



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

Welcome back to this week's packed edition of Career News. There are lots of great opportunities for students of all ages, from apprenticeship vacancies to virtual work experience placements.



- There are a few college and apprenticeship training provider open events, for most, the final event of the year, so if you want to look around, register now.
- Wigan & Leigh College are holding a festival of Engineering and Construction - this is a chance to take part in industry masterclasses and find out about apprenticeship opportunities with employers.
- Westholme School in Blackburn have an amazing Careers Fair coming up in February. There are exhibitors from over 50 universities and apprenticeship providers/employers. This is an event not to be missed - please use the link inside to register or scan the QR code on the poster.
- The University of Law are offering a series of webinars exploring popular subjects such as psychology, criminology, law, policing and business. The sessions are just an hour (after school) and are free - why not join in and discover the right choice for you?
- 'STEM Dorado' is a fantastic free magazine for younger students who are interested in STEM subjects. This month the focus is on dinosaurs - what's not to like?! 'Choices' magazine for older students - free download.
- There is an Apprenticeship, Employer and Adult Education Showcase at Runshaw College next Wednesday. Adult education courses start in February, so if you never passed Maths or English GCSE, or want to upskill for a promotion, why not go along and see what is on offer? Maths and English courses are free for anyone who did not achieve a grade 4 GCSE (any age, not just recent school leavers).
- Bolton Sixth Form are highlighting their latest offering: a T Level in Education and Early Years. This course combines classroom learning with 750 hours of work placement, plus first aid training and qualifications. Ideal for anyone considering primary teaching, social work or higher level teaching assistant roles for example.

Don't forget that Year 11s have college interviews starting 4th February, plus Mock Interviews with employers on 7th February (for which they will need a CV). Years 9, 10 and 11 will attend the Careers Fair on 7th March.

Plumbing and heating apprenticeship on offer to an enthusiastic and reliable individual. If you would like to apply, you need to send your CV to Miss Berry in the Top Office, as soon as possible. There will be a lot of interest in this position, so get those CVs completed and sent to me: pberry@parklandsacademy.co.uk



20th - 24th January 2025

What can you do with...

PHYSICS

Astronomer

Study planets, stars and other celestial bodies using earth and space based equipment.

Nuclear Engineer

Design nuclear equipment to create zero-emission energy and essential medical solutions.

Sound Engineer

Knowing how sound travels and can be controlled is essential for making all kinds of recordings.

Meteorologist

Collect and study data of the atmosphere and oceans to create weather reports and research.

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

- research & analysis
- communication
- problem solving
- IT skills
- numeracy
- teamwork

SCAN ME

to build your skills and explore careers



youthemployment.org.uk/careers-hub/



LUSoM Open Day

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

Saturday 1st February
10am - 12:30pm



Scan below to sign up



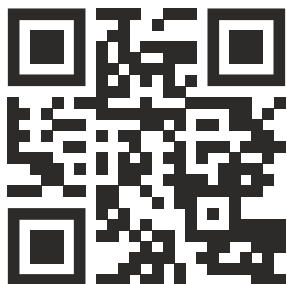
PRESTON
COLLEGE



YEAR 10 & 11

OPEN EVENT

THURSDAY 6 MARCH 4PM - 7PM



scan to register

www.preston.ac.uk/march

   /prestoncollege



How much will I get paid?

A free student & parent event series on compensation in careers



Free Student and Parent Event Series Let's Discuss Pay

Talking about pay can feel like a taboo topic and yet, "how much will I earn?" is one of the most common questions students ask the professionals on our programmes. With rising costs of living and an ever-evolving but often unpredictable job market, compensation and job security have become a top priority for young people today.

That's why we're running a series of free events aimed at demystifying salary expectations, so students and parents can navigate this widely misunderstood subject with confidence.

STUDENT WEBINARS 6-7PM (UK TIME)

If you are unable to attend live please still register to receive the recording of the event and follow up resources.

CAREERS IN FINANCE
How much could I really earn?

10TH FEBRUARY

CAREERS IN MEDICINE
How much could I really earn?

10TH FEBRUARY

CAREERS IN ENGINEERING
How much could I really earn?

11TH FEBRUARY

BE YOUR OWN BOSS
Everything you need to know about being self employed

11TH FEBRUARY

CAREERS IN LAW:
How much could I really earn?

12TH FEBRUARY

Explore All Events

PARENT WEBINARS
7-8PM (UK TIME)

SALARY, STATUS AND STABILITY

Navigating your child's future career in today's job market

5TH FEBRUARY



Find Out More

**CARDINAL
NEWMAN
COLLEGE**

OPEN DAY

SATURDAY 1ST FEBRUARY

10AM - 1PM

APPLY NOW

CARDINALNEWMAN.AC.UK

Final open day of the year at Cardinal Newman College. If you have applied, make sure you have accepted your offer - log into the CEDAR portal and follow the instructions. The offer is just that until you accept it - you need to accept to guarantee your place!

If you have not yet applied, you have just a few weeks to get an application in before you go onto a waiting list with no guarantee of a place. Do not miss out!

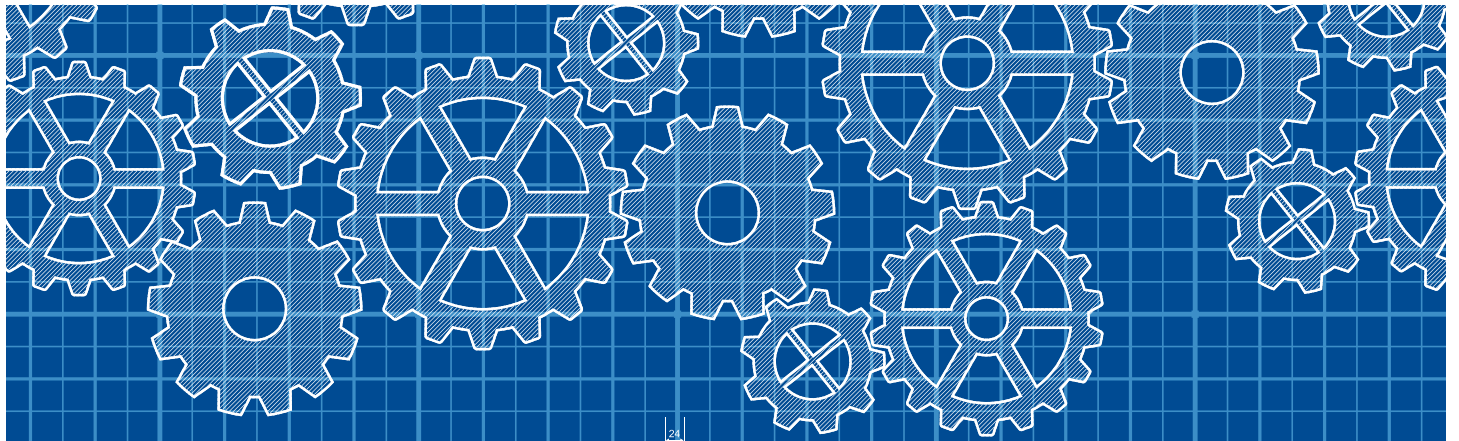
**How are YOU building your
skills for life and work?**



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

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

Empower yourself and show the world what you can do.



