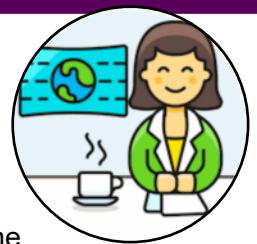




Your weekly guide to careers information, advice and news from Parklands High School

Almost half term already - where did the last few weeks go?! It has been a very busy term with college and mock interviews - with more to follow in the next few weeks (including the Runshaw College interviews on 19th and 20th March).

The Year 11 Mock Interview day was very busy and the feedback from both employers, colleges and pupils was very positive. If anyone missed out on an employer interview and would like the chance to take part (or be re-interviewed by another employer), please let me know and I will organise another smaller session.



The next big event in the careers calendar is the Careers Fair on Friday 13th March. All of Year 9, 10 and 11 will take part in this - and we have some amazing employers, colleges, universities and training providers lined up to support pupils with their future career plans.

Inside this issue:

- Lots of apprenticeship vacancies and offers: Leyland Trucks, BAE Systems, Schneider Electric, Tesco, Dunlem, EDF and many more. There's also a great little booklet available from GT Scholars, that explains the whole process of applying for and securing an apprenticeship.
- Year 9 will be choosing their GCSE options very soon - and there is a really helpful article from icould - follow the link to the website for much more: videos, blogs and so on.
- Specsavers are launching a great new virtual work experience scheme which gives you a certificate of completion to show to future employers or mention on CVs and application forms.
- There are a few more open events at local colleges - ideal for Year 10 pupils wanting to get a head start on choosing a college, or for Year 11s who may not be quite sure about their choice or want a back up option.
- Young Professionals are hosting a series of brilliant free virtual events with some of the biggest names in industry - check out the links and get involved.
- GT Scholars have a great booklet for young people to teach themselves coding - a vital skill in the modern world. Download your copy now (link inside).

Have a great half term break!



Half term edition

A graphic with a blue background featuring a white circuit pattern. A yellow banner at the top contains the text "20 FREE CODING RESOURCES" in blue and grey. A white box on the right contains the text "For Young People To Teach Themselves How To Code Today" in blue. A small logo is in the bottom left corner.

20 FREE CODING RESOURCES

For Young People To
Teach Themselves How
To Code Today

Supporting your child doesn't always mean doing more - sometimes it's about having the right resources at the right time.

That's why we're sharing our free resource of the month - a practical guide designed to help families support learning in a calm, accessible way.

Download here: [20 Free Coding Resources for Young People](#)

It brings together trusted, handpicked resources young people can explore independently - whether they're curious, confident, or just starting out.



A Parents & Carers Guide to Applying for Apprenticeships with EDF

This new practical, easy-to-read guide explains who EDF is, what an EDF apprenticeship involves, the range of programmes available and the benefits of an apprenticeship with EDF. It also lays out the application process and shares tips on how parents and carers can best support young people at each stage of the process.

DOWNLOAD THE GUIDE

EDF's apprenticeship vacancies are OPEN for applications

Vacancies are open for applications in roles ranging from Wind Turbine Technician to Health Physics Monitor, Engineering Technicians to Human Resources, Project Management to Business Administration, Health and Safety, and more.

EXPLORE EDF APPRENTICESHIPS



Virtual work experience

If you're interested in applying this year or working for EDF in the future, their virtual work experience programme is still open until **29th March 2026**, helping you to explore EDF careers and learn what employability skills will make you stand out.

Visit EDF's Meet the Employer profile and head to the resources & information section to access the work experience.

EXPLORE VIRTUAL WORK EXPERIENCE



INVESTIN

I just wanted to send a quick reminder ahead of the half-term break to ensure your students are aware of the scholarship scheme we offer at InvestIN.

How does it work?

Step 1: Students submit a short written application telling us a bit about themselves and why they would like to attend an InvestIN Summer Experience Programme.

Step 2: Shortlisted candidates are invited to a virtual assessment, where they participate in group activities with other applicants.

Step 3: Successful candidates are awarded a fully funded place on a one-week InvestIN Summer Experience Programme of their choice. This includes lunch and travel within TfL zones. Throughout the programme, students take part in real-world career simulations, meet industry experts and visit professional venues across London.

The InvestIN Scholarship Scheme 2026

Applications are now open for InvestIN's Summer Scholarship Scheme 2026. This is an opportunity to gain a fully funded place on a one-week InvestIN Summer Experience in London.

