apprenticeship is linked to the skills and knowledge you need to do your job role.

 <p>Intermediate Apprenticeship Level 2</p> <p>Equivalent to 5 GCSEs at grades 4-9</p>	 <p>Advanced Apprenticeship Level 3</p> <p>Equivalent to 2 A levels / International Baccalaureate</p>	 <p>Higher Apprenticeship Levels 4-7</p> <p>Equivalent to a Foundation degree and above</p>	 <p>Degree Apprenticeship Levels 6 & 7</p> <p>Equivalent to Bachelor's or Master's degree</p>
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New apprenticeship standards are being developed and approved all the time. Here are just some of the apprenticeships you can do at each level and the current numbers of standards available.*

Intermediate (L2)	Advanced (L3)	Higher	Degree
<ul style="list-style-type: none"> Furniture manufacturer Professional security operative Barbering professional Aviation ground operative Dog groomer Florist Accounts or finance assistant Pharmacy services assistant Marina and boatyard operative Junior estate agent 	<ul style="list-style-type: none"> Engineering technician Pastry chef Multi-channel marketer Fundraiser Scenic artist Domestic Electrician Community health and wellbeing worker Data technician 	<ul style="list-style-type: none"> Junior visual effects artist Town planning assistant Sports coach Space engineering technician 	<ul style="list-style-type: none"> Geoscientist Accounting finance manager Midwife First officer pilot Social worker Civil engineer
140 standards	245 standards	115 standards (L4)	111 standards (L6)
		<ul style="list-style-type: none"> Vet technician Nursing associate Rail and rail systems engineer Marine pilot Nuclear technician 	<ul style="list-style-type: none"> Doctor Game programmer Play therapist Solicitor Senior professional economist
		44 standards (L5)	65 standards (L7)



Find out more

Find a list of apprenticeships standards here*: amapps.uk/a-zstandards

*correct at time of publication

APPRENTICE INSIGHT

Heather's apprenticeship story



Heather aspired to be a sports photographer, however, half-way through university her life changed and so did her career direction. Find out how an apprenticeship at Specsavers got Heather back on track for a satisfying and rewarding career path.

At school, I studied photography, PE, and media which I really enjoyed. Once I'd completed my education, I thought I should go to university as my friends were all going to university too. So, I applied to a university to study photography and was accepted. I moved away from home and lived local to the university. At first it was fine but after a while, I felt unhappy. The subject itself wasn't what I thought it would be – it was a lot of theoretical studies and no actual hands-on photography.

Not wanting to give up on my education, I requested a subject change to sports (as I'm a rugby player already and really enjoy getting stuck in). For some reason, I still didn't get on well with it and found study time difficult. I was in a quandary – wondering why were my friends getting on so well at university and I wasn't.

Then, my life took a bit of a turn when I suddenly became ill. This caused me to have to drop out of university on medical grounds, so that decision was taken away from me. When I started to get better, the thought of going back to university filled me with dread. I'd already been back home for a while whilst I was recovering, so I thought I'd explore my options. This is when I saw an Apprentice Optical Assistant being advertised at my local Specsavers.

I'd never considered an apprenticeship before as I didn't know anyone who had done one, so I didn't really know what to expect. But it sounded really interesting, and the advert alluded to the possibility of having a rewarding clinical or retail career which piqued my interest.

My illness had unfortunately affected my eyesight, which then made me more aware of and interested in eye health. So, when I saw the apprenticeship opportunity where I could learn more about eye care, it really resonated with me. I also love learning and doing things at the same time. I was so excited to be successful – and it's certainly exceeded my expectations. I get 1-1 coaching with my apprenticeship coach, ample study time, interesting theory work as well as practical experience, and it's opened the door to so many wonderful career opportunities.

I've completed my mock exam and am finishing off the last few subjects before booking in my end-point assessment. Specsavers have supported me all the way through my apprenticeship and are happy with me completing it early as I feel ready. Once completed, I'll become an Optical Assistant. For now I'll look to do a qualification to become a Dispensing Optician. Who knows, further down the line I might continue my studies while working at Specsavers to become a qualified optometrist. I know my store partner is fully supportive of my goals and wants to see me succeed.

