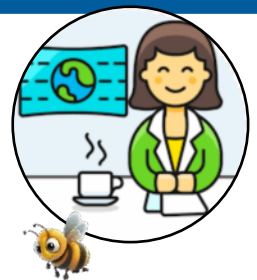




## Your weekly guide to careers information, advice and news from Parklands High School

Welcome to another packed edition of Career News.

Tuesday was our Year 8 STEM Day, when pupils got to meet employers and STEM Ambassadors from various industries, and have a go at some amazing activities to showcase the vast range of careers in STEM. We had everything from building to coding and cyber to sustainability! A big thank you to all the employers for supporting our pupils, it makes a huge difference.



Work Experience Week for Year 10 is creeping ever closer. There are only 2 places left on the MPCT scheme and the NHS scheme has filled up completely, but any remaining places will go quickly, so if you are interested, pick up an application form as soon as possible to secure your place. Thank you to all those who have returned their booklets - there are some incredible placements, so well done. Make the most of this opportunity to experience the world of work: ask questions, find out more about an industry, use your time wisely and enjoy the experience.

In other news:

- Year 10 will visit Wigan & Leigh College next week for sampling day (see details inside) with a visit to Runshaw College the week after. Pupils will get their timetables on arrival at college.
- Last chance to apply for a place on the Leyland Playscheme training weekend - don't miss out!
- GCSE Results Day drop-in session at Alliance Learning in Horwich for anyone considering an apprenticeship in engineering or business administration.
- Apprenticeship Open Event at Preston College on Monday 30 June - register today.
- Festival of Making weekend in Blackburn, 5<sup>th</sup> and 6<sup>th</sup> July, for all ages. Go along and learn a new skill, or just have fun. There's loads to get involved with - click the link inside to see more.
- STOP PRESS: Amazing work experience opportunity for anyone who hasn't yet managed to secure a placement. Rise Up is a new youth-led project that needs young people to develop a vision into reality. See inside for full details or contact: [pberry@parklandsacademy.co.uk](mailto:pberry@parklandsacademy.co.uk)

*Have a great weekend*



23<sup>rd</sup> - 27<sup>th</sup> June 2025

# BUILD YOUR EMPLOYABILITY SKILLS

Just look at what you can evidence after a week volunteering with Playscheme whilst having the time of your life!

## Teamwork

Playscheme wouldn't work if everyone didn't pull together when it's needed. You will be part of a number of teams on Playscheme.

## Independence

You have a great responsibility and with that comes a huge sense of independence, you are free to make decisions to ensure the children in your care have the best week of their lives.

## Resourcefulness

Playscheme conquers all; you will develop the skills to be able to turn your hand at anything after Playscheme. You will be amazed at just how many things duct tape will hold!

## Working under pressure

There's no getting away from it; Playscheme IS intense! You will have an amazing time, but you WILL be exhausted, physically, mentally and emotionally.

## Business Acumen

Business Acumen is basically about seeing the bigger picture – it is a really hard skill to develop but working in an intense environment where everyone matters and your actions affect others lets you see where you fit, how things work.

## Organisation

Well it's Playscheme, you HAVE to be organised – and it becomes second nature after a week of organising others. After Playscheme the simple task of organising adults becomes a doddle.

## Communication

Whether it be communicating across a tent with 1,000 children in it or getting down to the level of a child to hear exactly what it is they want to tell you; you will come away from Playscheme having the ability to communicate with anyone truly about anything!

And if you are looking to go into **Teaching, Childcare, Social care, Coaching** or similar professions it is expected that you show evidence that you have a genuine passion and interest in the career. Volunteering looking after children is ideal and it doesn't get much more hands-on than Playscheme.

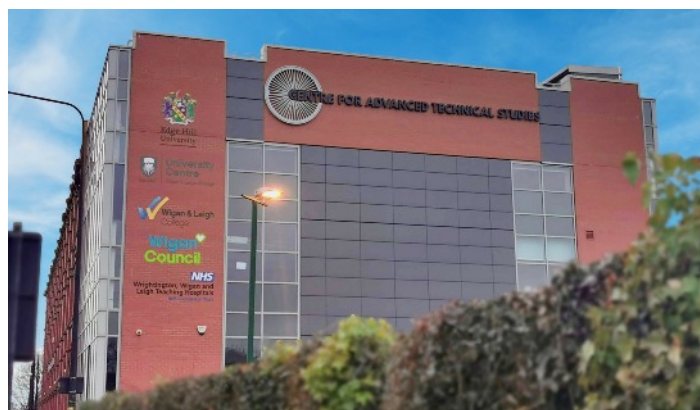
## LEYLAND PLAYScheme

For this year's dates and to get involved, just go to:  
[www.playscheme.org/volunteer](http://www.playscheme.org/volunteer)





Main campus at Parson's Walk



Centre for Advanced Technical Studies (CATS)



Performing Arts Centre at Parson's Walk



Pagefield Campus, Engineering/Construction

On Thursday 26<sup>th</sup> June, Year 10 will visit Wigan & Leigh College for a sampling day. They have already made their choice of subjects and will receive their individual timetables when they arrive at college.

Students at the Pagefield campus will stay there for the day - the coach will drop them off and collect them from that location, and they will have lunch in the cafeteria there. Overalls and boots are provided on arrival and must be worn throughout the sessions (over school uniform).

The remaining students will be split between the main campus, the CATS building or the Performing Arts centre depending on the subjects chosen, although we will all meet up at lunchtime in the chill-out area at Parson's Walk. Lunch is Subway (pre-chosen) but you are free to bring along extra snacks/drinks if you wish. There is no option to purchase food or drink at the college on sampling days.

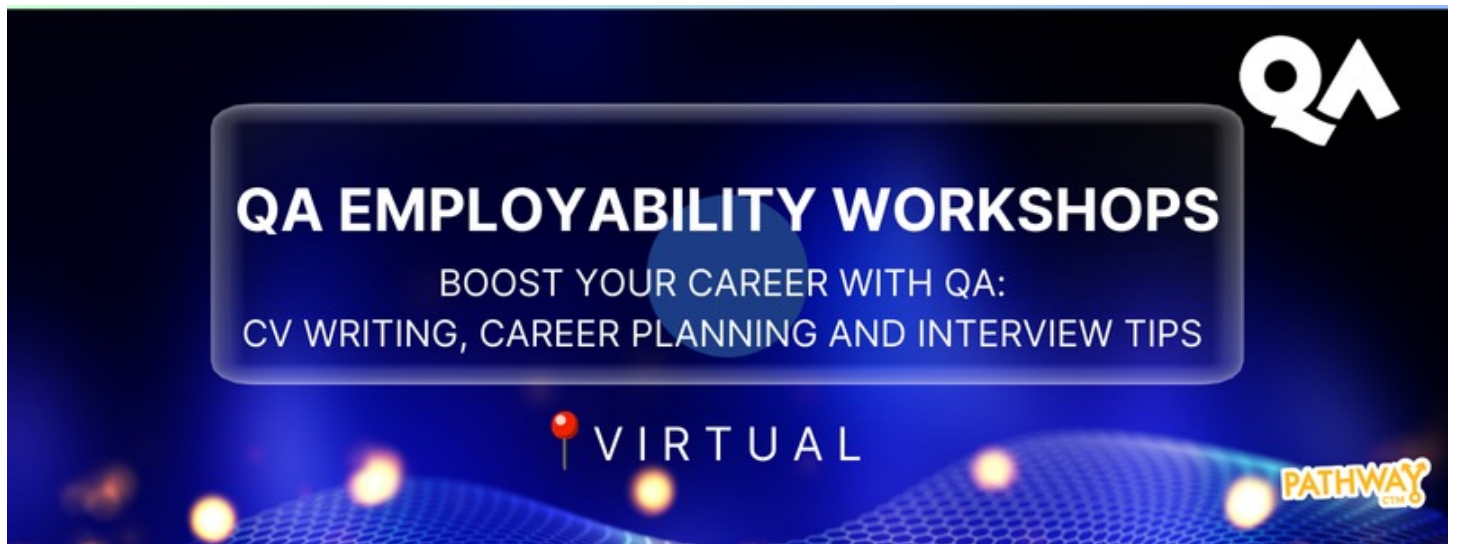
College staff will take students to and from each session to ensure nobody gets lost. There are no other schools on the sampling day, but we still ask for full school uniform as there may be current students on site until the end of term.

Students sampling performing arts will need to bring along comfortable clothes and suitable footwear, as this is a practical session (there is a list outside the Top Office - please have a look before next week!)

Coaches will leave Parklands at 9.00am in order to make the most of the day. There are three sessions (two at Pagefield as they are more specialised). We will leave the college and be back at Parklands by 3pm.



**Year 10 Sampling Day**



## Get professional careers advice for FREE!

Is your child ready for their next step? Sign up to our free virtual employability workshop events with QA EduQAte created to give them the essential workplace skills to succeed.

We're teaming up with QA and running FREE virtual workshops to help young people build the skills they need to feel confident about their next steps. These sessions offer practical tips, expert advice, and a live Q&A, ensuring that you leave feeling confident about their next steps. All sessions are run virtually giving you the flexibility to join at your convenience!

QA is the UK's largest tech training company and one of the fastest-growing in the US, offering flexible learning programmes tailored to their needs. QA's EduQAte workshops are designed for those at the beginning of their careers who want to excel.