InvestIN provides immersive career experiences for students aged 15-18, working with industry professionals in fields such as medicine, law, engineering and banking. You'll take part in real-world simulations, meet experts and visit leading industry locations across London.

To apply, you'll need to complete a written application explaining a bit about yourself and why you're interested. Shortlisted students will be invited to a virtual assessment centre, and successful applicants will secure a place on the Summer Experience of their choice.

The scholarship covers the full programme cost, including lunch and travel within London's TFL zones. It's open to students aged 15-18 who need financial support and meet at least one of the eligibility criteria.

This is a fantastic way to make the most of your summer, so we encourage you to apply! You can find out more and apply [here](#).

Application Deadline: 20th February

INVESTIN

The Ultimate Career Taster

This March

In-Person at University
College London

Test-drive your dream career

Meet and learn from
experienced professionals

Take part in interactive
career simulations

Receive expert career
coaching

Gain a certificate to boost
university applications



**VIEW
PROGRAMMES**



Choose from 15 different careers

Investment Banking | Law | Medicine | Engineering
Entrepreneurship | Psychology | Architect | Art & Design
Computer Science | Dentistry | TV & Film | Forensic Science |
International Politics | Veterinary Science | Media



February Half Term Virtual STEM Work Experience with NESO!

Tuesday 17th February 10am - 2:30pm

NESO is part of the UK Government, is publicly owned and has a core responsibility for the entire distribution of the UK's electricity and gas supply. They have some fantastic student programmes on offer this year and this work experience day will give students a unique insight to the work they do.

Are you interested in an exciting career in engineering and energy systems? Join us for a Virtual STEM work experience with National Energy System Operator (NESO) to discover opportunities in the engineering and energy sector and learn how you can help shape the future of sustainable energy.

NESO is part of the UK Government, so it is publicly owned and has a core responsibility for the entire distribution of the UK's electricity and gas supply.

Event Details:

Date: Tuesday 17th February

Time: 10:00am - 2:30pm

Location: Virtual via Zoom (Link provided upon registration)

Who Can Attend? Year 10 and 11

Why This Event Matters

The National Energy System Operator plays a crucial role in shaping the UK's energy landscape, ensuring a reliable and sustainable energy supply. By attending this event, you'll gain valuable insights into how engineering is driving the energy transition and how you can be part of this vital work

Why Attend?

This is a fantastic opportunity to:

- **Learn About Engineering Roles:** Gain insight into the innovative work of the National Energy System Operator to balance supply and demand across the UK's energy grid.
- **Explore Career Pathways:** Discover opportunities for school-leavers and graduates and meet current and former apprentices/graduates working towards a sustainable future.
- **Hear From Experts:** Meet engineers working at the forefront of the energy transition, tackling real-world challenges to create a greener and more sustainable future.
- **Ask Your Questions:** Participate in a live Q&A session to get tailored advice about the skills, qualifications, and experiences needed to succeed in this field.

Don't miss this opportunity to explore an engineering career with a leading organisation in the energy sector.

[Register Here](#)

We look forward to welcoming you to this insightful session and helping you take the next step towards a rewarding engineering career.

LEYLAND TRUCKS

A PACCAR COMPANY

Level 3 - Assembly Operative x 10

Level 4 - Automotive Engineer x 4

Level 4 - Facilities & Maintenance x 1

Level 4 - Fabrication and Welding x 1

Level 5 - HR x 1

Level 6 - Design Engineer x 2

Level 6 - IT Software Engineer x 1

Level 6 - Supply Chain x 1

Visit leylandtrucksltd.co.uk/apprenticeships



Apprenticeships at Leyland Trucks

It's that time of year again! We're thrilled to announce that in 2026, we'll be bringing on board 21 apprentices across a variety of functions, including Operations, HR, Design, IT, and Supply Chain.

We have 10 Level 3 apprenticeships available for Assembly Operators, along with six Level 4 apprenticeships in Automotive Engineering (4 positions), Facilities & Maintenance (1 position) and Fabrication and Welding (1 Position). For these roles, a minimum of five GCSEs at grade 4 or above, including English, Maths, and Science, is required.