FESTIVAL OF ENGINEERING & CONSTRUCTION



**Wigan & Leigh
College**

CENTRE OF EXCELLENCE IN ENGINEERING & CONSTRUCTION

Pagefield Centre, Walkden Avenue,
Wigan WN1 2JH

4.30PM - 7.00PM

MONDAY 10 FEBRUARY 2025

- Find out about apprenticeship opportunities and careers within these sectors
- Tours of the facilities
- Industry masterclasses led by employers
- Technical skills showcases



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



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

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

Venue: The Sixth Form Bolton

Course cost: £10 per course to be paid in full in advance

Age group: Year 10 - Year 11 pupils

COURSE 1: PERFORMING ARTS AND MEDIA

Duration: 4-week course

Dates: 20th January - 10th February

Day: Monday, 4.30pm - 5.45pm

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

COURSE 2: MUSIC AND MUSIC TECHNOLOGY

Duration: 3-week course

Dates: 24th February - 10th March

Day: Monday, 4.30pm - 5.45pm

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



COURSE 1: PERFORMING ARTS AND MEDIA

WEEK 1: ADVANCED THEATRE DEVISING STRATEGIES

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



WEEK 2: ADVANCED CHARACTER DEVELOPMENT FOR STAGE AND SCREEN

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



WEEK 3: ACTING FOR SCREEN

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



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

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

COURSE 2: MUSIC AND MUSIC TECHNOLOGY

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

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



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

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



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

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





Thinking about University? Think Cambridge.

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

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

What you will get out of the series

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

Booking information

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

[Book now](#)

2025 Webinar Series

The series runs from 27 January to 31 January 2025.

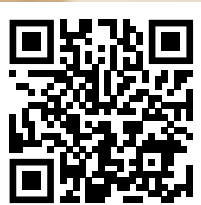
All sessions will run online. They include a presentation and views from our student ambassadors.

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

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

OPEN EVENTS

AT THE
COLLEGE FOR
TECHNICAL
EXCELLENCE



PARSONS WALK CAMPUS WIGAN (WN1 1RR)

Including:

- Centre for Advanced Technical Studies
- Centre for Performing Arts
- Pagefield Campus
- The Skills Academy

4.30pm - 7.00pm

Monday 27 January 2025
Monday 28 April 2025

LEIGH CAMPUS (WN7 4JY)

4.30pm - 7.00pm

Monday 3 February 2025

University, Apprenticeship and Careers Fair - 4 February - Westholme School

Cardiff University	PwC
University of Cambridge	BBC
University of Manchester	KPMG
Newcastle University	Sellafield
University of Oxford	Essence Media Com
Royal Northern College of Music	Warburtons
University College London (UCL)	Astra Zeneca
University of the Arts London (UAL)	Eye Communicate
University of Central Lancashire (UCLan)	Lancashire Constabulary
University of Cumbria	Obasi – Social Work
University of Glasgow	Viridium
University of Salford	RTPI
University of Sheffield	S&L Planning Consultants
Bangor University	ASK Apprenticeships
Edge Hill University	ARUP
Glasgow Caledonian University	Grant Thornton UK LLP
University of Staffordshire	Napthens LLP
Spirit Studios Manchester	NHS
University of Bradford	Panache Cruises
Burnett Global Education Limited	Royal Air Force
University of Huddersfield	MBDA
Loughborough University	Army
Manchester Metropolitan University	Reach PLC
Lancaster University	Royal Navy
Keele University	Heidelberg Materials
University Centre Blackburn College	Persimmon Homes
Leeds Beckett University	AP Smilecare Dental Practice
Barnardo's	Hyaero
David Cox Architects	Waddington & Son Solicitors
Gillivervet	Oakhill Vets
ELHT Pharmacy	Data Science

In addition to the delegates hosting stalls, we will also be hosting a series of talks in our Theatre, offering families the opportunity to hear directly from delegates and take part in Q&A sessions. The talks will include information on:

- Student Finance
- University Admissions and the UCAS Application Process
- Personal Statements
- Apprenticeships
- Student Life in Higher Education

We are expecting the event to be very well attended, so please scan the QR code on the poster to register for the event and you will be automatically entered into a draw to win a voucher to The Ivy restaurant.

Use the link below to register:

Westholme Careers Fair - Guest Registration - 4 Feb 2025



Join us for a specialist session designed to support students considering a career in home building

Early Careers Support Session for Parents, Carers, Teachers and Students.

- Hear from Regional Apprentice Manager, Ian MacDonald about the opportunities, training and support for apprentices at Persimmon Homes
- Gain top tips and advice from an apprentice on programme
- Put your questions to the team

Tuesday 3rd December 2024,
6pm - 6.30pm

Register



Monday 27th January 2025,
6pm - 6.30pm

Register



Ben Allen
Carpentry Apprentice



Ian MacDonald
Regional Apprentice
Manager





WESTHOLME

UNIVERSITY, APPRENTICESHIPS & CAREERS FAIR

OPEN TO YEARS 9 - 13



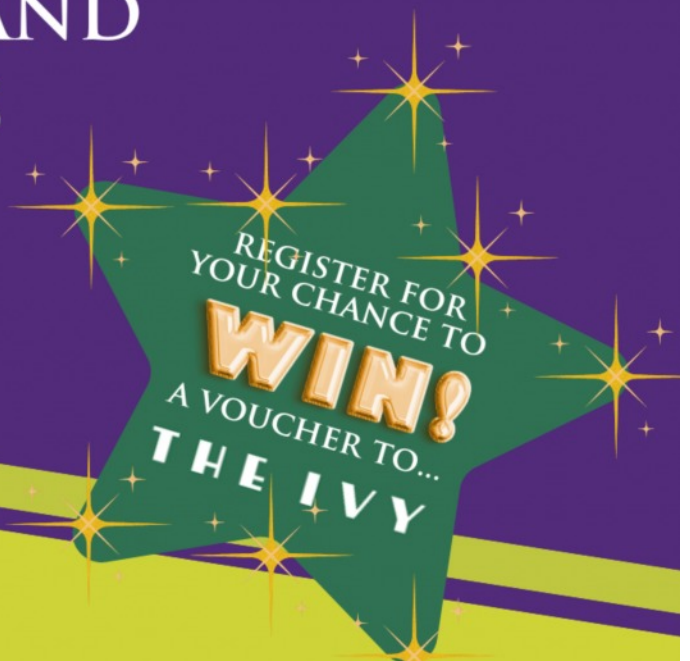
TUESDAY 4 FEBRUARY 2025
6PM - 8PM



EXHIBITORS FROM OVER
50 UNIVERSITIES AND
APPRENTICESHIPS



SCAN TO REGISTER



01254 506070 | WWW.WESTHOLMESCHOOL.COM

QEGS SIXTH FORM

Sixth Form Open Evening

Tuesday 25th February 2025 | 4.30pm-6.30pm



Apply now: [QEGSblackburn.com/sixth](https://www.qegsblackburn.com/sixth)



@QEGS_Blackburn



/QEGSBlackburn

Ofsted
Rated Good
with Outstanding features

QEGS
MULTI ACADEMY
TRUST

01254 686300 | sixth@qegsblackburn.com | QEGS Sixth Form, West Park Road, Blackburn, BB2 6DF

Introducing the Old Co Scholarship for QEGS Sixth Form Admissions (September 2025)

We are pleased to announce the introduction of the **Old Co Scholarship** for students applying to join the Sixth Form at Queen Elizabeth Grammar School (QEGS) in September 2025.

This prestigious scholarship, valued at £2,000, can be used at the discretion of the recipient - there are no restrictions or limitations on how the funds may be spent. It is intended to support students in any way that enhances their Sixth Form experience, from educational resources to extracurricular activities.

Please note that there are **only 10 Old Co Scholarships** available, and they will be awarded to eligible applicants on a competitive basis.

How to Apply:

Eligible students should contact spalmer@qegsblackburn.com to request an application form.

All Year 11 pupils are eligible to apply for the scholarship.

Old Co Scholarships



The supporting body of Queen Elizabeth's Grammar School, Old Co, are delighted to offer up to 10 scholarships per academic year to Sixth Form students. Each scholarship is worth £2,000, payable in two installments, the first in December of Year 12 and the second in December of Year 13.

To be eligible to apply you must:

- achieve at least 5 grade 7s and above in your GCSEs in June 2025, with grade 8 or above in the subjects you wish to study at A level
- have excellent attendance at your current school
- wish to contribute fully to Sixth Form life by joining our clubs and societies.