### How to Plan Your Career - Thursday 26 June | 4-6pm

Choosing a career path can feel overwhelming. This session will guide students through exploring their options, setting goals, and planning their future with confidence as well as giving them the chance to set their intentions and goals during the session.

**Sign up now**

### Ace Your Job Interview - Thursday 3 July | 4-6pm

Interviews can be nerve-wracking - but with the right preparation, they don't have to be! This workshop will share practical strategies to help students interview successfully and land the opportunities they want.

**Sign up now**



### So, why should you sign up?

- Learn from experienced career coaches and employers
  - Build real-world skills for future success
- Opportunity to ask questions and get personalised advice
  - Open to students at all stages of their journey!

+ attend both events and be entered into a draw to win a £25 Amazon Voucher!

**We look forward to seeing you there**



# **RISE UP**

A fantastic work experience opportunity has just been offered to us. RISE UP is a new project set up to represent young people in Chorley and they need to hear from young people about the issues that affect them.

They are running a pilot scheme and this is where you come in!

They are looking for TEN young people to be involved in this scheme - get involved, and you can make a difference to future generations in the town.

## **ARE YOU ....**

- ▶ A caring person who thinks about other people?
- ▶ Someone that wants to see change and a better future?
- ▶ A creative, arty individual who is keen on interior design?
- ▶ Someone who likes to help out with tidying, organising, sorting?
- ▶ Able to lend a hand with maintenance, painting, gardening?

If you can answer yes to any of the above, then this WEX week is for you! You will be working together as a team to transform a vision into reality (think DIY SOS!)

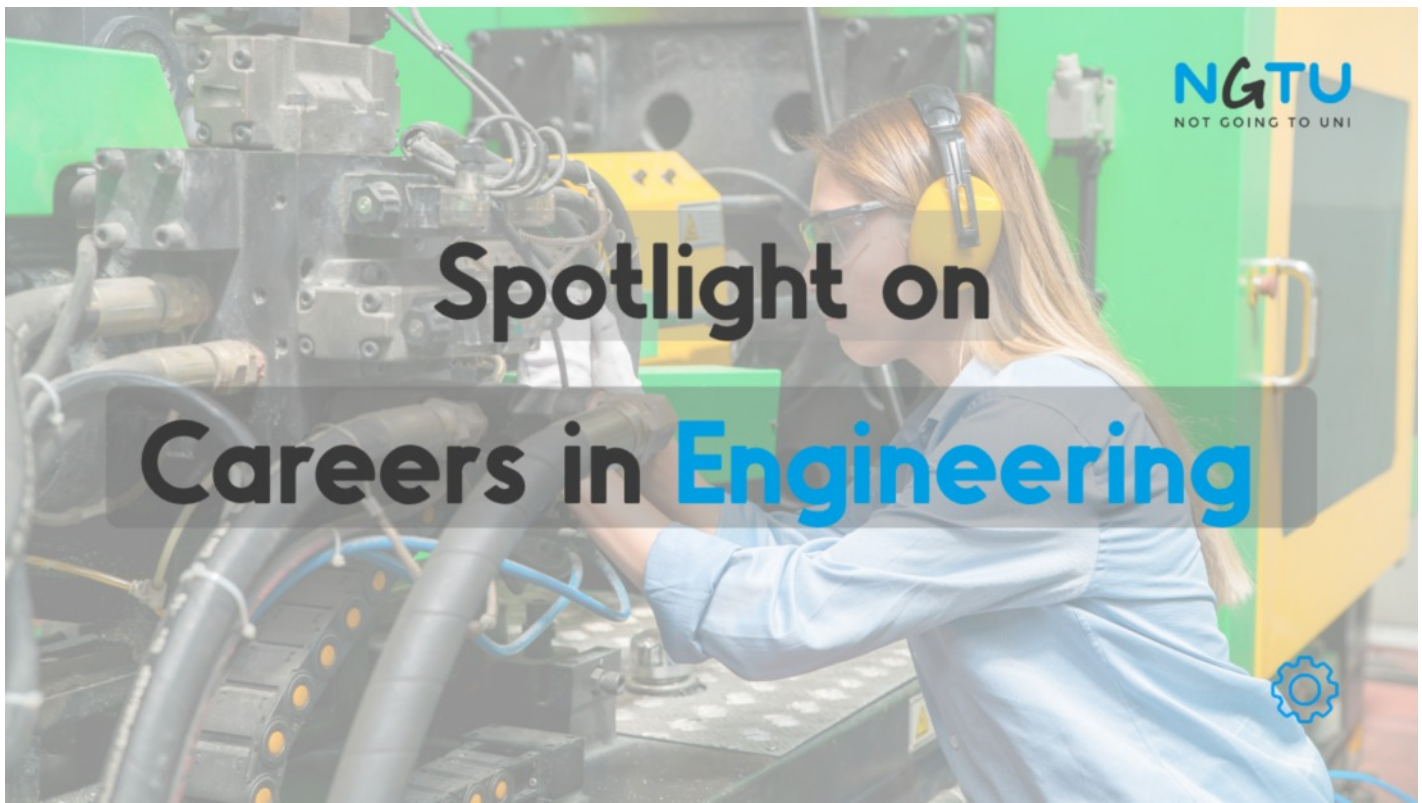
You will get to discuss issues that affect young people, whether that is exam stress, mental health, family life ... whatever it is that makes life tough for young people.

- You might be leading a discussion group or painting a wall.
- You might be planting flowers or writing letters to MPs.
- You might be deciding what issues 'RISE UP' should be concerned about and thinking of possible solutions.
- Whichever role you choose, you will be spending time in a safe, supportive environment, with friends.

**SOUNDS  
GOOD?**

If you are interested in finding out more, let me know - come and see me in the Top Office.

**THIS IS A BRILLIANT OPPORTUNITY - DO NOT MISS OUT!**



# Spotlight on Careers in Engineering

**The future of engineering starts here, with top employers ready to inspire and invest in the next generation of leaders.**



[CLICK HERE](#)



[CLICK HERE](#)



[CLICK HERE](#)

Click the links under the logos above to explore the latest opportunities from these industry leaders.

**The engineering sector is bursting with exciting opportunities, and it's evolving faster than ever.**

From mechanical and electrical to civil, software, and environmental roles, there's a wide range of career paths for young people who love to solve problems and think creatively.

An engineering apprenticeship could be the perfect fit for those who want to get hands-on from day one. They'll earn, learn, and build real-world skills, all without the cost of a university education.

Help them kickstart a brilliant career in engineering today; the future's wide open!

**See Live Engineering Roles Available Right Now!**





## **NATIONAL FESTIVAL OF MAKING**

**Blackburn 5th - 6th July**

Age group - all!

The National Festival of Making returns to Blackburn, Lancashire on **Saturday 5th - Sunday 6th July**.

With a weekend packed full of hands-on workshops and activities for all ages, exhibitions, performances, talks, markets and more, so dive in and start planning your visit.

Find out more here:

**[Events 2025 | Festival of Making](#)**



## TQUK Endorsed Course

### Level 2 Certified Learning Course in TEFL (120 Hours)

We know many of your students are thinking ahead - whether it's a gap year, university, or a future in education. Why not offer them a head start with a TEFL (Teaching English as a Foreign Language) certification?

At UK-TEFL, we offer a TQUK Endorsed online TEFL course that is ideal for 16–18-year-olds looking to:

- Travel the world after school
- Teach English online or abroad
- Earn while gaining valuable life experience
- Boost their university applications or CVs

*Flexible. Affordable. Fully Accredited.*

Our online courses are designed with young learners in mind -self-paced, interactive, and fully supported by TEFL advisors.

Let's open a world of opportunity for your students!

**FIND OUT MORE**

#### Cost and Duration

The course price is £90 per student. We do offer packages which include additional materials and certificates.

- Course & UK-TEFL E-Certificate: **£90**
- Course & TQUK Accredited Certificate (RRP £39) or Absolute TEFL Manual: **£110**
- Full package - includes TQUK Certificate & Absolute TEFL Manual: **£125**

Students have **180 days** to complete the course. We recommend that they spend 120 hours on the course, including the time spent on the assessments. The course is self-paced, which means students can study when it suits them. They can access the learning platform on computers, laptops, tablets and the mobile app.

#### What's included?

The course is made up of 9 Core Content Modules, a TEFL Exam, and 2 Graded Assignments. Throughout the course, students study using lots of interactive learning elements including: presenter-led videos, narrator-led videos, matching and sorting activities, galleries, flipbooks, tasks, and concept checking quizzes.

On successful completion of the course, students will receive an electronic certificate (unless they have purchased a TQUK package).

All students receive dedicated support from our TEFL advisors with finding work.