We have one HR Apprenticeship available at Level 5, and for our Degree Apprenticeships: we have 2 in Design Engineering, 1 in Supply Chain, 1 in IT Software Engineering. To apply for these roles, you'll need a Level 3 qualification in a relevant subject.

We would encourage you to view the resources available, including our Application and Interview Top Tips.

Our Level 3 and Level 4 Apprenticeship are available to school leavers.

[Level 3 Apprenticeships](#)

[Level 4 Apprenticeships](#)

Each week, our social media accounts will shine a spotlight on the various apprenticeships we are recruiting for, with factsheets, videos and helpful top tips available.

If you know anyone who may be interested in one of these apprenticeships, please direct them to the [Leyland Trucks website](#) for further information and an online application form.

The closing date for all applications is Sunday 1st March 2026.



WESTHOLME

PREP | SENIORS | SIXTH FORM

OPEN EVENING

Thursday 26 February 2026

17:00 – 19:00

www.westholmeschool.com



Sign up via the
QR code

THE GT SCHOLARS GUIDE TO APPRENTICESHIPS



**Find out how to start your
apprenticeship journey**



This guide breaks down what apprenticeships involve, how they work, who they're suited for, and how they can support a young person's long-term career development.

If your child is exploring options beyond traditional academic routes - or simply wants to understand what's available - this is a helpful place to start.

National Apprenticeships Week is a great time to have open conversations about future pathways - and the right information makes those conversations much easier.

You can access the Guide to Apprenticeships here:

<https://gtscholars.org/guide-to-apprenticeships>

RISE TO SUCCESS: CAREER JOURNEYS



IF YOU LIKE:

- Food technology
- Science
- Baking at home

YOUR CAREER JOURNEY COULD TAKE YOU TO ...



BAKERY TEAM MEMBER

Bake food on an industrial scale



PRODUCT DEVELOPER

Create new food products and improve old ones



QUALITY TECHNICIAN

Responsible for food quality



IF YOU LIKE:

- Maths
- Business
- Games

YOUR CAREER JOURNEY COULD TAKE YOU TO ...



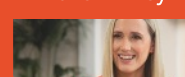
DATA ANALYST

Discover data trends to improve company performance



FINANCE TEAM MEMBER

Keep accurate records to help the company make money



BUYER

Find the best deals for the supplies needed to make products



IF YOU LIKE:

- Art
- Design & technology
- Social media

YOUR CAREER JOURNEY COULD TAKE YOU TO ...



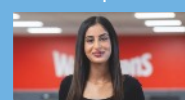
PACKAGING DESIGNER

Design food packaging that's practical and attractive



MARKETING MANAGER

Tell people about new products via social media, TV and print



CONSUMER RESEARCHER

Discover what customers like and don't like



IF YOU LIKE:

- Geography
- Science
- Being active

YOUR CAREER JOURNEY COULD TAKE YOU TO ...



ENGINEER

Keep the factory machinery running



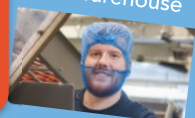
DRIVER

Help deliver the products to stores across the country



WAREHOUSE TEAM MEMBER

Co-ordinate everything in the warehouse



DID YOU KNOW THAT THE FOOD INDUSTRY...

- Employs almost 4 million people in the UK?
- Will always be needed?
- Has a job for you whether you are good at cooking, science, maths, writing or being active?

Visit our website at:
bakethemostoflife.co.uk
to find out more about careers in food.



YOUR STORY YOUR WAY

ST JOHN RIGBY COLLEGE



PATHWAYS OPEN EVENT

Explore your future and discover how our wide range of courses can lead to your dream career.



SAT 28TH MAR
9:30AM - 1:15PM



GATHURST RD
ORRELL



**BOOK
HERE**



SCAN HERE

Clifford Chance

Clifford Chance Virtual Work Experience: Rare Opportunity for Year 11 Students

Exclusive Law Work Experience – Register Now for February Half Term

This is a rare and exclusive virtual insight event for your students to spend a whole day with Clifford Chance on Thursday, 19th February, 10am -3pm.

This is a free event to attend with limited places.

Are you an aspiring legal professional in Year 11 searching for some much-needed work experience to add to your CV? Then we have the perfect opportunity for you!

Whether you're considering a **solicitor apprenticeship** or exploring the traditional university route, this **exclusive Clifford Chance Virtual Work Experience Day** is your chance to gain **first-hand exposure to the legal world** during February half term.