Even though my career path is very different to what I thought it would be, I'm excited to see what the future holds. I'm grateful my apprenticeship has enabled me to retrain and learn new skills to lead me down a different path. If you're in a similar situation, or you want to change your career path later on in life, then an apprenticeship is an excellent way to do it. There's always time, it's never too late.



Find out about apprenticeships at Specsavers by visiting:

amazingapprenticeships.com/employers/specsavers



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!

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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

Steph (Central): 07917 534459



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How are YOU building your skills for life and work?



Young Professional training is a totally free way to start building your life and work skills in a way that makes sense. It's something you can do wherever you are. Take things at your own pace and dip into training in your own time, whenever you want! Sign up as a Young Professional today to start getting skills-boosting tips and support for life, studies and whatever comes next.

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

Empower yourself and show the world what you can do.



Understanding the pivotal role that work experience plays in shaping a student's perspective on their future career, we're delighted to extend an invitation to your students to participate in our FREE 6-month medical or 4-month dental virtual work experience programme.

Aiming to provide students with insights into the medical and dental fields, this free virtual work experience empowers students to make informed decisions about their future.

Students aged 14 and above are eligible to apply for a placement for FREE through these links:

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

Dentistry: <https://dental-mentor.org/university-hospitals-birmingham-trust-virtual-work-experience/>

Virtual work experience has been recognised by the Medical Schools and Dental Schools Council as a valuable substitute for in-person shadowing. This endorsement is underpinned by the Health Education England Discovery report, which highlights the positive impact of virtual work placements.

This virtual experience not only serves as a dependable alternative to traditional shadowing but also plays a pivotal role in equipping students with the necessary skills for their in-person work placements. In 2024, these 6-month medical and 4-month dental work experience programmes facilitated over 30,000 secondary school students in accessing complimentary work experience opportunities. Through structured instruction and direct engagement with healthcare professionals, students are well-prepared for their future endeavours.

Crafted in collaboration with Birmingham Universities Hospitals Trust and built with the flexibility of an E-learning format, participants can navigate their placements at their own pace, exploring vital topics like ethics, procedures, and broader team roles. This virtual experience not only enhances students' UCAS applications, but also strategically prepares them for the practical challenges and opportunities ahead.

Taking part in the Virtual Work Experience will provide:

- **Comprehensive Insights:** The programme covers a range of specialities, providing a deep understanding of medical and dental practices. Each month, a new focus area is introduced, allowing participants to delve into different aspects of the field.
- **Flexible Participation:** Tailored for students from years 10-11, the programme accommodates various schedules by being virtual. Participants have one month to complete each specialty, ensuring flexibility and ease of participation.
- **Recognised Certification:** Upon successful completion of all sessions, students will receive a certificate from Medic Mentor and UHB, validating their active participation which they can include in their UCAS and apprenticeships applications.

***The new speciality on General Practice or
Public Health & Oral Pathology is available now.***

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

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

Aspiring Dentists: <https://airtable.com/appgXnyzN5ZD9lw6/shr1YAbWctfkXarfQ>

Previously successful Medical students:

<https://medicmentor.org/successful-student-journeys-reviews/>

Previously successful Dental students:

<https://dental-mentor.org/successful-student-journeys-reviews/>

From Secondary School Student to Medical Scholarship Student: a step-by-step guide on getting into medical school successfully: <https://medicmentor.org/become-a-medic-mentor-student-2/>

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!



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.

This is the LAST CHANCE for students to explore specialties in General Practice and Public Health & Oral Pathology before the next rotation begins next week. Aimed 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 can find out more here:

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

To ensure your students don't miss out on this fantastic opportunity, they need to attend our upcoming Get Into Medicine or Get Into Dentistry conference, granting them IMMEDIATE ACCESS to the Virtual Work Experience programmes.