Application forms can be requested by emailing spalmer@qegsblackburn.com

Application forms must be returned to QEGS admissions by 30th April 2025. All applications will be acknowledged. You will then need to enrol at QEGS Sixth Form on 21st or 22nd August 2025. Successful applicants will be informed by 31st October 2025. If there are more applicants than scholarships then the decision made by Old Co will be final.

Apply now: [QEGSblackburn.com/sixth](https://www.qegsblackburn.com/sixth)

 @QEGS_Blackburn  /QEGSBlackburn


Ofsted
Rated Good
with Outstanding features


QEGS
MULTI ACADEMY
TRUST

Top Skills in Demand 2024

As the workforce evolves at pace, understanding which skills are seen as most valuable today is more crucial than ever. Our latest data clearly illustrates the core capabilities that today's leading employers are prioritising.

Maybe just as exciting as your 'Spotify Wrapped' reveal, the big Cappfinity dashboards, which include data from some of the world's most renowned global employers in early talent, have been busy whirring away all year putting a lot of 'listening' minutes in... and drum roll please... we're ready to reveal the 2024 top skills in demand.

120+

Organisations

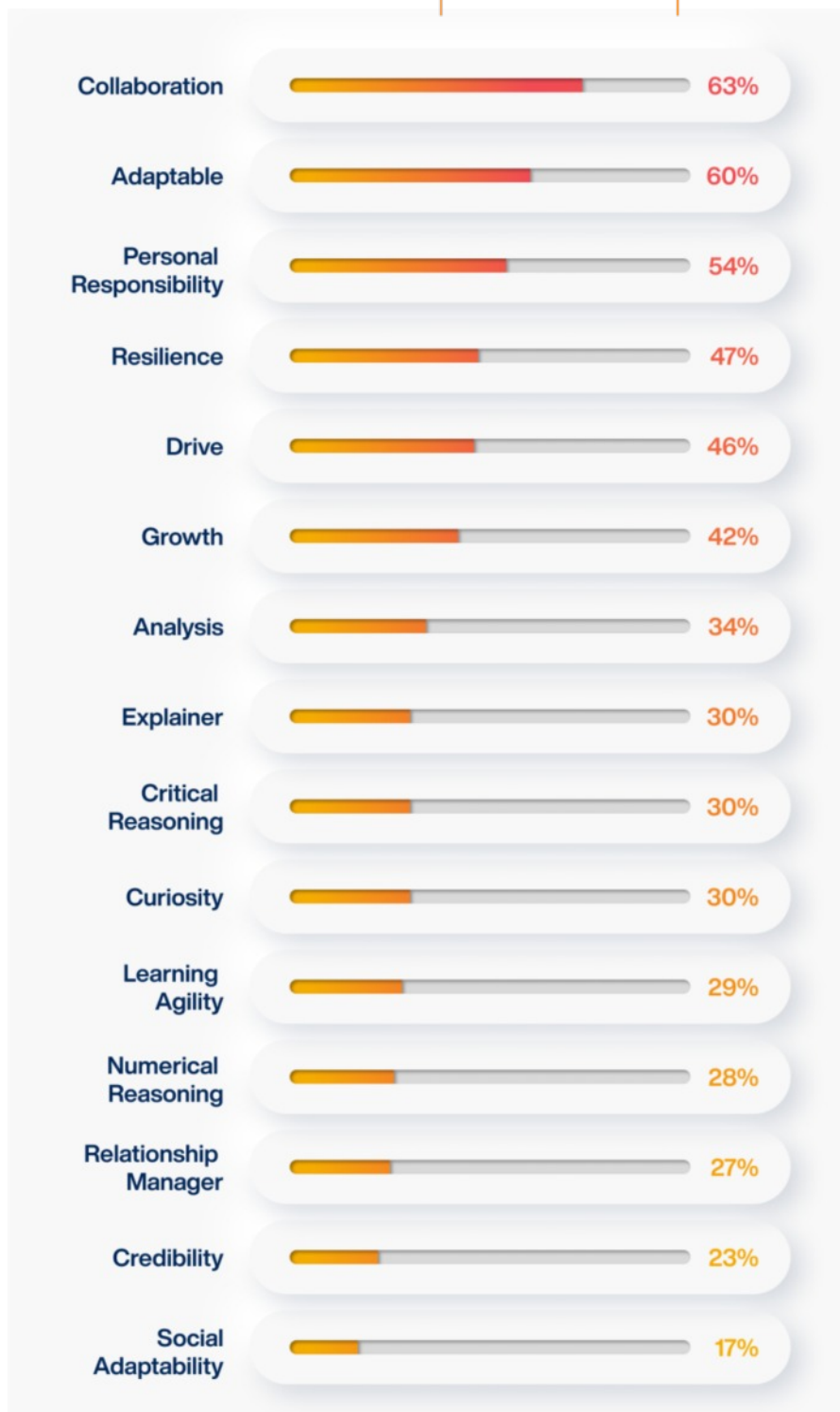
25+

Sectors

Almost
1 million
candidates

90

Skills
Assessed



And the skill with the biggest rise in demand from recruiters in 2024?

Personal Responsibility

You take ownership of your decisions and hold yourself accountable for your promises.

Personal Responsibility, saw a 29% increase in the number of employers looking for this skill in 2024 (going from 42% in 2023 to 54% in 2024; enough to make it the third most in-demand skill after the ever present Adaptable and Collaboration).

As we move into 2025, it will be more important than ever that students and graduates are mastering the skill of personal responsibility so they are set up for success within the workplace.



Job title: Cyber Specialist Development Programme

Location: Lancashire, with significant time in Samlesbury and at another location in Lancashire.

Salary: £25,856, with promotion opportunities at 18 months, increasing to £34,663 after interview and assessment.

Flexible working: Not available during the 18-month training programme, which requires an on-site presence at the training provider's location or at Samlesbury. After completing the programme, compressed or part-time hours will be available.

Please note, training for the Cyber Specialist Development Programme begins in January 2026.

GCHQ is an intelligence, cyber, and security agency with a mission to keep the UK safe. We use cutting-edge technology, ingenuity and partnerships to identify, analyse and disrupt threats. Working with our intelligence partners, MI5 and MI6, we protect the UK from terrorism, cyber-attacks and espionage. At GCHQ you'll do varied and fascinating work in a supportive and inclusive environment that puts the emphasis on teamwork.

Our Cyber Specialist Development Programme could be your chance to launch a unique career in cyber security. You don't need tech experience or STEM qualifications to join – with your enthusiasm, aptitude for technology, curiosity and drive to learn, you'll unlock your potential and discover a rewarding career as part of our Computer Network Exploitation (CNE) team, keeping the UK safe both online and in the real world.

You'll undertake a dedicated 18-month development programme, based at a designated place of study in Lancashire and funded by GCHQ. Through lectures, supervised lab sessions, and real-world simulations, we'll equip you with all the skills you need, with plenty of support along the way. You'll also spend time at our Samlesbury location with the CNE team, where you'll get to know your colleagues, explore our systems and understand what it's really like to work with us.

Once you've successfully completed your training, you'll be part of the CNE team full-time. Working together, you'll use bespoke technologies and develop tools to identify, target, and infiltrate terrorist computers – and secure our digital borders.

To join, you'll need two GCSEs at grade 4 or above in Maths and English Language. Alternatively, you can have equivalent Level 2 qualifications, such as an NVQ or Intermediate Apprenticeship in Maths and English Language subjects. [We'll teach you the rest.](#)

At GCHQ diversity and inclusion are critical to our mission. To protect the UK, we need a truly diverse workforce that reflects the society we serve. This includes diversity in every sense of the word: those with different backgrounds, ages, ethnicities, gender identities, sexual orientations, ways of thinking and those with disabilities or neurodivergent conditions. We therefore welcome and encourage applications from everyone, including those from groups that are under-represented in our workforce such as women, those from an ethnic minority background, people with disabilities and those from low socio-economic backgrounds.

Find out more about our culture, working environment, and diversity on our [website](#).