This **one-day virtual programme** is designed to help ambitious students like you develop key legal skills, learn from **leading solicitors**, and understand the different pathways into the legal profession.

Event Details

Date: Thursday, 19th February

Time: 10:00 AM – 3:00 PM

Location: Zoom (Virtual)

For: Year 11 students

Certificate of completion at the end to use on CV's, applications and LinkedIn

Why You Should Attend:

- **Law work experience is rare** – secure this now to strengthen your future applications
- Explore Clifford Chance's **practice areas** and take part in **interactive legal case studies**.
- **Practical workshops** to develop your legal skills
- **Learn about the ACCESS & SPARK Programmes on offer**– a direct route into law with Clifford Chance
- **Advice from professionals** on securing top legal opportunities
- **Boost your applications** for law programmes and university with real experience

Why This Matters for Your Future:

Law firms are highly competitive, and work experience like this **makes your application stand out**. If you're serious about a legal career, this is your chance to **connect with a Magic Circle firm**, learn from the best, and take your first step towards a successful career.

Law work experience is incredibly rare—don't miss this opportunity to gain hands-on insight at one of the world's top law firms!

Register now to secure your place before it's too late.

Register here: https://www.surveymonkey.com/r/CChance_Feb26

We look forward to welcoming you to the Clifford Chance Work Experience Day!



Scan to
sign up!

Clifford Chance

WORK EXPERIENCE

INSIGHT DAY

THURSDAY 19TH FEBRUARY | 10AM - 3PM





We would like to share with you some information about our final open day of the academic year that may be of interest to your high achieving mathematical students.

Our application form is still open (and can be accessed via our website) with open day providing late applicants with the opportunity to discover more about LUSoM from staff and current students alike. The Admissions team is also on hand to support all applicants with any queries they may have.

We also welcome year 10 students who may be at the start of their journey and are beginning to explore their sixth form options. For further information and the booking link, please see below.

10:00 - 12:30 on Saturday 14th March.

Students have the opportunity to tour our purpose-built building, attend a talk from the Head of School, Peter Tiltman and speak with staff and current students to learn more about life at LUSoM.

Here's the link to book:

<https://bit.ly/4hb66tl>

If you have any queries about the above, please email outreach@lusom.ac.uk.



**LANCASTER UNIVERSITY
SCHOOL OF MATHEMATICS**



**Centre of
Sporting
Excellence**

Sport and Football Taster Session

for all interested Year 11s
at Preston College

**TUESDAY
17TH FEBRUARY 2026**

10am to 12pm | registration from 9.45am



The taster session will be at **Preston College** on **Tuesday 17th February**
10am until 12pm. There is a link to a form interested students can click:
[Centre of Sporting Excellence Applicant Taster Day – Fill out form](#)

UNSURE ABOUT YOUR FUTURE CAREER?

Too many careers to choose from? Feeling overwhelmed? Struggling to match your skills and interests with a desirable career?

These are all natural thoughts and signal an excellent starting point to discovering your dream career.

WHAT TO DO NEXT

- ✓ **Don't panic:** Lots of students are in your position, so there's no need to stress!
- ✓ **Reflect:** Ask yourself simple questions like what are my strengths? What inspires me? What subjects do I enjoy?
- ✓ **Understand:** Research, network and explore what different careers involve, including the skills, experience and qualifications required.
- ✓ **Explore:** Seek hands-on experience and learn first-hand whether you are suited to a career or industry.

THE CAREER QUIZ

If you're unsure about your future, the best place to start is our Career Quiz, which helps you discover an industry that aligns with your skills, interests and aspirations.

Over 30,000 students have already completed the career quiz and received personalised career advice. Take the quiz today!

WEEKEND PROGRAMMES

Are you aged 15-18 and curious about life after school?

Join us in March for an immersive one-day career taster in London, offering hands-on workshops and real-world career simulations alongside industry professionals.

Test-drive your dream career in 2026!

TAKE
THE
QUIZ



SIGN
UP
NOW



RUNSHAW COLLEGE

You are invited to our

Open Event

Wednesday **4 March** 4pm - 8pm



runshaw.ac.uk/openevent

TIME

PRINCIPAL'S TALK

COURSES

DETAILS

RUNSHAW COLLEGE OPEN EVENT REGISTRATION

Wednesday 4th March, 4pm-8pm. **Welcome to Runshaw College! Please register to guarantee a parking space.** Arriving without a confirmation may limit your time on campus. We look forward to welcoming you! Registration is for our Open Event only, to apply to study at Runshaw this September please head to our website and click 'Apply'.