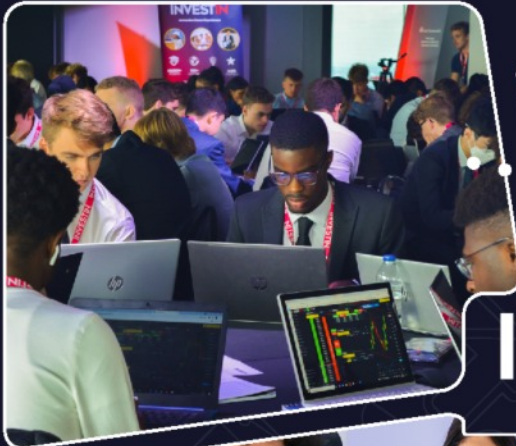
**FIND OUT MORE**





# GAIN WORK EXPERIENCE IN THE WORLD'S MOST COMPETITIVE INDUSTRIES

*this summer*



**INVESTIN**  
THE ULTIMATE WORK EXPERIENCE



*For Ages 15-18 ... 1 or 2 week programmes ... in London*



## Investment Banking



Trade the London stock market in the finance district  
Participate in a live Mergers & Acquisitions deal



## Engineering



Explore a Boeing 747 with aerospace engineers  
Design an aerofoil to test in a wind tunnel

## Medicine



Perform medical tasks in a London hospital  
Shadow doctors on a simulated ward round

## Law



Argue a human rights case in London's Supreme Court  
Represent your client in a live murder trial

**FINAL PLACES  
REMAINING  
FOR 2025**

*Plus, gain a qualification & UCAS points in work  
experience to boost your university application!*



**Register  
Now**



THE CAREERS &  
ENTERPRISE  
COMPANY

"Being a member of the YAG has made me feel like I'm truly making a difference. I always feel heard, and my opinions are genuinely valued. It's given me a safe and supportive space to grow, learn, and build confidence. I would highly recommend it to anyone considering getting involved."

- Ava, YAG Member

## The Careers & Enterprise Company

Exciting news! We are looking to recruit a Youth Advisory Group (YAG) that reflects the diversity of young people across England.

Whether they are still in education, embarking on their career journey, have left education and are still deciding what to do, or whether they are now in employment - young people's voices matter, and we want to hear them.

YAG members work alongside CEC to inspire change - bringing more young voices into the conversation and helping to improve careers education for everyone in the system.

- Here's the link to the application pack: <https://bit.ly/43SG1uf>

Closing date: Monday 7th July, 9:00am



**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



# OPEN EVENTS 2025

**WEDNESDAY 8 OCTOBER**

Open Evening - 5.00pm - 8.00pm

to include a 30-minute quiet session 5.00pm-5.30pm\*

**SATURDAY 22 NOVEMBER**

Open Day - 10.00am - 1.30pm

to include a 30-minute quiet session 10.00am-10.30am\*

\*Reduced number session - places will be reserved for visitors with special educational needs and disabilities, including those with social or sensory challenges.



WE ARE A CENTRE OF  
EXCELLENCE FOR  
ACADEMIC AND VOCATIONAL  
PROGRAMMES



**BOOK HERE**

Scan the QR code or visit:  
[www.bolton-sfc.ac.uk](http://www.bolton-sfc.ac.uk)





## Rise Academy Summer School is Back!

After the great success of the last three years, The Rise Academy Summer School is back for 2025 and bookings are now open!

The Rise Academy Summer School will take place on **Monday 28 July & Tuesday 29 July** at **dock10 Studios in Salford** and on **Thursday 31 July & Friday 1 August** at **London Screen Academy, London**.

Availability for each of the days are limited so please don't delay in securing a place or places! Our summer school is completely FREE to attend however, as a registered charity we do rely on donations to make these experiences possible.

**BOOK PLACE(S) NOW**



The Rise Academy Summer School offers young people the chance to get hands-on experience of working in media technology, and learn about all of the different steps that are needed to get great content onto your TV, tablet or phone, including:

- Building a TV studio and creating a TV show;
- Exploring an Outside Broadcast (OB) Truck;
- Creating eye catching graphics;
- Learning more about post production and getting hands-on editing video content;
- Finding out more about what virtual production is;
- Exploring cloud technology.

**FIND OUT MORE**





**GET**



**SWITCHED ON**

## STUDY ELECTRICAL AT BOLTON COLLEGE!

### **Level 1 & Level 2 Study Programmes for School Leavers Starting this September**

#### **Hands-on Learning**

Train in real workshops  
with real tools - just like  
the pros.

#### **Real-World Experience**

Site visits, employer-led  
projects and hands-on  
work placements included

**Big Career Goals? Big  
Earning Potential.**

- Electrician - earn up  
to £45,000 per year!

With further study:

- Electrical Engineer -  
earn up to £58,000  
per year!
- Building Services  
Engineer - earn up to  
£51,000 per year!

Apply now at

**[www.boltoncollege.  
ac.uk/yp-construction/  
electrical](http://www.boltoncollege.ac.uk/yp-construction/electrical)**

or scan the QR code.





**Drowning Prevention Week (DPW) is one of the largest summer water safety campaigns across the UK and Ireland.**

**Get involved: 14 - 21 June 2025.**

Drowning Prevention Week (DPW) is our biggest campaign of the year, targeting families, carers, teachers and instructors of children aged five to fifteen years old with the aim of educating them about water safety.

No child should drown, and with the right water safety education – such as knowledge of the Water Safety Code – accidental drownings are preventable. Drowning Prevention Week is deliberately timed ahead of the school summer holidays when children spend more time outdoors and when vital water safety skills can help keep children safe.

Please help spread the word and encourage everyone to have the water safety conversation with children. DPW is critical in raising awareness and encouraging the public to enjoy water safely.

There are lots of leisure operators and swimming pools/schools getting involved in Drowning Prevention Week this year.

**[Find venues near you getting involved!](#)**

**In Drowning Prevention Week 2024 we achieved:**

- Our free resources were used to educate an estimated 1.25 million children about water safety
- Shares, likes and comments increased by over 80% across Facebook and Instagram compared to 2023
- Drowning Prevention Week was featured in 275 press articles and broadcasts, including BBC, Sky, ITV and the Sunday Express
- Our video "For Joe and Sunnah" had over 200k views, resonating with families across the UK and Ireland. Thank you to Stephanie Williams and Vanessa Abbess for bravely sharing their stories





**"THE STEM BURSARY  
ALLOWED ME TO SET  
ASIDE FUNDS FOR  
ADVENTUROUS TRAINING  
AND TRAVEL."**

2LT BEATTIE



**The Army is much more than just a job, it's a sense of belonging. We offer incredible opportunities for travel, sports, and personal growth.**

### **Discover the World with Army Sports and Travel**

Imagine skiing down pristine slopes, organising adventurous trips, and exploring diverse cultures around the globe. With the Army, these experiences are within your reach. The Defence STEM Undergraduate Sponsorship (DSUS) not only helps fund your university education but also provides financial support for Adventurous Training and travel opportunities.

**REAL STORIES. REAL ADVENTURE.**

### **Take it from one of our bursary recipients, who shared their journey:**

"During my second year at the University of Nottingham, I applied for the DSUS bursary and was fortunate to be granted it. This bursary allowed me to set aside funds for Adventurous Training (AT) and travel. I achieved my Ski Foundation (SF1) qualification on my Unit's Ski trip and organised an AT trip to Scotland, gaining my Kayak Foundation (K2F qualification)." – 2Lt Beattie

[Read 2Lt Beattie's Story](#)

### **What is the DSUS Bursary?**

The Army relies on STEM expertise to maintain a modern fighting force. Our Defence STEM Undergraduate Sponsorship (DSUS) Scheme offers an opportunity for STEM Undergraduates, worth up to £42,750. That comprises of an annual bursary of £5,000 and tuition fees up to £9,250 for each of your three years at university.

**[Download Army Bursary Information](#)**





# Considering university?



UniTasterDays  
[www.unitasterdays.com](http://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](http://UnitasterDays.com), including:

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



[info@unitasterdays.com](mailto:info@unitasterdays.com)



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



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



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



## **Discover free courses you'll love**

Want to upgrade your skills?

Whether you're learning for fun or looking to future-proof your skills, **learning doesn't have to come at a cost.**

Unlock your free world of learning and explore free online courses across teaching, finance, tech, marketing and more.

## **Explore free courses**

### **Learn at no extra cost**

Make online learning work for you with our collection of 100% free and flexible online courses.

Boost your employability with a **FREE CV review**

## **Get CV Review**



# The UniTasterDays Parents' Guide to University 2025

- ✓ The key university facts for parents
- ✓ Featuring editorial from over 75 university experts
- ✓ Available for direct download!



## Just released: The Parents' Guide to University 2025

The new UniTasterDays Parents' Guide to University 2025 is now available – packed with expert advice to help parents and carers support students with their university decisions.

Produced in collaboration with HELOA and supported by the CDI, Careers England and Action on Access, the guide includes insights from over 75 university experts, plus a must-read student finance section from Money Saving Expert Martin Lewis. It's completely free and requires no registration.

The guide covers every stage of the journey. From research and events, to applications, finance, and preparation. With new content this year focused on navigating university choices during the cost-of-living crisis.

"Written by experts from 75 universities, this year's UniTasterDays' Parents' Guide covers everything you need to know for your child to make their decisions about university - how to work out where and what courses they should apply to; how and when to apply; how to access any support - practical or financial; visiting university events in your area or at one of the chosen universities; and what will be the likely cost and the reasonable repayment terms. You will also find some invaluable information on specific courses and careers; as well as real-life information on what life at university is like.

Despite the messages we continually see in the news that university is too expensive, does not lead to jobs, is just not worth it - degrees do open all sorts of doors. The university experience leads to greater lifetime income, to rewarding careers, and to your child making lifelong friends and maturing into a rounded and informed adult. Studies show that parents are the key influence on their children making a successful transition into higher education. In this Parents' Guide, experts provide the facts and guidance that parents need in order to give the best advice to their children."