To be eligible to apply, you must be a British citizen. If you hold dual nationality, one component of which is British, you will still be considered. Candidates must normally have been resident in the UK for seven out of the last ten years. This is particularly important if you were born outside the UK. You can apply at the age of 17 years; if successful, you will not be offered a start date prior to your 18th birthday. Full eligibility details can be found on our [website](#).



Explore Series, 3-6 March 2025

Join us during National Careers Week for a virtual exploration of career paths across [Law](#), [Psychology](#), [Business](#), [Criminology](#), [Policing](#), and [Computer Science](#). These events are an opportunity to gain valuable insights and clarity about the path that aligns with your aspirations. Secure your spot for an event that promises to guide you towards a future you're truly passionate about.

What you'll discover at this event

Embark on a career-focused exploration of our subject areas through engaging talks and hands-on practical tasks. Learn about associated professions, uncover the day-to-day tasks, and identify the essential skills required for success in your chosen field.

Participate in our Q&A panel sessions to get answers to all your questions and gain valuable insights into our courses and the resources available at The University of Law.

Designed for students in years 10-13, our virtual sessions run from 4-5 pm.

Why not join multiple sessions to discover the right choice for you?

Explore Law - Monday 3 March

- Take our quiz to find out the type of lawyer you could become
- Understand some differences between solicitors and barristers and the pathways to each
- Be a solicitor and take part in a real-life legal scenario as an employment lawyer
- Don't miss the chance to virtually meet a trainee solicitor, and find out firsthand, their experiences, insights, and valuable advice on forging a successful career in law

Explore Psychology - Tuesday 4 March

- Join us to explore different areas of psychology
- Learn about some professional psychologist roles; clinical, educational and forensic.
- Participate in a stimulating discussion on 'influence and conformity,' delving into the profound ways psychological research shapes the real world
- Meet an expert in psychology as they discuss their area of specialism

Explore Policing - Wednesday 5 March

- Unravel the life cycle of a crime and gain a deeper understanding of the roles within the justice system
- Discover the various routes into the Police Service and the role of a Police Constable and Detective Constable
- Don't miss the opportunity to hear firsthand from a Police Constable, sharing experiences and providing a look into the day-to-day life within the force

Explore Criminology - Thursday 6 March

- Join us to explore the diverse career routes available after completing a degree in this dynamic field
- Learn more about the role of a probation officer and how they support the criminal justice system
- Gain firsthand insights from a professional working in a related area

Explore Computer Science - Monday 3 March

- Join a journey through the vast landscape of careers within the technology industry
- Challenge your knowledge with our quiz on the rapidly evolving tech career landscape
- Participate in a thought-provoking discussion on the opportunities and risks associated with integrating AI technologies into the workplace



01/25

ARMY CAREERS NEWSLETTER

FEBRUARY
12TH

2025 DATES FOR YOUR DIARY



NATIONAL APPRENTICESHIP WEEK
WEDNESDAY 12 FEBRUARY 13:00 - 14:00

Come and join us to celebrate not only National Apprenticeship Week but also the range of apprenticeships the British Army offers. With over 40 different apprenticeships available, from level 2 to degree level, you can find your passion in fields such as Engineering, Medical, Intelligence and Communications, HR and Finance, Logistics and Support, Music, Combat, and more.

[REGISTER NOW](#) ➔

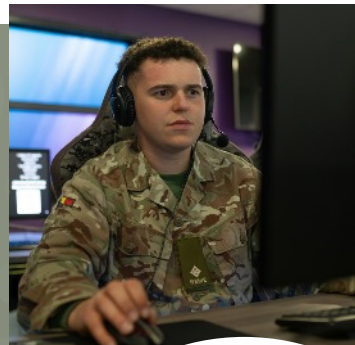
BRITISH ARMY APPRENTICESHIPS

DID YOU KNOW?

The first temporary apprenticeship college opened in Aldershot in 1923 and across a total of 65 years, there has been a total of 16 apprenticeships colleges, spread right across the UK.

Now the British Army offers modern apprenticeships which are delivered in Initial Trade Training Schools and in the workplace.

[ARMY APPRENTICESHIPS](#) ➔



ARMY FOUNDATION COLLEGE HARROGATE (AFC) FACE TO FACE OPEN DAY

Are you ready to take the first step towards an exciting future? We invite all potential junior soldiers to our open day event, this is your chance to explore everything the Army Foundation College has to offer. Join us for a day filled with informative sessions, interactive demonstrations and a behind-the-scenes look at life as a junior soldier.

2025 Open Day - 25 - 26 January 2025
JAN ALLOCATED TIMESLOTS
25/26 [09:30] [11:30] [13:30]

[AFC HARROGATE](#) ➔



OFFICER FINANCIAL SUPPORT

Army Internship **CLOSING SOON**

Applications to join the Army as an Intern are **CLOSING on the 31st January 2025**. The Army Internship Programme is your opportunity to experience a challenging and rewarding year with the Army in the role of an Army Officer for 12 months before, during or after University. Interested in joining the Army but not 100% sure? **Being an Intern is the perfect opportunity for you!**

[ARMY INTERNSHIP PROGRAMME](#) ➔



INTERESTED IN ARMY CAREERS?

[VIEW OUR PREVIOUS FEMALE NEWSLETTER](#) ➔

[VIEW OUR PREVIOUS OFFICER NEWSLETTER](#) ➔



Come along to our

APPRENTICESHIP

OPEN EVENING

THURSDAY 13TH FEBRUARY 2025

4:00pm - 7:30pm

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

- ▶ Find out everything you need to know about Apprenticeships
- ▶ Have a tour of our specialist facilities
- ▶ Check out our current Apprenticeship vacancies
- ▶ Discuss your career options with our team
- ▶ Meet some of our Apprenticeship employers



Book your ticket
via our QR code.



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



01204 677888
info@alliancelearning.com
www.alliancelearning.com

WHAT COMES NEXT for pupils in year 11?



Apply to Alliance Learning

From November 2024
onwards

Come to our Open Evening

Thursday 13th February 2024
4:30pm-7:00pm
Alliance Learning, Horwich
Business Park, B16 5UE

Apply for vacancies

Apply for as many vacancies
as you'd like, making sure
you can travel to both the
company and Alliance
Learning.

Confirm your GCSE results

August 2025

Prepare your CV

From November 2024
onwards

We will get in touch

Our recruitment team will be
in contact in February 2025.
We'll then invite you in to
discuss your application
during half-term or the
Easter holidays. If you apply
after Easter we will be in
touch within 3 days.

Interviews with companies

START YOUR APPRENTICESHIP



CHOICES MAGAZINE - JANUARY EDITION

The January edition of the Choices magazine is now available, featuring an interview with Jacqui Smith MP, as well as exploring the changes to apprenticeships in 2025, showcasing employers, and the BBC answers the question of the month 'How do I help my child apply for an apprenticeship?'

[Download the January edition here.](#)

Year 11 have an assembly on apprenticeships on Monday 20th January. They will be given advice on how to register and apply for apprenticeships on the Gov.UK website.



T LEVELS: THE SUBJECTS AVAILABLE

The government has set out their commitment to young people, confirming that where a learner wishes, this should be the main option for them.

What are T Levels?
T Levels are post-16 technical qualifications taken after GCSEs as an alternative to A-levels, apprenticeships and post-16 options.
T Levels are designed by employers to give students the knowledge and skills businesses need and give them a head start in their careers. T Level courses are high quality, with longer teaching hours than most current school qualifications. One T Level is roughly equivalent in size to 3 A-levels and takes two academic years to complete.