04 Mar 2026 4:00 PM Campus Visit | Spaces: Available

04 Mar 2026 4:30 PM Campus Visit | Spaces: Available

04 Mar 2026 5:00 PM Campus Visit | Spaces: Available

04 Mar 2026 5:30 PM Campus Visit | Spaces: Available

04 Mar 2026 6:00 PM Campus Visit | Spaces: Available

04 Mar 2026 6:30 PM Campus Visit | Spaces: Available

Specsavers Work Experience is now live!

Help your students build skills, explore careers, and discover Specsavers.



There are 6 modules to choose from:

1



Optometry

Discover vision issues, use tech to diagnose and communicate with care.

2



Audiology

Explore hearing, how ears work, and how to help patients.

3



Finance

See how Specsavers' finance teams work together to keep things running.

4



Tech

See how tech powers Specsavers – from clinics to stores to supply chains.

5



Marketing

See how Specsavers turns ideas into campaigns and try your own creativity.

6



Retail Support

See how Retail Support helps Specsavers grow through property, fit-out, and business development.

Work Experience

Specsavers

Work Experience Programme



20 min - 1.5 hours
module completion time



Certificate
on completion



SIGN UP TODAY

Specsavers' Virtual Work Experience takes you behind the scenes of the world's largest private provider of eye and audiology care- made up of thousands of locally owned businesses run by opticians, audiologists, and partners.

Sign up and start your Specsavers work experience journey today!

[CLICK HERE TO FIND OUT MORE AND SIGN UP](#)



Introduces





QEGS SIXTH FORM

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 2026, 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 2026. All applications will be acknowledged.

You will then need to enrol at QEGS Sixth Form on 20th or 21st August 2026. Successful applicants will be informed by 31st October 2026. If there are more applicants than scholarships then the decision made by Old Co will be final.