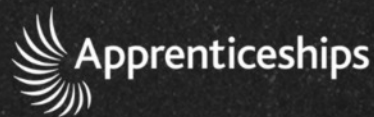
Andrew Rawson

Director, Action on Access; and Founder, Action on Access Information Hub and Email Briefing Service.

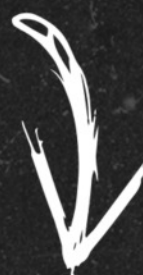
**Download the Parents' Guide 2025**







COME SPEAK TO US AT OUR



# RESULTS DAY DROP-IN SESSIONS

A LEVEL RESULTS DAY - THURSDAY 14TH AUGUST 2025

GCSE RESULTS DAY - THURSDAY 21ST AUGUST 2025

11AM - 2PM

BUSINESS ADMINISTRATION | ENGINEERING OPERATIVE | ENGINEERING FITTER  
ENGINEERING DESIGN TECHNICIAN | MECHATRONICS MAINTENANCE TECHNICIAN  
MACHINING TECHNICIAN | METAL FABRICATOR  
MAINTENANCE OPERATIONS ENGINEERING TECHNICIAN

- ✓ FIND OUT EVERYTHING YOU NEED TO KNOW ABOUT APPRENTICESHIPS
- ✓ HAVE A TOUR OF OUR SPECIALIST FACILITIES
- ✓ CHECK OUT OUR CURRENT APPRENTICESHIP VACANCIES
- ✓ DISCUSS YOUR CAREER OPTIONS WITH OUR TEAM



NO BOOKING REQUIRED

ALLIANCE LEARNING, HORWICH BUSINESS PARK, CHORLEY NEW ROAD, HORWICH, BOLTON. BL6 5UE  
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 01204 677888

 [INFO@ALLIANCELEARNING.COM](mailto:INFO@ALLIANCELEARNING.COM)





## Summer Open Evening – Thursday, 26 June, 5:00pm - 8:00pm

This event is open to Year 10 students (and to any Year 11 students who may wish to visit the College one final time). The evening offers an excellent opportunity to explore our campus, meet our students and speak with teaching and support staff about our courses and enrichment opportunities. Visitors will also receive a welcome from the Principal. This event provides a valuable opportunity to experience the College in the summer and to end the academic year with a focus on the next steps ahead.

## Saturday Open Day – Saturday, 27 September, 9:30am - 12:30pm

In response to feedback from schools and from parents and carers, we have introduced a new Saturday Open Day for the 2025/26 recruitment cycle. We hope this will allow more students and families to visit the College. As with the Summer Open Evening, there will be opportunities to tour our campus, meet our students and staff, and hear from the Principal about our curriculum and support provision.

To book a place at either event, please visit:

Winstanley College event tickets from [TicketSource: Winstanley College event tickets from TicketSource](#).

### Winstanley College Summer Open Evening

Winstanley College, Winstanley Road, WN5 7XF

Thursday 26th June 2025 5:00pm

Visit our Open Evening and have the opportunity to speak to our fantastic students, see our amazing facilities and become part of the Winstanley College community.

Open Evenings feature representation from every subject offered at Winstanley College with teaching staff and students available to speak to attendees alongside a range of resources from the courses. Other areas of the College including enrichment, transport and student support are also represented. The Principal delivers a talk in our theatre at various times throughout the evenings to ensure all attendees are able to access it. We will email visitors a full itinerary of what to expect at the event a few days prior.

We look forward to welcoming you to Winstanley and if you have any questions please contact [admissions@winstanley.ac.uk](mailto:admissions@winstanley.ac.uk) (01695 628610)



**Winstanley College**  
EXCELLENCE SUPPORT INSPIRATION





# Launch your future with an apprenticeship at Progress Housing Group



Electricians



Joiners



Plasterers



Gas Engineers



Administration



Plumbers

Leaving school this year? Not sure college is right for you?

Choose an apprenticeship at Progress Housing Group and you'll:

- Learn on the job
- Gain industry-recognised qualifications
- Earn while you learn
- Get hands-on experience in real roles
- Receive supportive mentoring and ongoing career development.

## **You'll need:**

passion,  
a positive attitude,  
and a  
willingness to learn!

Applications open now:



[www.progressgroup.org.uk/work-for-us](http://www.progressgroup.org.uk/work-for-us)



[recruitment@progressgroup.org.uk](mailto:recruitment@progressgroup.org.uk)

**Your Future Starts Here. Let's Build It Together.**







**Free Webinar For Year 11 & 12**

## **MAKE THIS SUMMER COUNT** **How to Stand Out** **Before You Apply to Uni**

**SIGN UP**

### **Free Webinar for Year 11 & Year 12**

#### **Make This Summer Count: How to Stand Out Before You Apply to Uni**

While summer provides a well-earned break, it's also a great time for students to get ahead before the busy school year begins.

We're running a free webinar for students in Years 11-12 (and their parents) on how to use the summer to strengthen future university applications. The session will offer practical ways to explore their school subjects beyond the classroom and how to showcase activities that really stand out to admissions tutors.

It's completely free to attend! It's taking place on Tuesday 17th June, 6-7pm.

If students can't join live, they can still register to receive the recording and resources by email.

**REGISTER NOW**

#### **Your Ultimate Summer Checklist**

Every student who registers for the webinar will receive an interactive checklist designed to help them make the most of their summer.

It's packed with recommended resources, prompts and practical tips to help students plan ahead, stay motivated and take meaningful steps towards their future goals.

**REGISTER NOW**

# **INVESTIN**

Free Webinar For Year 11 & 12

# MAKE THIS SUMMER COUNT

## How to Stand Out Before You Apply to Uni

SIGN UP

Tuesday 17th June, 6-7pm

While summer provides a well-earned break, it's also a great time for students to get ahead before the busy school year begins.

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If you can't join live, you can still register to receive the recording and resources by email.



Every student who registers for the webinar will receive an interactive checklist designed to help them make the most of their summer.



SIGN UP



- Considering a career in the Armed Forces or Police?
- Interested in working as part of a team to solve problems?
- Fancy an outdoor-based, hands-on challenge for Work Experience week?
- If so, why not take part in the MPCT WEX Challenge Week?

You will learn new skills, find out about careers in the armed and uniformed services, be challenged - but ultimately, have a great time.



**ONLY 2 PLACES REMAINING!!**

**MPCT**<sup>TM</sup>



Step 1: Complete an application form (available from the Top Office)

Step 2: Meet with Staff Tasker for an insight into what to expect

Step 3: Confirmation of places and full itinerary provided

IN COOPERATION WITH



IN ASSOCIATION WITH



# PRESTON COLLEGE

CELEBRATING 50 YEARS

## APPRENTICESHIP OPEN EVENT

MONDAY 30 JUNE 4-6PM

REGISTER TODAY!

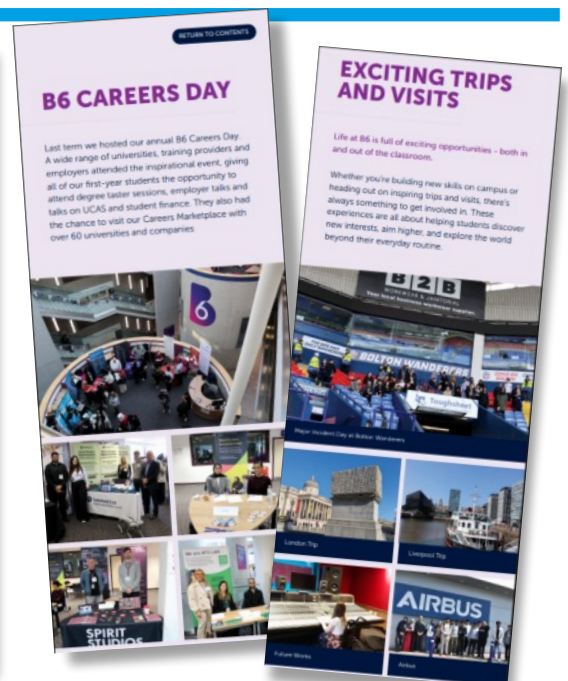
Spring news from the Sixth Form Bolton. This digital only version has been designed for mobile, so best viewed using your mobile phone.

This newsletter celebrates staff and student success and highlights just a few of the many activities our students have engaged with this last term.

I hope you enjoy this brief insight into what makes The Sixth Form Bolton a wonderful place to learn.

Stuart Merrills  
Principal

**SPRING EDITION - B6**





# What can you do with...

# MATHS

## Air Traffic Control

Use incoming data to safely direct all kinds of aircraft (commercial and military)

## Engineer

Use algebra, mechanics and trigonometry when designing buildings, structures and aircrafts!

## Research Scientist

Investigate and solve the worlds biggest problems and scientific questions.

## Video Game Designer

Using 2D and 3D shapes can help you build complex digital worlds!

What **SKILLS & TRAITS** could you need:

- analytical thinking
- problem solving
- logical reasoning
- communication
- decision making
- numeracy

## SCAN ME

to build your skills and explore careers



[youthemployment.org.uk/careers-hub/](https://youthemployment.org.uk/careers-hub/)



# QUESTION OF THE MONTH...

**BBC**  
**BITESIZE**  
**CAREERS**



## HOW DO I HELP MY CHILD CHOOSE THE RIGHT CAREER ROUTE?

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

Discussing your child's career path can often be challenging. **Mark Anderson** from **BBC Bitesize Careers** shares 5 ways you can help them make informed decisions about their next steps.