- Subjects available?
- Accounting
 - Architecture, Land Management and Production
 - Child Care and Management
 - Civil Engineering, Engineering for Construction and Design
 - Construction and Development for Engineering and Manufacturing
 - Design, Surveying and Planning for Construction
 - Digital Business Services
 - Digital Production, Design and Development
 - Digital Support Services
 - Education and Early Years
 - Engineering, Manufacturing, Processing and Control
 - Finance
 - Health
 - Healthcare Science



- Legal Services
 - Maintenance, Installation and Repair for Engineering and Manufacturing
 - Management and Administration
 - Media, Broadcast and Production
 - Science
- Courses available from 2025:
- Marketing





INFORMATION CREATIVE TECHNOLOGY TASTER WORKSHOP

**TUESDAY 18th FEBRUARY
9:30 - 12:30**

We are running a **FREE** taster workshop for any Yr10 or 11's interested in ICT

This will be a practical session based around Cyber Security

Numbers will be limited but to confirm a place please email mpatel@preston.ac.uk



PRESTON
COLLEGE

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

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

There is a maximum of 20 spaces per course and these will fill quickly.
Email addresses to book a place are on the individual posters.

ART & DESIGN TASTER WORKSHOP



TUESDAY 18th FEBRUARY
9:30 - 12:30

We are running a **FREE** taster workshop for any Yr10 or 11's interested in Art & Design.

The session is intended to develop your creative print making skills. It will be hands on and cover a number of different forms of print.

Numbers will be limited but to confirm a place please email dhey@preston.ac.uk



PRESTON
COLLEGE

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

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

There is a maximum of 20 spaces per course and these will fill quickly.
Email addresses to book a place are on the individual posters.

FILM & PHOTOGRAPHY TASTER WORKSHOP



MONDAY 17th FEBRUARY
9:30 - 12:30

We are running a **FREE** taster workshop for any Yr10 or 11's interested in Media, Film & Photography.

The session will hands on and practical using industry standard software and equipment and is ideal for anybody looking for a career in TV, Film, Photography and Journalism.

Numbers will be limited but to confirm a place please email lfenton@preston.ac.uk



PRESTON
COLLEGE

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

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

There is a maximum of 20 spaces per course and these will fill quickly.
Email addresses to book a place are on the individual posters.

GAMES & GRAPHICS TASTER WORKSHOP



MONDAY 17th FEBRUARY
9:30 - 12:30

We are running a **FREE** taster workshop for any Yr10 or 11's interested in Games & Graphics.

The session will be based around 3D modelling in Maya where you will be introduced to aspects such as building, texturing, lighting and rendering.

Numbers will be limited but to confirm a place please email sroberts@preston.ac.uk



PRESTON
COLLEGE

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

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

There is a maximum of 20 spaces per course and these will fill quickly.
Email addresses to book a place are on the individual posters.

ASK AN APPRENTICE COMMUNITY!

Student: Why Join?



Easy to use

Post your questions – apprentices respond!



Personalised

Ask the questions you want answered



Network

Our apprentice mentors are from top UK employers



Stand out

Gain insider knowledge and get ahead in applications



Ask anonymously

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



Industry-specific

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

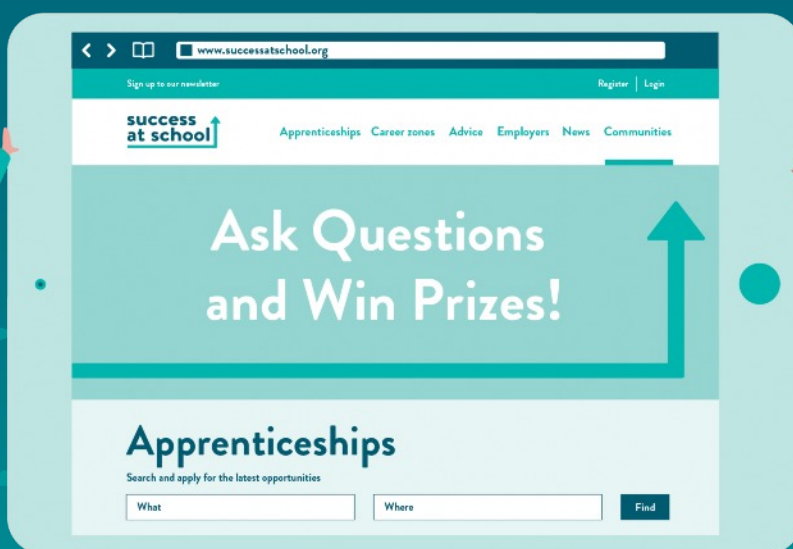
How it works:

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

Not sure what to ask? Things to ask about:

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

Scan here
to sign up

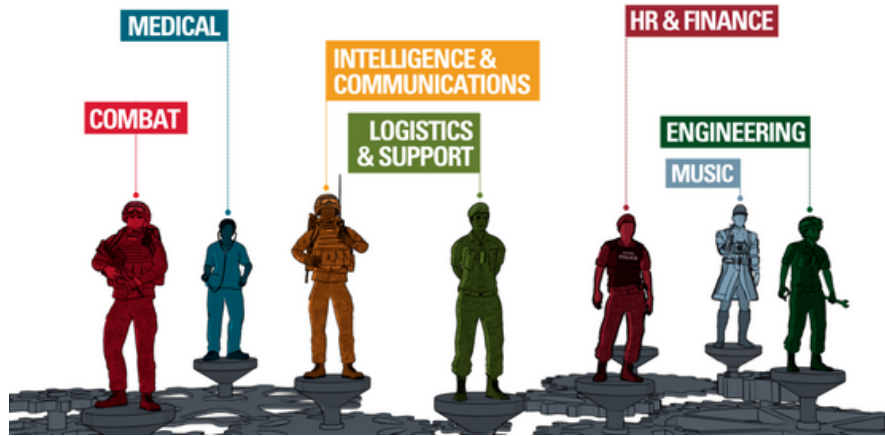


Find out more: www.successatschool.org/community

success
at school

ARMY APPRENTICESHIPS LINKED TO YOUR CURRICULUM

The British Army is the number 1 Apprenticeship Employer across the UK and Northern Ireland, offering over 40 different apprenticeships.



Here are some useful things you could say to students who are interested in apprenticeships...

The Army has been delivering apprenticeships for over 100 years.

The Army currently offers over 40 different apprenticeship standards from level 2 through to level 6.

Whichever school subjects you're interested in, you could consider an apprenticeship in the Army.

The Army have 6,000 Soldiers start an apprenticeship every year.

A Level 2 apprenticeship is the equivalent to 5x GCSE passes and will take 18-24 months to complete.

There are many opportunities to do sports and travel the world and it's all part of the job.

95% of soldiers will be enrolled onto an apprenticeship when they join the Army.

There is great career progression in the Army, including the chance to do a degree apprenticeship.

You get paid for the job you're doing AND gain your qualifications at the same time.

SEARCH
ARMY APPRENTICESHIPS





University of Central Lancashire

Training 2000

Apprenticeship open evenings

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

**Wednesday 29th &
Thursday 30th January 2025**
between 4.30 - 7.30pm

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



Let us know you are coming:
www.training2000.co.uk/events

Part of the
University of
Central Lancashire



Traineeships

Apprenticeships



July 24 M1112 Training 2000 Ltd is a company limited by guarantee. Registered in England: 2380675 Registered Charity: 701770



University of Central Lancashire

Training 2000

What happens next... for year 11 students

**Apply to
Training 2000**



From November 2024
onwards

**Come to our
open evenings**



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

From 4.30-7.30pm
Training 2000,
Blackburn

Prepare your CV



From Nov 2024
onwards

**Interviews with
companies**

**Confirm your
GCSE results**



August 2025

We'll get in touch



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

Start your Apprenticeship

Keep Calm and Cook Recipes

SERVES 2

Minestrone Soup

Ingredients:









- 1 clove of garlic
- ¼ cabbage
- 1 onion
- 1 rasher of bacon
- 1 carrot
- 1 stick of celery
- 1 potato
- 1 stock cube and 800ml boiling water
- 1 x 5ml spoon mixed herbs
- Black pepper
- 25g small pasta shapes or broken spaghetti

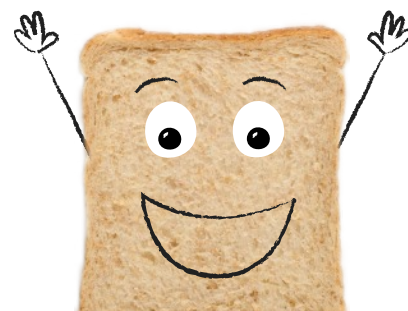
Food Skills

- Weigh
- Measure
- Peel
- Chop
- Fry
- Boil and simmer



Method

1. Peel and crush the garlic. Shred the cabbage. Chop the onion. Chop the bacon. 
2. Fry the onion, garlic and bacon in the oil. 
3. Stir in the potato, celery and carrot. 
4. Add the boiling water to the pan and the stock cube. 
5. Stir in the finely shredded cabbage and sliced tomato. 
6. Add the mixed herbs and black pepper, bring to the boil and simmer. 
7. Add the pasta and simmer. 
8. Serve in a bowl. 