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

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



@QEGS_Blackburn



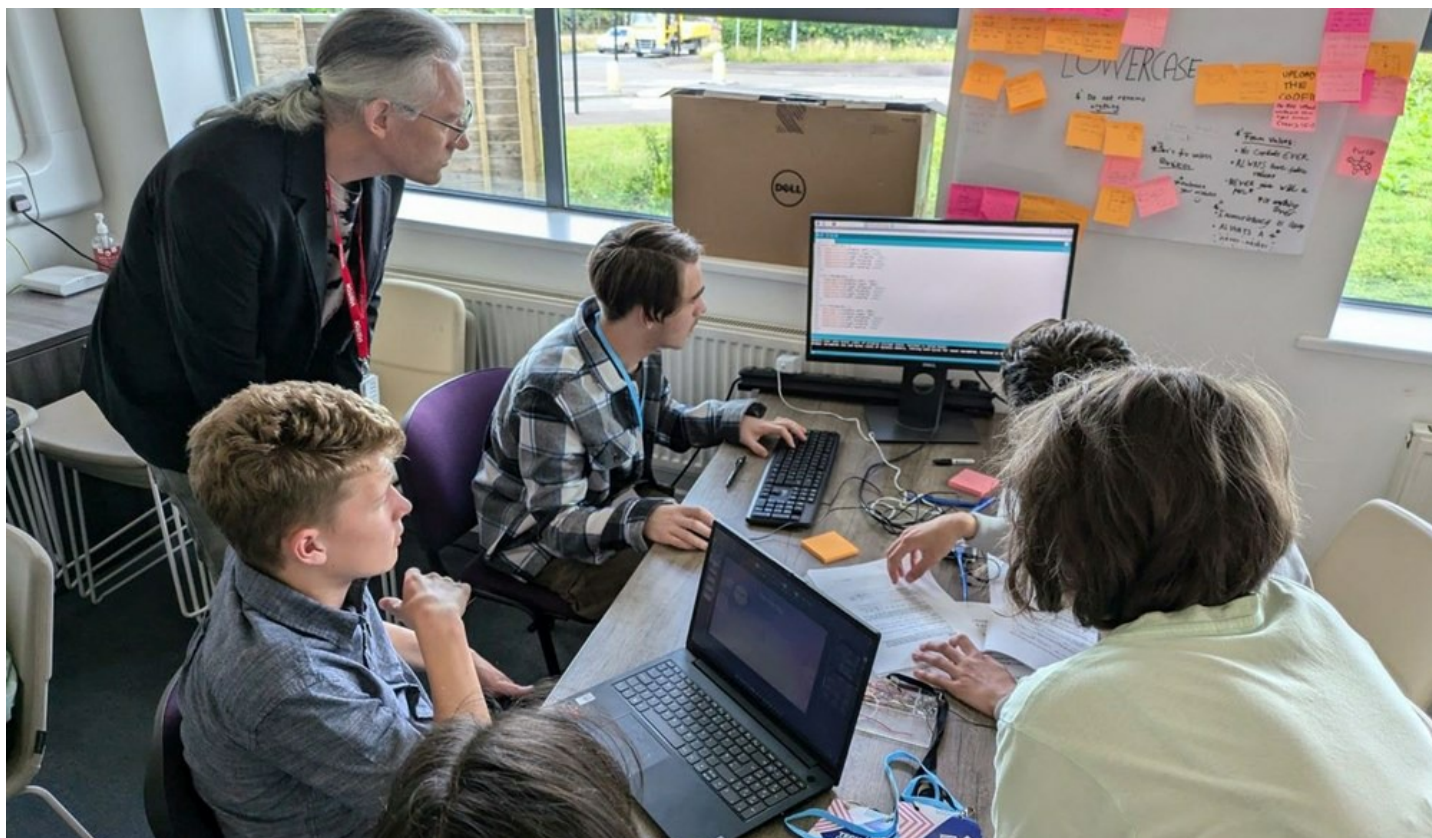
/QEGSBlackburn

Ofsted
Rated Good
with Outstanding features

QEGS
MULTI ACADEMY
TRUST

Mission to Mars Work Experience

Start your students' journey to Mars from anywhere! A flexible, online work experience programme designed to introduce young people to real-world technology careers, with an optional in-person event in July.



Run by Tech Cornwall, Mission to Mars is an exciting, future-focused programme that has inspired students for over a decade.

It combines **flexible online learning** with an **optional in-person event**, giving young people the chance to explore real-world technology careers.

Step 1: Remote component (Open now - July 2026)

Students start with a 20-hour online work experience they can complete at their own pace.

What's included:

Structured online pathway: Around 20 hours of guided activities students can complete from school or home.

Real tech skills: Learn to build dependable software, use agile methods, and create a personal portfolio for CVs and interviews.

Hands-on challenges: Work with programmable circuits, solve problems, and develop confidence through reflective tasks.

Industry mentoring: Connect with tech professionals who share insights and guidance.

Students must complete the remote component by February 2026 to qualify for the in-person event.

Step 2: Optional in-person event (13-17 July 2026)

Students who finish the remote experience can apply for a two-day immersive mission in Cornwall.

They'll put their skills into practice by building and testing the software and technology needed to reach Mars - a real-world simulation that brings learning to life.

[**CLICK HERE TO FIND OUT MORE**](#)

INVESTIN

'Get your foot in the door' is a phrase you're likely to hear a lot as a student, so it's important to know what it means and how you can take the first steps in your career.

Gaining early industry exposure, developing in-demand skills and connecting with experienced professionals are key to opening the door to your dream career.

You can do all of this during an [InvestIN Weekend Programme](#) in London this March:

Led by industry professionals: Connect with experts and learn from their real-world experience.

Test-drive your future: Participate in immersive career simulations to learn if a specific career is the right fit for you.

Tailored career coaching: Gain advice and industry guidance from professionals and start building practical skills.

[Download this free resource](#) to help you prepare for the first steps in your future career.



As a parent, you will understand how important it is for your child to get their foot in the door and take every opportunity to prepare for their future career.

At InvestIN, we understand the importance of gaining early industry exposure, developing in-demand skills and connecting with experienced professionals. That's why we offer Weekend Programmes in London for students aged 15-18.

What does an [InvestIN Weekend Programme](#) involve?

Led by industry professionals: Students can connect with experts and learn from their real-world experience.

Test-drive your future: Students can participate in immersive career simulations to learn if a specific career is the right fit for them.

Tailored career coaching: Experienced professionals offer advice and guidance to help students build practical skills.