If your students haven't attended a Get Into Conference but would like to join the Virtual Work Experience, they can sign up for the next upcoming conferences on these dates:

For aspiring Doctors: FREE LIVE VIRTUAL Get Into Medicine conference date:

- **Sunday 11th May, 9:30am - 3:30pm**

For aspiring Dentists: FREE LIVE VIRTUAL Get Into Dentistry conference date:

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

Students and parents can register for free at these links:

Medical Registration Link: <https://airtable.com/appgXnyzN5ZD9lw6/shry7MZYtt3MGPjvO>

Dental Registration Link: <https://airtable.com/appgXnyzN5ZD9lw6/shrBuiR7SBACc19kE>

Throughout these conferences, students will have the chance to interact directly with doctors, dentists, and medical and dental students LIVE. They'll gain critical information to make a competitive application to study medicine or dentistry at university.

Students aged 14 - 18 are invited to attend with a parent or guardian, equipped with a working camera and microphone.

By attending a Free LIVE Virtual Get Into Conference and completing the free virtual work experience programme, students will also receive a 'Highly Commended' reference from the Presidents at Medic Mentor. This reference is a powerful addition to boost your medical school applications and C.V. It can be proudly listed on your UCAS application under the section for 'conferences you have attended which have prepared you for higher education'.

Medical Registration Link: <https://airtable.com/appgXnyzN5ZD9lw6/shry7MZYtt3MGPjvO>

Dental Registration Link: <https://airtable.com/appgXnyzN5ZD9lw6/shrBuiR7SBACc19kE>

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/>

Getting medical work experience

If you are a student planning to apply to medical school or a doctor who is about to take on a student for work experience, our guidance will help you to get the most out of work experience placements.

Work experience in a caring or service role is now an essential step when getting into medical school. Medical schools will be looking for students who have gained a broad range of healthcare experience. Both students and doctors should use the advice and resources below to guide them through the process.

Advice for students

All UK medical schools now require applicants to have experience in a caring or service role, either paid or voluntarily, in health or related field, as well as direct observation healthcare.

You can get a placement in a range of healthcare settings, such as a GP practice, hospital or even internationally.

Keep in mind that it will take some time. You may need to apply to many places before you get a positive response.

How to get a placement

Get in touch with GP practices. Contact practice managers and GPs to explain who you are and ask for their help. Many will ask you to complete an application form.

Make the most of any contacts you have, such as relatives, neighbours or friends who work in healthcare or in a hospital.

If you can't shadow a doctor, look at shadowing another healthcare professional like a pharmacist or physiotherapist.

Organisations that can help

There are a number of organisations that can help you to get a voluntary placement in a caring role, some of these include:

- Volunteering England
- Kissing it Better
- St John Ambulance
- Royal College of General Practitioners

The BMA does not encourage healthcare professionals to charge students for placements, although there may be instances where you could be asked to cover costs such as administration. Don't be afraid to ask what, if any, costs you may be asked to pay before starting your placement.

Top tips when on a placement

- Dress smartly as you would for a job interview.
- Be aware that some patients may wish to be seen without a student present. Don't take this personally.
- Remember that patient confidentiality is important. You must not, under any circumstances, discuss patient issues outside of the department or practice you are based in. Be aware that you may be asked to sign a confidentiality agreement.
- It would be inappropriate for you to see a patient that is known to you socially, whether it be a family member or friend. If this happens you should tell the person who is supervising you and leave the room.
- Make sure you tell your placement what you expect to get out of it and let them know if there is anything that you would like to do or learn whilst you're there.
- Keep a log/ daily diary of what you did and saw. This can help solidify what you learn, but is also an important reference tool when you are writing a personal statement and preparing for your medical school interviews.
- Try to speak to a diverse range of staff. Time with other healthcare workers can offer a great insight into the multi-disciplinary approach to healthcare.
- Ask questions and show enthusiasm. Ask the doctors about what they think are the qualities of a good doctor, ask them about their work patterns, lifestyle or whether they would choose medicine again as a career.
- Talk to patients - remember to be polite and introduce yourself as a medical school applicant on work experience.
- Be proactive and offer a pair of helping hands at every opportunity.