Keep Calm & Reduce Food Waste



Did you know...

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

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

Top tips to reduce food waste

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

DESIGN YOUR OWN RECIPE CHALLENGE

Today you've been amazing at adapting your recipes.

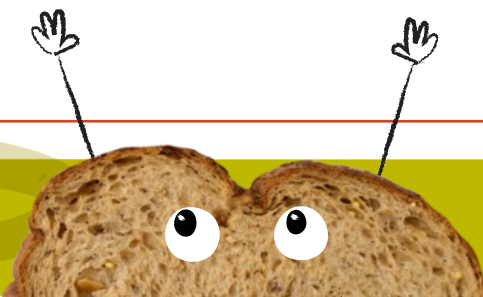
If you had cooked the original recipes, these are the items you would have had left:

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

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



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





Real students. Real employers. Real advice.

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

UNI MYTHS BUSTED!

 @uni.myths.busted

 @unimythsbusted

 @unimythsbusted

 unimythsbusted.co.uk



In collaboration with:



UCAS

Supported by:



UniTasterDays.com

The Sophie Scholl Awards

“Someone has to make a start.” How about you?



Holocaust Memorial Day is commemorated each year on 27th January, the date of the liberation of the Nazi concentration camp Auschwitz-Birkenau in 1945. Holocaust Memorial Day remembers the millions of victims of the Nazi Holocaust, including six million Jews, and of other, more recent genocides.



The Sophie Scholl Awards were introduced at Runshaw as part of our events to commemorate Holocaust Memorial Day. The courage of Sophie Scholl, of a similar age to Runshaw students, was an inspiration to us all. We now extend an invitation to pupils in partner high schools to help us celebrate the short life of this brave young woman by participating in awards reserved for them.

Sophie was 18 when the war started in 1939. She and her family, inspired by their strong religious beliefs, actively resisted the Nazis – an incredibly courageous thing for Germans to do. In 1942, Sophie, along with her brother Hans and a few other students, founded the White Rose, a non-violent resistance movement which painted anti-fascist slogans on walls, defaced Nazi emblems and distributed anti-war leaflets. In early 1943, Sophie and the other leaders of the group were caught, condemned as traitors and executed by beheading. Sophie was just 21.

During her trial, despite the attempts of the judge and prosecutors to browbeat and ridicule her, Sophie remained steadfast as one individual against the massive power of the Nazi state. “Someone has to make a start”, she said. Convinced that good in the end would prevail, her last words as she was led into the execution yard were, “The sun still shines!”

For many inspired by Sophie’s example, a white rose has come to represent peace, justice and a love of humanity.

Students in partner high schools are asked to make an entry based on ONE of the following themes:

- (a) The inspiration of Sophie Scholl
- (b) The White Rose
- (c) Someone has to make a start

Entries can be

- a written piece (maximum 250 words but could be much shorter)
- a poem
- a piece of art work or music – of any kind
- an idea to do something at school based on Sophie’s example
- anything at all based on one of the above themes.

Entries can be individual or group work.

Entries should be forwarded to Giles Inman, Inman.G@runshaw.ac.uk. The deadline for entries is 4.30pm on Wednesday 19th February 2025.

Awards of vouchers and certificates will be awarded for the best entries.

ARE YOU INTERESTED IN

APPRENTICESHIPS?



YOU COULD BE AN APPRENTICE WITH EDF

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



 VISIT EDF WEBSITE



edfenergy.com/careers/apprenticeships

Success is Personal

Apprenticeships at EDF



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

If you or someone you know tick any of these boxes, an EDF apprenticeship could be the perfect next step.

Do you enjoy one or more of these school/college subjects?

- Business
- Chemistry
- Computing
- Geography
- Law
- Physics
- Psychology
- Technology

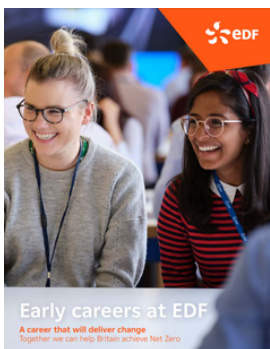
Do you want to work:

- towards achieving Net Zero
- tackling climate change
- on sustainability
- for the biggest generator of low carbon electricity

Are you interested in a career in:

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

EDF offer apprenticeships in all of these areas!



Interested?

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

www.edfenergy.com/careers/apprenticeships





Youth Futures Team



Next Steps

Leaving School? What Next?

College

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

Apprenticeship

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

Employment

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

Training

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

Want Support?

Please contact the Youth Futures team on
youthfutures@lancashire.gov.uk

Alison (East): 07729 081094

Anna (North): 07354 167290

Steph (Central): 07917 534459





We are proud to present our

Apprenticeship, Employer & Adult Education Showcase



@ our Leyland Campus
Wednesday 22nd January, 4:30-7pm

t: 01772 642040 e: adulthoodeducation@runshaw.ac.uk w: www.runshaw.ac.uk



DON'T BE AFRAID TO ADMIT THAT YOU DON'T UNDERSTAND/KNOW SOMETHING – EVERYONE HAD TO START SOMEWHERE, BUT SOMETIMES PEOPLE FORGET THAT AS THEY PROGRESS THROUGH THEIR CAREER!

JESS PARMEE, IMPLEMENTATION ANALYST (GRADUATE)



Centre of Sporting Excellence

PRESTON COLLEGE

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

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



Apply today www.preston.ac.uk/apply

Let's get digital.



NEED TO KNOW

There's lots of variety in digital careers. Maybe you want to use social media to make the world know about a brand, or create video games with a big name or indie studio? Maybe your passion is cybersecurity or putting human knowledge into the Cloud? It's up to you.

FACTS

Big money potential
Everyone wants your skills
Keep your options open
Loads of variety

MYTHS

Do you need to know maths?
Do you need a degree?

JOB TRENDS

Average pay for digital managers: £48,360
Average weekly pay: £930
Average hourly pay: £9

HOT OR NOT?

This sector is growing by 4.2% with over 8,100 new jobs by 2027.

ROUTES IN

GCSEs and A LEVELS
BTECs and T LEVELS
Digital Bootcamps
Traineeships
Apprenticeships
Degree Apprenticeships
Degrees

EXAMPLES OF USEFUL WORK EXPERIENCE

Basic digital skills
Using social media / blogging
Creating or using websites
Office experience

DID YOU KNOW?

Esports is a real career choice. You can even do BTECs in esports.

USEFUL SKILLS

Willing to try new ways of doing things
Willing to try, fail, try again, and 'fail better' until you succeed!
Staying up to date with digital or marketing trends
Basic digital skills
Basic coding (HTML, CSS, PHP)

WHAT COULD YOU DO?

An A-Z of Apprenticeships
Esports Producer
Digital Marketer
Games Tester
Data Analyst
Cybersecurity Officer
Web Developer



youthemployment.org.uk/digital-careers

PRESTON COLLEGE

UNLOCK YOUR FUTURE WITH OUR FREE ESOL COURSES FOR TEENAGERS!

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



WHY JOIN OUR ESOL COURSES?