### 1 Learn about their options

Find out as much as you can about the career options available – the more you know the better equipped you'll be to support your child. A great place to start is the BBC Bitesize Careers website.

### 2 Share your own career journey

While things have changed since you started your career, sharing your experiences, both the successes and challenges, can provide valuable lessons. This will help your child gain insight into their own journey.

### 3 Encourage exploration

Encourage your child to step outside their comfort zone. Trying new things, such as volunteering, hobbies or gaining work experience, can help them discover hidden strengths and skills.

### 4 Help them discover what they are good at

Parents often spot strengths in their children that they might not recognise. Take the time to highlight their talents, whether it's being organised, good with numbers, skilled in coding or great with people. This boosts their confidence and helps them make choices that align with their abilities. ["Help! What am I good at?"](#) is a video podcast hosted by BBC Radio 1's Katie Thistleton that you could watch or listen to together for tips and advice.

### 5 Ask thoughtful questions

Sometimes the big questions such as "What will you do with your life?" can be overwhelming, so instead, try asking questions that open up meaningful conversations without adding pressure, like:

- What would you do if you knew you couldn't fail?
- If all jobs paid the same, what would you choose?
- What cause or issue in the world do you care about enough to make a difference?

FOR MORE IDEAS, VISIT THE  
BBC BITESIZE CAREERS  
[WEBSITE](#) BY SCANNING  
THE CODE. →







## STEM Dorado Volume 8: Exploring the Tiny Wonders of Nanotechnology

We're pleased to share Volume 8 of STEM Dorado Science Magazine – and this one is particularly special.

[Read the latest issue](#)

### A Closer Look at Nanotechnology

This issue takes readers into the world of nanotechnology – a field where incredibly small materials are having an enormous impact. From healthcare to environmental protection, energy, and everyday tech, this edition shines a light on how nanomaterials are shaping the future.

### New Collaborations

Volume 8 also marks the beginning of some exciting collaborations with leading scientific institutions, including:

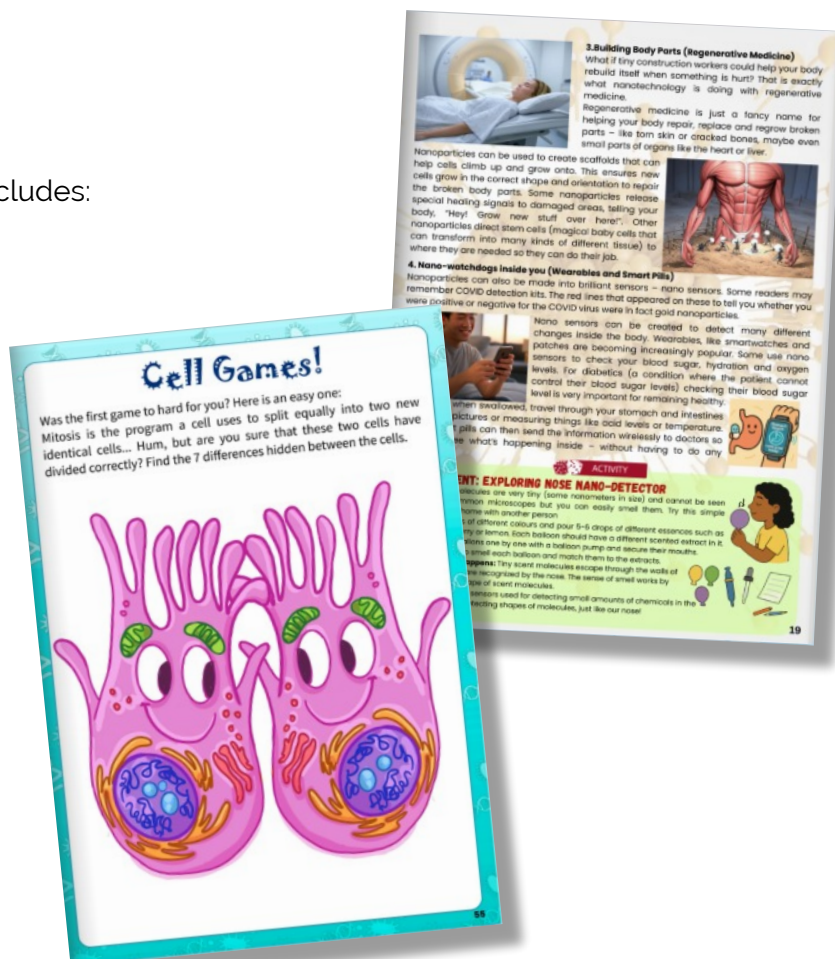
- The Institute of Physics (IOP)
- VaxHub – University College London
- The Birmingham Institute of Forest Research (BiFoR)

Each partner has contributed content and expertise to help us take the magazine to new levels. We're also looking ahead to the next issue, which will feature contributions from the Institute of Pandemic Science at the University of Oxford.

### What's Inside?

Alongside the nanotech theme, this issue includes:

- A feature celebrating Earth Day
- A look back at the invention of computers
- An introduction to BiFoR's FACE experiment, which explores how trees respond to climate change
- A deep dive into cell-free synthesis, a key development in synthetic biology
- An accessible explanation of quantum mechanics for younger readers
- An interview with a real-world science communicator
- And plenty of experiments, puzzles and creative activities for children to get stuck into



I N S P I R E D



# SIXTH FORM INDUCTION DAY

**FRIDAY**

20 JUNE 2025

08:30AM – 4:00PM

- ✔ Experience the Westholme Sixth Form family straight after your GCSEs.
- ✔ A Level subject insight Taster Lessons.
- ✔ Experience our small class sizes & personalised A Level tutoring.
- ✔ Pre-Course Material in every A Level to hit the ground running in preparation for Year 12.
- ✔ Inter-Form Olympics – Inflatable Assault Course, Sumo-suit Wrestling, Gladiator Duel, Tug-of-War, Fun Races.
- ✔ Incredible Prizes (including vouchers for The Ivy, Selfridges, Wagamama, Pizza Express, Nandos).

THE IVY



**Nando's**

wagamama

**SELFRIDGES & CO**



# CHOICES

The monthly parent & carer guide to apprenticeships and technical education

CONSTRUCTING CAREERS  
FROM T LEVELS TO  
APPRENTICESHIPS

WHAT TO EXPECT FROM  
NEW 'MODERN' WORK  
EXPERIENCE MODEL

NEW FOUNDATION  
APPRENTICESHIPS LAUNCH  
IN AUGUST 2025

## MY DAUGHTER THE AWARD-WINNING APPRENTICE

HEAR FROM PROUD FATHER, RANJIT

Amazing  
Apprenticeships

CAREERS &  
ENTERPRISE  
COMPANY

CLICK HERE TO DOWNLOAD THE JUNE ISSUE

## BUILDING A CAREER WITH TECHNICAL EDUCATION

Nylah studied a T Level in Construction, Design & Build and is now a Level 4 Construction Apprentice at Berkeley Group.



### Stand out moments

A real stand out moment was National Apprenticeship Week 2025 - I met the Secretary of State for Education and the Leader of Lambeth Council, attended a careers fair and spoke on a webinar.

### Looking to the future

After my level 4 apprenticeship, I'm planning to move on to a level 6 with the support of my employer. I'm really excited for the future.

**Career opportunities**  
I'm really lucky to be working on Opal Village, an exciting build of new apartments that re-imagines an iconic Victorian gasholder - building in a circle is really different and challenging!

### Level 4 Apprenticeship - learning on-the-job

I work on the design side of the construction, liaising with the build team, commercial team, architects and structural engineers.

### Level 4 Apprenticeship - learning off-the-job

I spend one day a week at university, learning the theory side that I can then put into practice at work.

**T Level Industry placement**  
I gained so much from my 45-day placement - experience and knowledge of working in construction and ended up securing an apprenticeship with them!

### T Level in Construction, Design & Build

I chose a T Level because I originally wanted to pursue a career in architecture, but I didn't want to go through the route of having to study maths and art at A-level.

## WHAT ARE FOUNDATION APPRENTICESHIPS?

Launching in August 2025, new Foundation Apprenticeships are designed to support young people aged 16-21\* to access apprenticeship programmes in priority sectors. \*Available up to the age of 24 for certain eligible young people.

### What are Foundation Apprenticeships?

Foundation Apprenticeships are a brand-new programme, available from 1<sup>st</sup> August 2025, designed to support young people aged 16-21 to access paid employment through an apprenticeship. For eligible young people with an

### Where can I find apprenticeship vacancies?

One of the best places to begin will be the government's Find an Apprenticeship website. This platform provides an excellent starting point and lists thousands of 'live' apprenticeship vacancies from across England. [findanapprenticeship.service.gov.uk](https://findanapprenticeship.service.gov.uk)

## MY DAUGHTER: THE AWARD- WINNING APPRENTICE!

Meet Ranjit, whose daughter, Jainna, is a multi-award winning Project Manager Degree Apprentice, as well as vice-chair of the Ethnicity Inclusion Network and co-founder of The Brown Girl League.

### How did Jainna decide to do an apprenticeship?

Academically, Jainna was very strong - she got four A's at A-level, and she had offers from some of the biggest universities. But from an early stage of doing her research, she realised that maybe going to university was not the right thing for her. She did weigh up university life versus working, but she really wanted to work and didn't know what she wanted to study at university. When she heard about the project management apprenticeships, she was very excited.