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.

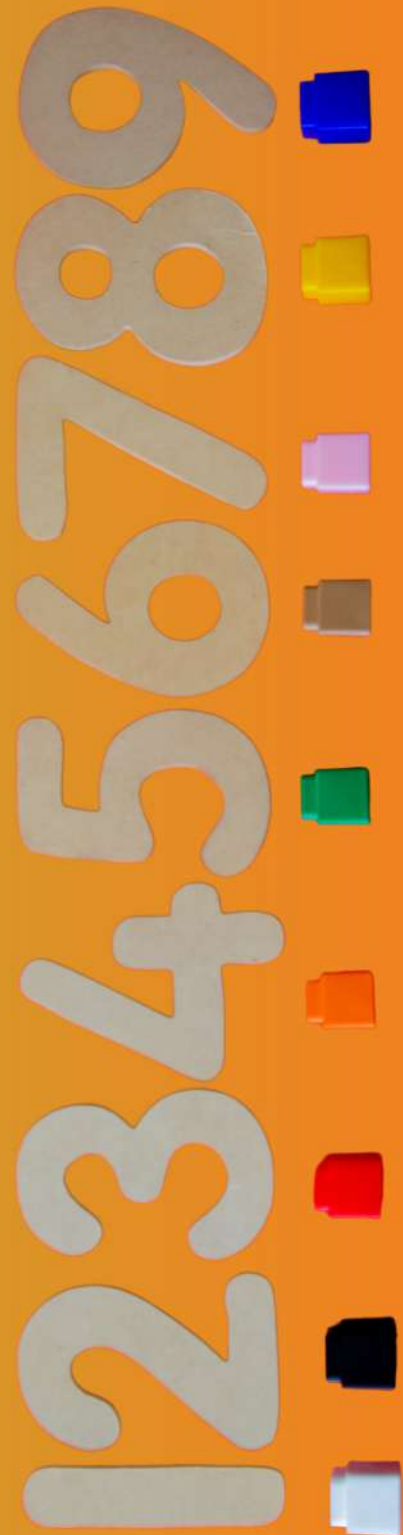
Witness the journey of two patients from injury to recovery over 6
months, and experience how many different healthcare professionals
are involved in a patient's care, from hospital all the way through to a
community team.



ALLIED
HEALTHCARE
MENTOR

APPRENTICESHIPS LINKED TO MATHS

- AEROSPACE ENGINEER
- ASSISTANT ACCOUNTANT
- CHARTERED SURVEYOR
- CIVIL ENGINEER
- CLINICAL CODER
- COMPLIANCE & RISK OFFICER
- DEBT ADVISER
- FINANCIAL SERVICES
PROFESSIONAL
- FIRST OFFICER PILOT
- INSURANCE PROFESSIONAL
- PROFESSIONAL ECONOMIST
- AND MANY MORE!



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



APPRENTICESHIP



Level 2 Early Years Apprentice

Little Explorers Nursery and Pre-school, Chorley

VAC1000318225

Level 2 Apprentice Chef

War Horse, Chorley

VAC1000317853

Level 2 Autocare Technician Apprentice

Halfords Ltd.

VAC1000317141

Level 2 Childcare Apprentice

PK Kids Day Nursery (Eccleston) Ltd.