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



WHAT WE OFFER:

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



ENROL TODAY!



01772 225522 (Option 1)



info@preston.ac.uk

DO YOU LIVE IN CHORLEY?



Hop **On**, **Chill Out**, Hop **Off**

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

@prestoncollege



NEW

COLLEGE

PODCAST

COLLEGE COMPASS



**UNLOCK THE
SECRETS TO
A SUCCESSFUL
CAREER**

**GUEST SPEAKERS
ADVICE & GUIDANCE
INDUSTRY KNOWLEDGE**

LISTEN NOW ON SPOTIFY



2024-25



University of Central Lancashire

Training 2000

Aspiring Clubs for year 10, 11 and 12

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

Aspiring Engineers

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

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

When:

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

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

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

Aspiring Optical Professionals

A 3 hour taster session looking at:

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

When:

Mon 3rd Feb 2025 | 1pm - 4pm

Mon 21st July 2025 | 1pm - 4pm

For more information and to book visit our website

www.training2000.co.uk/aspiring-clubs

Part of the
University of
Central Lancashire





University of Central Lancashire

Training 2000

Aspiring Dental Nurses

A 3 hour taster session introducing you to:

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

When:

Mon 3rd Feb 2025 | 9.30 - 12.30pm

Mon 21st July 2025 | 9.30 - 12.30pm

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

Aspiring Accountants

A 3 hour taster session covering:

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

When:

Wed 5th Feb 2025 | 9.30 - 12.30pm

Wed 9th July 2025 | 9.30 - 12.30pm

- Accountancy in the working environment
- Accounting card games

Aspiring Business Professionals

A 3 hour taster session looking at:

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

When:

Wed 5th Feb 2025 | 1pm - 4pm

Wed 9th July 2025 | 1pm - 4pm

Open days 2025

You'll have the opportunity to:

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

When:

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

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

Part of the
University of
Central Lancashire



University of
Central Lancashire
UCLan



T-LEVELS

THE NEXT LEVEL QUALIFICATION



DID YOU KNOW...

You can study the exciting new T Level in Education & Early Years at The Sixth Form Bolton

By studying this T Level, you will achieve an Education and Early Years L3 Practitioner qualification and Early Years Educator, licence to practice. The course combines classroom learning with 750 hours of placement. It has been designed to help young people develop skills and knowledge needed to go onto employment or higher education in the education and early years sector.

Benefits include:

- 3 days in college with 2 days out on placement each week
- Industry specialist teachers
- Modern classrooms with advanced technology to enhance learning and develop real-world skills
- Forest School experience
- University visits and guest speakers
- First Aid training and qualifications

Career Opportunities:

- Primary Teacher
- Early Years Educator
- Family Support Worker
- Social Worker
- Higher Level Teaching Assistant



DON'T MISS THE DEADLINE
FRIDAY 31 JANUARY 2025



EXCELLENCE IN EVERYTHING

T LEVEL MYTH BUSTING

“T Levels are rebranded BTECs”

T Levels are replacing some BTEC courses in colleges, but they differ significantly. While both aim to equip students with career-ready skills, T Levels place greater emphasis on work experience, bridging the gap between education and apprenticeships. Developed with input from industry professionals, T Levels provide students with tailored, practical knowledge to prepare them for the workplace.

“T Levels are for people who aren’t academic”

T Levels are for anyone seeking career-ready skills in exciting industries. While they include academic study like A Levels, they also provide real-world industry experience. Each element reflects current practices and future trends, preparing students to step confidently into the workplace.



“You can’t progress onto university with T Levels”

The universities we liaise with prefer T Levels as they encompass many of the skills needed to progress onto further education, including degrees or Higher Apprenticeships. Equivalent to three A Levels, they allow progression to university if the required points are met.



“T Level students struggle to get a job”

On the contrary! T Levels enhance employability by aligning with job market needs. Education & Early Years students complete 750 hours of industry placement, gaining hands-on experience, building connections, and applying classroom learning to real projects. This practical experience makes T Level graduates highly attractive to employers.



FRESHFIELDS

Insight to Freshfields Virtual Event

Work for one of the Worlds Elite Law Firms

Monday, 27th January - 5pm - 6pm

Are you ready to take the first step towards a prestigious career in law? Join us for an exclusive virtual event with Freshfields, a global powerhouse in the legal industry, where you'll gain unparalleled insights into the legal profession and learn how to launch your career as a solicitor apprentice or trainee with one of the best in the field.

Event Details: **Event: Insight to Freshfields – Work for an International Law Firm**

Date: Monday, 27th January

Time: 5:00pm - 6:00pm

Platform: Zoom (link provided upon registration)

About the Event

Exploring career options and deciding where to train as a solicitor can feel overwhelming. This event is designed to make the process clearer by giving you a detailed overview of Freshfields' career pathways and culture.

You'll also learn about:

- **Programme Overview:** Gain insights into the Freshfields apprenticeship opportunities and how the pathways support your legal career development.
- **First-Ever Solicitor Apprenticeship Programme:** Be part of Freshfields' inaugural solicitor apprenticeship cohort launching in September 2025—an incredible opportunity to shape your legal career from the very start.
- **Life at Freshfields:** Learn about the firm's high-profile cases, collaborative culture, and global expertise.
- **Apprentice Salary & Benefits:** Start with a £28,000 salary that increases annually, a £3,000 sign-on bonus, fully covered BPP study fees with no student debt, 26 days of annual leave, and lifestyle benefits like private medical schemes and gym plans.
- **Application Advice:** Receive guidance from the Early Careers Team on how to stand out during the application process.

About Freshfields

As one of the oldest law firms in the City of London, Freshfields is a global leader in business law with over 2,400 lawyers across 32 offices worldwide. The firm is renowned for its commitment to diversity, mentorship, and professional growth while providing exceptional legal services to major corporations and institutions worldwide.

Fast-track Your Legal Career with Freshfields!

Join our virtual event to hear from various legal professionals, gain insider tips from the Early Careers Team, and explore life at one of the world's top international law firms.

Register here:

<https://www.surveymonkey.com/r/Freshfields-Law-Jan>

APPLYING TO MEDICINE



Application deadline – In October each year, check the date for your year of entry.

Subjects - For students from England, UK medical schools look for applications that demonstrate the following (source - British Medical Association):

- good GCSE grades in maths, science and english
- chemistry at A-level and often A-level biology
- one other science subject is often required, for example, physics (or physical science), or mathematics. A good A-level grade in an arts subject such as history or a modern language will usually be accepted as a third A-level.

** Check directly if you are applying with other qualifications*

TIPS FROM LEAH – Who has been through the process

Hello, my name is **Leah**, a final year medical student at the University of Sheffield. I applied to medical school feeling uncertain, anxious and overwhelmed (with the excitement of it all bubbling underneath).

Applying to medical school is confusing and daunting and can certainly feel like a step into the unknown. It is normal to feel out of your depth - I spent hours on google trying to wrap my head around it all - and with that in mind I want to share my top tips for thriving through the medical school application process and getting into med school.



TOP TIP 1:

Planning is KEY – from your UCAT prep to your nights with friends

There is a lot to juggle when applying for medical school. Entrance exams, interviews, open days, attending school and college and revising for your A-Levels, as well as trying to juggle a social life and give your brain valuable switch off time. It is important that all these aspects are taken into account and planning and organisation can allow for a healthy balance in these areas.

I would suggest having an annual “to do” list. Writing down all the key dates and deadlines you have upcoming. Then when you sit down to plan your week you can adjust it accordingly to your deadline. It is really important to set boundaries in your revision to avoid burnout, and therefore I’d suggest choosing a set ‘stopping time’. This will be the time in the day that the books close and you have free time, which I would fill with time with family/friends, extra-curricular, or soaking in a bath! Time to rest is just as valuable as time to revise.