INVESTIN presents:

Getting Your Foot in the Door

*A Quick Guide to Preparing
for Your Future Career*

Your career might feel a long way off, but the steps you take at school will bring you closer to your dream job than you realise.

Early career preparation is key to getting your foot in the door and kickstarting your future.

*Here are the steps
you can take towards
your future career*



Build in-demand skills

Look for opportunities inside and outside school where you can practise key skills like communication, critical thinking and digital fluency.

Understand what drives you

Take time to reflect on what you enjoy, what motivates you and the type of environment you work best in.

Explore careers in the real world

Turn curiosity into clarity by speaking to industry professionals, attending career events and participating in hands-on career programmes.

Gain early industry exposure

Seek work experience, shadow professionals and learn how workplaces really operate by talking to friends and family about their jobs.

Free resources to prepare you for your future

Future of Work
Webinar Series

Getting Your Foot in the Door

*How to Prepare for Career Success
InvestIN Education*

The InvestIN
Career Quiz

Ready to take the next step?

Discover InvestIN Weekend Programmes

Gain hands-on industry experience in your dream career in London this March.

*Choose from 15 competitive careers
and register today!*



Register Now

info@investin.org

+44 (0) 203 488 5089

www.investin.org





Applications are open!

It's time for students to apply to
Schneider Electric's apprenticeships

EXPLORE ROLES

Who is Schneider Electric?

Schneider Electric is a **world-leading technology company** that creates smart, sustainable solutions for homes, buildings, data centres and vital infrastructure. With 150,000+ people across more than 100 countries, they focus on electrification, automation and digital innovation that help the world use energy better.

FIND OUT MORE

[Click here to find out more](#)

Schneider Electric apprentice's gain:

1 

Hands-on experience from day one

2 

Industry-recognised qualifications

3 

Supportive mentoring from passionate experts

4 

A career that drives sustainability and positive change

They also access benefits including:



Shopping &
Food Discounts



Generous
Holiday



Wellbeing &
Health Support



Internal mobility
opportunities



Bonus
Scheme



Pension
Scheme

APPLY NOW



Discover roles at Schneider Electric



Life Is On

Schneider
Electric

FIND OUT MORE



National Careers Week 2026:

British Army Careers: Seven Career Streams, Endless Opportunities

Online Event: Thursday 3rd March 2026, 6:30pm-7:30pm

In celebration of National Careers Week and International Women's Day, join us for an insightful webinar exploring the wide range of career opportunities available in the British Army.

Did you know you could start your career in STEM, Healthcare, Law, or Intelligence? The British Army is not just about combat roles.

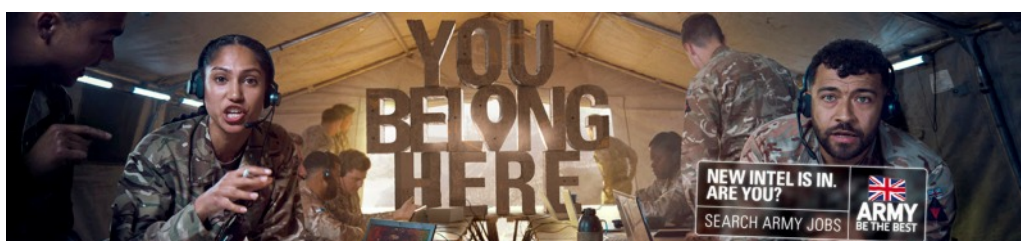
We'll also shine a spotlight on women in the Army, challenging outdated perceptions and highlighting the diverse roles women thrive in today from technical and leadership positions to frontline and specialist careers.

[Sign-up now!](#)

- Designed for **students, parents, teachers, and careers advisers**, this webinar will:
- Break down the **seven Army career streams** in a clear, accessible way
- Show how **school subjects link directly to Army careers**
- Explore training, apprenticeships, and progression routes
- Address common myths and misconceptions
- Help adults feel confident supporting young people with informed career conversations

Whether you're supporting a young person exploring their next steps or simply want to broaden your understanding of modern Army careers, this session offers practical insight, reassurance, and inspiration.

[Sign-up now!](#)



DON'T MISS OUT!

Unlocking Your Future:

The Power of Apprenticeships

inno
vate
<her>

Student Feedback

"It was great! I loved hearing about different opportunities other than university. I would definitely consider applying for an apprenticeship now. I loved hearing advice from those who are apprentices already!"