VAC1000317001

Level 2 British Army - Equine Groom

British Army, recruiting nationally

VAC1000315225

Various other opportunities available on Gov.UK

Level 2 Tesco Stronger Starts Retail Apprenticeship

Tesco plc - recruiting nationally

VAC1000317106

Level 3 Content Creator Apprentice

Principle Signs & Graphics Ltd., Chorley

VAC1000317935

Level 3 Apprentice Recruitment Resourcer

P4 Recruitment Ltd., Chorley

VAC1000318240

Level 3 Nursery Apprentice

Nature Trail Nursery Ltd., Chorley

VAC1000318227

Level 3 Apprentice Dental Nurse

SRDC Limited, Chorley

VAC1000317915

Level 3 Service and Maintenance Apprentice

Gratte Brothers Limited

VAC1000317177

Level 3 Bus and Coach Engineer Apprentice

Stagecoach Group plc

VAC1000315566

All these apprenticeships are available within 5 miles of the school (apart from the ones recruiting nationally).

Check out the website (<https://www.findapprenticeship.service.gov.uk/apprenticeshipsearch>), create an account and apply for any of the vacancies.

[Click here](#)



CAREER *of the* WEEK

Chef

You'll need technical cooking skills, creativity and a passion for food to be a successful chef in a competitive industry that requires commitment and resilience.

As a chef, you'll prepare, cook and present high quality food that tastes great and is visually appealing. As you gain experience, you'll go beyond simply following recipes and will also create menus and develop new dishes.

As your career progresses you will also manage junior chefs and other kitchen staff, oversee food safety and hygiene practices, and control inventory and budgets. You will also have overall responsibility for the standard of food, quality and taste.

Whether working in a small independent restaurant or a prestigious Michelin-starred kitchen, you'll play a vital role in shaping memorable dining experiences.

Responsibilities

As a commis, apprentice or trainee chef, you'll build foundational kitchen skills and support more senior chefs by:

- learning basic cooking techniques, including measuring ingredients, knife skills and handling food safely
- checking stock levels, accepting deliveries and monitoring food expiry dates
- assisting the chef de partie with food preparation, basic cooking and plating across various stations
- keeping the kitchen area clean and tidy
- following instructions carefully and working effectively as part of a team.
- With experience, you can progress to first commis chef, taking on greater responsibility and more complex tasks

Working as a chef de partie or section chef, you'll:

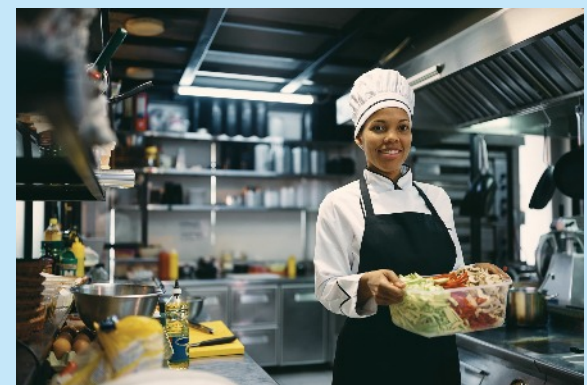
- manage a designated kitchen station such as meat, sauces, fish or pastry
- supervise the preparation, cooking and assembling of dishes, making sure that they go out on time
- assist the sous chef or head chef in areas such as menu development
- carry out regular food safety and hygiene checks
- monitor stock levels, manage orders and work within set budgets
- delegate task to junior chefs

In a sous chef role, you will:

- carry out the head chef's vision and maintain high kitchen standards
- manage the day-to-day running of the kitchen, ensuring everything runs smoothly
- oversee food orders, inventory management and budgeting
- train and mentor junior kitchen staff
- oversee strict hygiene and cleanliness standards
- lead the kitchen when the head chef is away
- prepare and plate dishes and contribute to menu design

Operating as a head chef, executive chef or chef de cuisine, you'll:

- have ultimate responsibility for overall kitchen performance and reputation
- create a vision for the cuisine, setting high standards for food quality and presentation
- design innovative and inspiring menus
- taste and approve dishes to ensure consistency and excellence before service
- recruit, motivate and manage staff, creating a positive working environment
- inspire your team and delegate tasks effectively
- manage relationships with suppliers, oversee deliveries and manage the kitchen budget.
- In this role, you may spend less time cooking and more time managing, mentoring and driving the creative direction of the kitchen



For more information [click here](#)