Example timetable for a student applying to medical school:

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am - 4:00pm	School	School	School	School	School	Free	Free
4:00pm - 5:00pm	UCAT prep	Interview prep	A-Level study	Interview prep	A-Level study	Free	Free
5:00pm - 6:00pm	Home-work	After School Club	UCAT / BMAT prep	Catch-up time	Relax	Free	Free
6:00pm onwards	Meet with friend	Self-care	Movie night	Reading	X's Birthday	Free	Plan for next week

TOP TIP 2:

Learn the essentials for interviews, there is such a thing as being over-prepared

The interview process is perhaps the most daunting aspect of the med school application, but actually the best part. You can finally introduce the medical school to who YOU are, outside of your academics and grades. They want to know more about you, the person, and why you want to be a doctor. They want to assess if you have the natural qualities to be a good doctor and that you are aware of the current environment for doctors and the NHS.

With that in mind, they are also aware you are a school student and would not be expected to have all the traits of a good doctor (no one has them all no matter what stage of training!) but they want to see you are eager and willing to learn and have a good understanding of yourself, the career, and the university.

I would recommend researching:

- the university as an institution and the city itself, why do you want to be at that uni and in that city, and what is it about that medical school that makes you want to go there?
- The life of an NHS doctor, what are the current struggles, the positives of the career, and the ways to cope with the negatives?
- Why do YOU want to study medicine? How will you cope with the stress and what excites you about the degree.

Overall, there is such thing as being over-prepared and authenticity is vital in interviews, as long as you are yourself, you should find the interviews will flow naturally.

TOP TIP 3:

Volunteering is just as valuable as work experience

Work experience can be really tough to get, and opportunities slim. However Medical schools are mindful of this and really appreciate hearing about volunteering opportunities you do and part time jobs you may have. For example, I worked part-time at a coffee shop and spent ample time at interviews discussing how I would apply the skills I learnt there to succeed at med school. Any opportunities you have, or work you do, will develop skills you can discuss at interview. So I suggest it would be good to make a written log of all the work/volunteering/clubs you've been a part of, so you remember the skills you can discuss at your interview.

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

MEDIC MENTOR



YOUR MEDIC FAMILY

We understand how challenging it can be for students to secure meaningful work experience in the fields of dentistry and medicine. That's why attending a Get Into Medicine or Get Into Dentistry conference is crucial, as it provides INSTANT FREE access to our Virtual Work Experience programmes.

Virtual work experiences have been accepted by the Medical and Dental School Councils as valuable alternatives to traditional, in-person shadowing. This month, we're diving into the fascinating world of Emergency Medicine and Dental Hygiene, Dentures & Difficult Decisions.

Students can find out more here:

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

Participating in this virtual work experience not only opens doors for students to gain insights and opportunities that may otherwise be hard to access, but also serves as a crucial step in preparing them for their upcoming physical placements. Partnering with Birmingham Universities Hospitals Trust, our Virtual Work Experience has been a game-changer for thousands of secondary school students in the past year.

Combined with the essential knowledge on how to get into medicine or dentistry, and valuable advice from doctors and dentists shared at the Get Into conferences, this free mentoring programme has aided many successful students in the last decade: <https://medicmentor.org/successful-student-journeys-reviews/>

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

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

- Saturday 25th January, 9:30am - 3:30pm
- Saturday 1st February, 9:30am - 3:30pm
- Sunday 2nd February, 9:30am - 3:30pm

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

- Saturday 22nd February, 9:30am - 3:30pm

Students and parents can register for free at these links:

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

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

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

Students aged 14 - 18 are invited to attend with a parent or guardian, equipped with a working camera and microphone for the best networking experience!

Medical Registration Link: <https://airtable.com/appgXnyzN5ZD9lwk6/shry7MZyt3MGPjvO>

Dental Registration Link: <https://airtable.com/appgXnyzN5ZD9lwk6/shrBuiR7SBACc19kE>

Kind regards,

Dr Dhakshana Sivayoganathan

Medical Director, British Medical Journal (BMJ) Clinical Champion

LIVE VIRTUAL
Get Into Medicine. **FREE**
CONFERENCE

25th January, 1st or 2nd February 9:30am - 3:30pm

MEDIC MENTOR
MAKE A DIFFERENCE

Get Into Medicine University Conference

This comprehensive conference covers all of the essential requirements for applying to medical school and provides invaluable tips on how to stand out from the crowd. With informative sessions led by experienced professionals, you'll gain an understanding of what medical schools are looking for, learn how to perform phenomenally in interviews, and discover the importance of extracurricular activities in your application. This conference is the perfect opportunity to take that first essential step towards a career in medicine, and it's all conveniently accessible from the comfort of your own home. Don't miss out on this amazing opportunity to get ahead and become a competitive applicant for medical school – register for Medic Mentor's virtual get into medicine conference today!

[Register here](#)

FREE LIVE
GET INTO DENTISTRY
VIRTUAL CONFERENCE

SATURDAY 22ND FEBRUARY 9:30am - 3:30pm

Get Into Dentistry University Conference

This comprehensive conference covers all of the essential requirements for applying to dental school and provides invaluable tips on how to stand out from the crowd. With informative sessions led by experienced professionals, you'll gain an understanding of what dental schools are looking for, learn how to perform phenomenally in interviews, and discover the importance of extracurricular activities in your application. This conference is the perfect opportunity to take that first essential step towards a career in dentistry, and it's all conveniently accessible from the comfort of your own home. Don't miss out on this amazing opportunity to get ahead and become a competitive applicant for dental school – register for Dental Mentor's virtual get into dentistry conference today!

[Register here](#)

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



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

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

Join thousands of other students who are exploring healthcare careers with the help of our LIVE simulated high fidelity work experience programme!

During the work experience day, students will follow 2 patients from their initial presentation to recovery. Students will observe the healthcare professionals as they interact with the patients and also each other. Students will have an opportunity to ask questions and gain knowledge through teaching. This will help students to make an informed career decision as well as learn about how healthcare professionals work together as part of a multidisciplinary team. Each work experience day is completely different and students will be able to build on their knowledge of NHS careers as they see different patient cases and their healthcare professionals work in a variety of settings, such as hospital and community. For this reason we recommend that students attend one work experience a month for 6 months to not only gain a deeper knowledge of multidisciplinary teams in general but also their chosen careers.

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

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

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

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

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

Sign up here: [Allied Health Mentor work experience programme](#)



CAREER *of the* WEEK

Catering manager

Catering managers plan, organise and develop the food and beverage services of organisations and businesses.

As a catering manager, you'll be responsible for meeting customer expectations and ensuring food and hygiene standards are met. You'll also recruit and manage staff, plan menus and work to budgets and financial targets.

The role varies according to the size and nature of the business. In a small establishment, you'll usually have a hands-on role and will be involved in the day-to-day running of the operation. In larger organisations, however, you may have the help of other managers and supervisors to handle the different catering functions and outlets.

Types of catering manager

Catering managers can work in-house for a variety of organisations, including hospitals, schools, factories, prisons, cruise ships, hotel chains, universities and visitor attractions, or they can work for a contract catering company providing services to a range of clients.

Catering manager jobs in hotels are often advertised under the title of food and beverage manager.

Responsibilities

As a catering manager, you're likely to:

- manage the food and beverage provision for functions and events
- supervise catering and waiting staff at functions
- plan menus in consultation with chefs
- recruit and train permanent and casual staff
- organise, lead and motivate the catering team
- plan staff shifts and rotas
- ensure health and safety regulations are strictly observed
- budget and establish financial targets and forecasts
- monitor the quality of the product and service provided
- keep financial and administrative records
- manage the payroll and monitor spending levels
- maintain stock levels and order new supplies as required
- interact with customers if involved with front of housework
- liaise with suppliers and clients
- negotiate contracts with customers, assess their requirements and ensure they're satisfied with the service delivered (in contract catering)
- ensure compliance with all fire, licensing and employment regulations
- maximise sales and meet profit and financial expectations.
- keep abreast of trends and developments in the industry, such as menus or trends in consumer tastes



For more information click here