### Were you happy she was looking at apprenticeships?

I had no doubts whatsoever about her doing an apprenticeship. I still think that there is, unfortunately, a stigma attached to apprenticeships.

where people think they are for people that are not academic and more of a practical person. That's definitely not the case. Financially it's brilliant (I've got four daughters!) - they're paying for her degree and she's going to come out with no debt. When you weigh up £9.5k a year for university fees, plus other costs like living expenses, compared to the good salary she's earning and the company paying for her degree, it makes an apprenticeship a great idea! Plus, she's getting five years' worth of work experience while she's doing her degree. She's not going to come out of university and have to try and find a job.

### "If I was thinking how I could future-proof my kids, an apprenticeship is the way to go."

### Did you support her to apply?

Absolutely. We supported her to research and explore different vacancies across different areas. There weren't loads of vacancies in project management so she had to do a lot of research. I don't think she originally envisioned working for an aerospace company in the STEM sector, but it aligns very well with her skill set and she loves it.

### How did you know an apprenticeship was right for her?

It's not whether I thought it was right for her or whether the school thought it was right for her. As adults, we can provide guidance, but it's got to be right for your child. That's the most important thing.

They need to be able to decide themselves what is right for them. Two of my daughters went to university. Jainna is doing the degree apprenticeship and my youngest is yet to decide as she's just doing her GCSEs.

### How has Jainna found working and learning?

Jainna has really excelled at balancing working and learning. She does four days a week at work and one day at university, which is mostly remote.

One thing I feel she might have missed out on a bit is university life and some of the skills you develop there too. But I think the skills that she's learned on her apprenticeship - the ability to motivate herself to go into work every day, for example. She passed her driving test and within two months she was driving quite a long commute to work and back.

"Don't just think about now, think about what they could become in four or five years' time. If I was thinking about how I could future proof my kids, then an apprenticeship is the way to go."

offering them and why they're offering them, the growth that they can offer a person and what future prospects there are.

Don't just think about now, think about what they could become in four or five years' time. If I was thinking about how I could future proof my kids, then an apprenticeship is the way to go. They're working, they're earning money, they're learning, and they're growing as individuals. And if I was on the other side, hiring someone, would I hire someone straight out of university, or would I hire someone that's been working for four years as an apprentice and learning on the job?

She does socialise with colleagues and it might not be the same as if she was at university, but I think this has prepared her better for life. She also does things outside of work - like co-founding The Brown Girl League for example, and she has got a very large network.

### Has she had any standout moments?

She's had so many opportunities - she met Keir Starmer last week, she's been to the Houses of Parliament for meetings, she is an ambassador for the Association for Project Management and she works with

Future Leaders UK, she's won numerous industry and apprenticeship awards...I could go on!

### What would your advice be to other parents and carers?

The first thing is to discuss it with your children. Have an open mind about the different options, whether that's university, whether that's work, whatever it is.

You've also got to look at all the options when it comes to apprenticeships and it's good to understand the companies that are

es of opportunities will be available?

ation Apprenticeships are new es, it is going to take a bit of time for to start offering them. Many employers e up to £2,000 from the government to tem with the costs of creating these new ties, so look out for vacancies becoming over the coming year.

### Can I find out more?

at the [Institute for Apprenticeships and Education](https://www.institute-for-apprenticeships-and-education.org.uk) website.



## Great mathematicians wanted!

As we approach the end of the school year, I would like to ask you if there are any great mathematicians in your Y11 who may not have heard of us, or may not have applied. It's not too late for them to get in touch with us. Any student with a grade 8 or above in Maths will be able to access our curriculum.

As we only opened in 2022, we know we are still getting the word out, and after our first year's fantastic results, we also have an Ofsted report to share. We were delighted with the outcome, and it was really important to us that there was recognition of the extra work and opportunities that LUSoM offers beyond the standard A-level curriculum. We pride ourselves on the innovative project work and strong links with the university which feeds the enthusiasm of our students and creates a culture of learning.

### [Link to Ofsted result](#)

Results last year saw LUSoM amongst the top state sixth form providers in the whole of the north of England in both attainment and value added measures. A huge 85% of all grades were A\*-B, with 65% A\*/A and 30% A\*, the average grade being A-. Students from the school went off to study at the top universities including Oxford and Cambridge, and others went on to prestigious degree apprenticeships with BAE and Dyson.

The opportunities for students who study mathematics are just incredible, and we urge anyone with the potential to come and visit us and see what we have to offer.

**Peter Tiltman**

Head of School, Lancaster University School of Mathematics



**LANCASTER UNIVERSITY**  
**SCHOOL OF MATHEMATICS**



# 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!

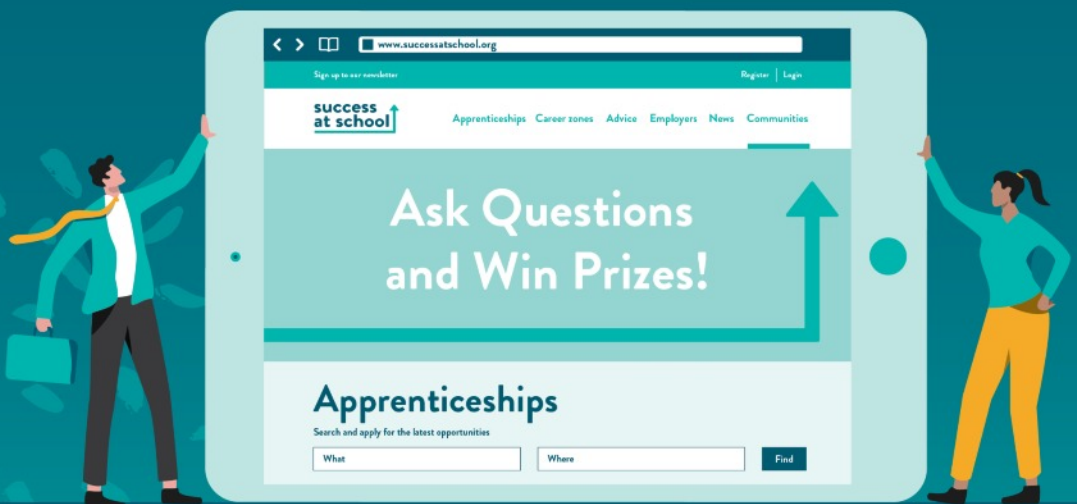
## How it works:

- 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](http://www.successatschool.org/community)

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at school**

success  
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# 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!**





# 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





## Vision Boards

Advice from Helen Tupper, Co-founder of Squiggly Careers and CEO at Amazing If

You've come across mood boards - why not create your own vision board to visualise what you want, and what you want to be, in the future.

*"I feel a bit lost without a vision to work towards and can find myself getting swayed by other people's priorities."*

*"Doing a vision board at the start of the year helps reconnect with what matters most to me and to see what I can't always say".*

### My top tips for creating and using vision boards

1. **Collect images on instinct** - I prefer to get images from magazines but you can also use Pinterest if that feels better. The important thing is not to search for the perfect image - just save the ones that feel important to you. The same applies to words and quotes. You make sense of it all when it's put together.
2. **Pick a colour that connects** - Colour creates a shortcut to a feeling. This year I've gone with red which I associate with passion, drive and courage. Use your colour throughout your board as a quick reference to a feeling you want to remember.
3. **Stick and commit!** - Grab your glue and get to work. Don't worry too much about creating an amazing collage. Done is better than perfect and making progress is much more important than it looking pretty.
4. **If you want to be it, you need to see it** - I keep the original on my desk and take a photo to use as my screen saver on all of my devices. It needs to be something you see almost daily to stay front of mind.
5. **Take a weekly action to activate** - This can be a really small thing. The idea is to get closer and closer to the reality. This could just be making an enquiry, shadowing someone, writing a plan etc.... Day 1 won't mean it's done, but keep accumulating small actions and you'll make a lot of progress.
6. **Set up a regular review** - I'd recommend doing this monthly to look at what has moved and what do you need to do more of. Even better if.... you buddy up with someone and every quarter you talk it through. This increases your accountability and improves the quality of your reflection.

There's loads of ideas on the internet, plus videos talking you through how to create a vision board.

Why not have a go?





## 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 an open day. This contains a mix of each talk and tour, so you can mix and match. Try to experience as much as you can. It'll help you make informed decisions about your university journey.

The best way to discover the opportunity to about your choice

**Top tip:** You will find the library at a university is available.

**Example:** At dedicated to be ready to your source

**Choosing the right degree**

University of Derby is available to our students. Support your university

Student events continue. Choose a new exciting experience

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

**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.

**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.



# UniTasterDays.com Students' Guide to University 2025

The key higher education facts for students thinking about university

Produced in collaboration with HELLO



Featuring expert contributions from over 65 education practitioners

## 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:

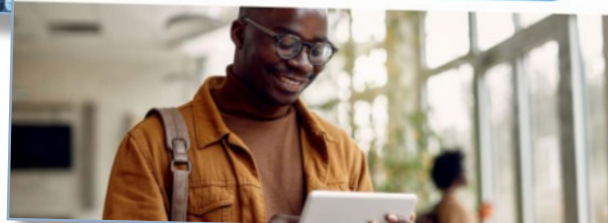
- National Scholarships Week 2025 - running 31 March to 4 April 2025, in partnership with Amazon. Last year, NSW 2024 launched over £800,000 worth of scholarship funding through corporate partners.
- April 2025 - a key period when many scholarships open. Make sure to prepare applications in the spring.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







**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](mailto:youthfutures@lancashire.gov.uk)

Alison (East): 07729 081094

Anna (North): 07354 167290

Steph (Central): 07917 534459





# Launch your future with an apprenticeship at Progress Housing Group



Electricians



Joiners



Plasterers



Gas Engineers



Administration



Plumbers

Leaving school this year? Not sure college is right for you?

Choose an apprenticeship at Progress Housing Group and you'll:

- Learn on the job
- Gain industry-recognised qualifications
- Earn while you learn
- Get hands-on experience in real roles
- Receive supportive mentoring and ongoing career development.

**You'll need:**

passion,  
a positive attitude,  
and a  
willingness to learn!

Applications open now:



[www.progressgroup.org.uk/work-for-us](http://www.progressgroup.org.uk/work-for-us)



[recruitment@progressgroup.org.uk](mailto:recruitment@progressgroup.org.uk)

**Your Future Starts Here. Let's Build It Together.**





# Stronger Starts



Retail Apprenticeship



## 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 King's Trust
- Exciting progression opportunities
- Vacancies available nationally
- Part time options available on pro rata salary



Apply now for  
22 September 2025 start



**Stronger  
Starts.**

# Meet Zoe

**Level 2  
Retail Apprentice**

Finishing your GCSEs and  
looking for your next step?

Kick-start your career  
with our Stronger Starts  
Retail Apprenticeship

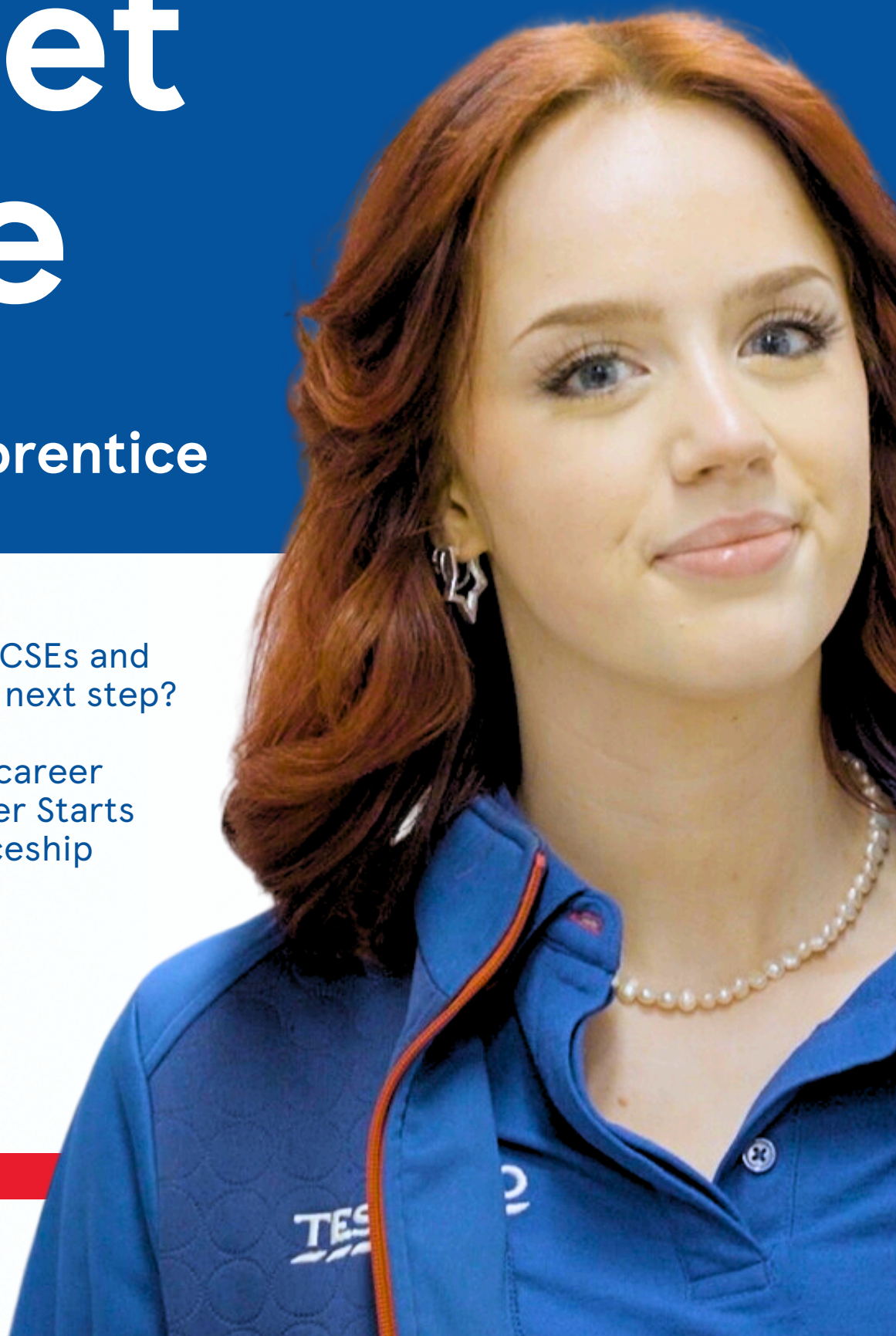
**Watch  
Zoe's story**

[amapps.uk/tesco](https://amapps.uk/tesco)



Apply now for  
22 September 2025 start

**TESCO**





# Stronger Starts.

## Where could it take you?

Retail Apprenticeship



### 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



### Project Manager

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

2



### 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



Your future

### 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.

### 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.

### 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.



Apply now for  
22 September 2025 start

**TESCO**

# Stronger Starts.



Retail Apprenticeship



## What skills do you gain? It's not just stacking shelves.

### Retail

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

### Customer Service

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

### Technology

Become proficient at using a range of different technologies.

### Stock

Learn to manage stock availability using systems and procedures.

### Teamwork

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

### Problem-solving

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

### Business

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

### Social Media

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

### Finance

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

### Product Placement

Develop an understanding of product placement promotional activities.

### Time Management

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

### Community

Gain knowledge of supporting local communities.



Apply now for  
22 September 2025 start





**NEW**

**COLLEGE**

**PODCAST**

COLLEGE COMPASS

**UNLOCK THE  
SECRETS TO  
A SUCCESSFUL  
CAREER**

**GUEST SPEAKERS  
ADVICE & GUIDANCE  
INDUSTRY KNOWLEDGE**

**LISTEN NOW ON SPOTIFY**





## Work Experience in Competitive Careers

**Medicine | Engineering | Finance | Law**

Getting work experience is hard, but getting meaningful experience that truly reflects what a job is like is even harder. That's why our programmes go beyond traditional work experience.

Through hands-on activities, site visits and time with professionals from different specialities, students explore the field from multiple angles and gain a clear sense of where it could take them.

We still have a few places left for our 28th July and 18th August intakes. You can explore the highlights and site visits from our four most popular programmes below!

### VIEW PROGRAMMES



#### Young Lawyer Summer Experience

Top Highlight: Argue a human rights case, receiving expert advocacy and public speaking coaching from top barristers.



#### Young Engineer Summer Experience

Top Highlight: Collaborate with a Rolls-Royce engineer to enhance 3D-printed aerofoils and test them in a wind tunnel.



#### Young Investment Banker Summer Experience

Top Highlight: Enter the trading floor and trade the London stock market live with experienced bankers.



#### Young Doctor Summer Experience

Top Highlight: Examine patients in a simulated ward round, taking medical histories and consultation notes.





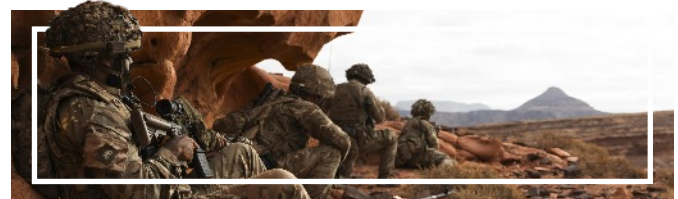
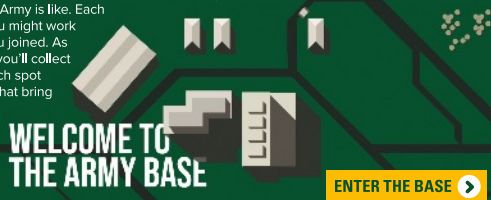
## WHAT'S NEW

### WELCOME TO YOUR OWN INTERACTIVE ARMY BASE EXPERIENCE!

This interactive map is designed just for you - whether you're a student curious about Army life or a teacher guiding your class through career options.

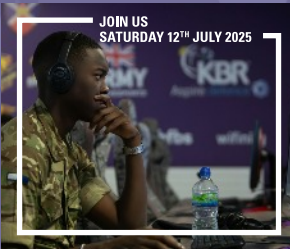
You'll explore a fictional base filled with real insights into what life in the Army is like. Each location highlights areas you might work in, visit, or find exciting if you joined. As you click through the map, you'll collect badges by checking out each spot and watching short videos that bring the experience to life.

**YOUR GOAL!** Collect all the badges to unlock a special piece of bonus content at the end. It's a fun, hands-on way to learn more about Army careers - and who knows, it might just inspire your next big step.



## ARMY OFFICER INSIGHT DAY

JOIN US  
SATURDAY 12<sup>TH</sup> JULY 2025



### JOIN US FOR THE NEXT ARMY OFFICER INSIGHT DAY AT SANDHURST!

Be 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.

REGISTER TODAY ➔

JULY  
12<sup>TH</sup>

## ARMY FOUNDATION COLLEGE HARROGATE (AFC)

OPEN DAY  
WEDNESDAY 9<sup>TH</sup> JULY 6PM



### VIRTUAL HARROGATE OPEN DAY

WEDNESDAY 9<sup>TH</sup> JULY 6PM

Hear from the Army Foundation College Harrogate Commanding Officer who will explain what Junior Soldiers can expect from the college, take a virtual tour of our campus, hear from a current Junior Soldier and have an opportunity to ask any questions you may have about recruitment or Army life live to our presenters.

REGISTER NOW ➔

JULY  
9<sup>TH</sup>

Ofsted

## 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-accpreston@groupmail@mod.gov.uk

### START YOUR JOURNEY ➔



FIND A RECRUITMENT CENTRE ➔



## ARMY APPRENTICESHIPS ➔ GET SKILLS QUALIFIED CONFIDENCE STARTED

### MASTER YOUR CRAFT - HR SPECIALIST (LEVEL 3 BUSINESS ADMINISTRATOR)

Joining the Adjutant General's Corps (AGC) as a Human Resources Specialist is a transformative step in your career. In this dynamic role, you will deliver critical HR support that keeps the British Army running smoothly. But it doesn't stop there—you will also get the opportunity to grow further by enrolling in a Level 3 Apprenticeship in Business Administration.

This apprenticeship is more than just a qualification—it's a launchpad. It will equip you with advanced administrative, communication, and organisational skills that directly enhance your performance and leadership potential.

JOIN AS A HR SPECIALIST ➔



**ARMY**  
BE THE BEST



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!**





When guiding your students through the process of choosing the right university, it's essential to delve into various factors. Entry requirements, acceptance rates, proximity to support systems, and teaching approaches all play a crucial role. Do your students lean towards a more traditional learning environment, or do they thrive in a clinical-based setting?

Drawing from my experience in medical school administration, I've witnessed firsthand the impact of selecting the right university and what sets successful applicants apart. I understand the pivotal elements that can elevate your students' chances of gaining acceptance into medical or dental school, which is why I'd highly recommend students attend the upcoming final Free Virtual Get Into conferences of this academic year.

Register for the Free Virtual Get Into Medicine Conference on: **Sunday 22nd June from 9:30am - 3:30pm**

<https://airtable.com/appgXnyzN5ZD9lwk6/shry7MZYtt3MGPjvO>

At this conference, Dr Kennedy, Dr Safiyyah and I will explore the intricacies of choosing the correct universities, creating a standout personal statement that reflects unique journeys and aspirations, along with the other crucial aspects of the UCAS application, like the UCAT entrance exam, Work Experience and more, including:

- Tactically choosing universities
- Entrance Exams: UCAT
- Medical/Dental school interview skills
- Medical Leadership Programmes
- Medical/Dental Awards Programmes
- Extracurricular activities
- Work experience
- Applying for scholarships to study medicine/dentistry

Our aim is to equip aspiring medical and dental students with the tools to sidestep common mistakes and pitfalls and ace their application to university. Students aged 14 - 18 are invited to attend with a parent or guardian, equipped with a working camera and microphone.

Register for the Get Into Medicine Conference on Sunday 22nd June from 9:30am - 3:30pm

<https://airtable.com/appgXnyzN5ZD9lwk6/shry7MZYtt3MGPjvO>

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

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

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



Scan to  
register!

LIVE!

FREE

# Get Into Dentistry.

CONFERENCE

One of our dentists (Chief Mentors) will take you step-by-step through your application to dental school.

This includes:

- Application Timelines
- Interview Training
- Personal Statements
  - CV Building
- Entrance Exam: UCAT
  - Extracurriculars
- Accessing Medical Leadership Programmes,
- Awards Programmes and Scholarships to University

**You'll also hear from a recently successful applicant on what it takes to make your candidacy to dental school stand out!**





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.

### **June: Paediatric Pathway**

- We will be following our patient Samantha, from her birth, to her diagnosis of mild cerebral palsy at 2 and then to her early teens where our team work with her to help her keep her independence through treatments, medication and support equipment.
- With teaching on paediatric medicine, medical conditions, diagnostic tools our team use on a daily basis and the skills our Allied Healthcare Team need to help make a difference and give the best care they possibly can to their patients.

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 PHYSICAL EDUCATION

  
Amazing  
Apprenticeships

- COMMUNITY ACTIVATOR COACH
- COMMUNITY SPORT & HEALTH OFFICER
- GOLF GREENKEEPER
- LEISURE TEAM MEMBER
- OUTDOOR LEARNING SPECIALIST
- PERSONAL TRAINER
- SPORTS COACH
- SPORTS TURF OPERATIVE
- TEACHER
- YOUTH WORKER
- 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](https://amazingapprenticeships.com)

SCAN ME



# APPRENTICESHIP



## Level 2 Nursery Apprentice

Doodles Nursery Ltd., Chorley

VAC1000320660

## Level 2 Early Years Apprentice

Little Explorers Nursery & Pre-School, Chorley

VAC1000325812

## Level 2 Early Years Apprentice

Gelston Manor Day Nursery, Chorley

VAC1000325815

## Level 2 Removals Operative Apprentice

PSS International Removals, Wigan

VAC1000325036

## Level 2 Assistant Accountant Apprentice

BRJF Accountants, Euxton

VAC1000326558

## Level 3 Apprentice Machine Tool Maintenance & Service Engineer

Machine Tool Technologies Ltd., Chorley

VAC1000325287

## Level 3 Nursery Apprentice

Nature Trail Nursery Ltd., Chorley

VAC1000325809

## Level 3 Business Admin Apprentice - Delivery Services

ESG Global (Energy) Ltd., Euxton

VAC1000325394

## Level 3 Apprentice Dental Nurse

My Dentist, Chorley

VAC1000325991

## Level 3 Apprentice Teaching Assistant

Brinscall St John's CE Primary School

VAC1000324364

## Level 3 Sales & Estimating Apprentice

Inscape Interiors Ltd., Chorley

VAC1000326280

*See elsewhere in this issue for details of the Progress Housing and Tesco apprenticeships.*

To search for an apprenticeship anywhere in England, have a look at the national apprenticeship website, create an account and apply for any of the vacancies.

[Click here](#)



Lots of vacancies available at **Alliance Learning** in Horwich: Fabricator/Welder, Craft/Manufacturing, Business Admin, Electro-Mechanical Engineer, Property & Marketing and at **Training 2000** in Blackburn: Engineering, Customer Service, Fabrication and Welding, Dental Hygiene, Optical and much more.





# CAREER *of the* WEEK

## Sport and exercise psychologist

**Sport and exercise psychologists use their psychological skills, knowledge and expertise to support the behaviours, mental processes and wellbeing of individuals, teams and organisations involved in sport and exercise.**

If you choose to specialise in sport psychology, you'll help athletes and teams involved in sport, from amateur to elite professional level, deal psychologically with the demands of the sport. You'll also help them improve their personal development and enhance their performance and motivation in order to reach their full potential.

As an exercise psychologist, you'll work with the general public to increase motivation and participation in exercise, encouraging a healthy lifestyle and advising on the psychosocial benefits that exercise can offer.

You'll usually specialise in either sport or exercise psychology, although it is possible to work in both.

### Responsibilities

As a sport and exercise psychologist, you'll need to:

- assess your clients' needs and abilities
- design, implement and evaluate strategies to help clients overcome difficulties, improve performance or realise potential
- monitor sporting performance and behaviour
- work with a multidisciplinary team including other psychologists, nutritionists, GPs, coaches and physiologists
- deliver counselling and/or workshops covering issues such as goal setting, visualisation and relaxation
- keep up-to-date records of your work with individuals
- conduct and apply research in sport or exercise psychology

If you work in sport psychology, you'll need to:

- work with a range of clients including individual athletes, teams, coaches and referees, from amateur to elite professional level, across a range of sporting disciplines
- design, deliver and evaluate a performance curriculum, providing psychological skills training
- develop tailored interventions to assist individuals in preparation for competitions, matches and other sporting events and to deal with the psychological demands of the sport
- provide clients with strategies to help them handle issues such as nerves, self-confidence and motivation
- set up activities to help improve both individual and team performances
- work with other staff to embed performance psychology across all areas of training
- equip individuals and teams with mental strategies to cope with and overcome setbacks or injuries
- advise coaches how to improve squad cohesion or communication
- deliver group workshops on areas such as self-analysis of performance or techniques to develop mental skills within the sport

If you work in exercise psychology, you'll need to:

- counsel clients who are ill or in poor physical or mental health, and who may benefit from participation in more regular exercise
- advise individuals about the benefits, both physical and psychological, that can be derived from exercise
- work with individuals and groups in a variety of settings including GP surgeries, employers' premises, the client's home, clinical settings and local fitness centres
- devise, implement and evaluate exercise programmes based on the needs of the client
- provide counselling and consultations to a cross-section of the public including people who are depressed, GP referrals, people in prison or groups of employees as part of a workplace-exercise programme



**For more information [click here](#)**