"Interesting and told me lots of different things about the tech business, it also taught me more about apprenticeships and the work around it."

inno
vate
<her>

In this 20-minute activity, students will gain a deeper understanding of apprenticeships and the opportunities that they can provide.

The resource provides:

- An apprenticeship mock application
- Role Model, Amber, who discusses her journey and experience as an apprentice

A spotlight on the exciting possibilities apprenticeships offer.

Complete the activity via the button below

[Access Here](#)



Insight into Fidelity International

Exclusive Webinar on Apprenticeships in the Investment Management Industry

Wednesday 18th February, 6pm - 7pm - Online via Zoom

Fidelity International is one of the largest investment management firms in the world, with over 2.9 million customers and assets under management of over \$ 862 billion.

If you're a school leaver exploring apprenticeships and beginning to think about your next steps, this session is for you.

We're inviting students and their parents or carers to join an exclusive webinar with Fidelity International, offering a clear and honest insight into careers within the investment management industry.

This session is designed to help students and parents/carers feel informed, confident, and supported when making important early-career decisions.

What you'll gain from attending

By joining the webinar, you will:

- **Gain a realistic insight into careers within the investment management industry**
- **Learn about Fidelity International's apprenticeship programmes, including how they work, the qualifications gained and long-term career pathways**
- **Hear directly from Fidelity's Head of Early Careers about what they look for in applicants**
- **Listen to current apprentices share their experiences, day-to-day responsibilities and honest advice**
- **Understand the application process, key stages and what to expect at each step**

Parents and carers are encouraged to attend, as the session will also provide reassurance and practical guidance on how best to support students as they make early career choices.

Who are Fidelity International?

Fidelity International is a global investment management company helping people plan for their financial futures. Founded in 1969, Fidelity operates across multiple countries and supports millions of individuals with saving, investing and long-term financial planning. As a privately owned organisation, Fidelity places strong emphasis on long-term thinking, development and career progression. Fidelity International is responsible for total client assets of USD \$862.0 billion and over 2.9 million clients across Asia Pacific, Europe, the Middle East, South America, and Canada. With a global footprint in over 25 countries.

Event details

- **Date:** Wednesday 18th February
- **Time:** 6pm – 7pm
- **Location:** Online via Zoom (joining link shared after registration)

How to join

Please register using the link below to confirm your attendance:

https://www.surveymonkey.com/r/Fidelity_Virtual

We're really looking forward to welcoming you to an informative, practical, and confidence-building session.



Scan here to
sign up!



Fidelity
INTERNATIONAL

CAREERS IN
**INVESTMENT
MANAGEMENT**

Insight Webinar for
Parents and Students

WEDNESDAY 18TH FEBRUARY | 6PM - 7PM



Choosing your GCSE options



Author: icould.com



Starting work may seem a long way off, but the subjects you study now can make a real difference to your future. Check out our guide to choosing your GCSE options.

What's the deal?

- In year 9, you can select some of the subjects you would like to study in years 10 and 11. This is called choosing your options
- Everyone has to study maths, English and science, usually at GCSE-level
- The other subjects you can take will depend on your school. You may be able pick an arts subject (such as music or drama), a humanities subject (such as history or geography) and a technical subject (such as food tech or computer science). Other options include modern foreign languages and PE
- You may also be able to choose new subjects, such as law or sociology
- Alongside GCSEs, your school may offer work-related qualifications. These are called VTQs (vocational and technical qualifications). VTQs help you develop practical skills in subjects such as construction, computing and childcare

Why does it matter?

You'll be studying the subjects you choose for the next two years so it makes sense to pick what you think you'll like.

The decisions you make now can also limit your choices later, so it's a good idea to look ahead.

If you want to study certain subjects at A-level, you may need to have a GCSE in the subject first. And to apply to certain university courses, you'll need certain A-levels. But there are some subjects (at both A-level and university) that you can start from scratch.

Thinking through your choices now can make your future easier.

Keeping your future options open

Even if you have a career in mind, choosing a balance of subjects can help keep your future options open.

The English Baccalaureate (EBacc) is a measure for schools which shows how many students take a number of set subjects (English, maths, history or geography, the sciences and a language) and their average results. EBacc subjects can prove a useful guide when choosing your options, especially if you want to continue with your studies.

What to think about

- Take time to think things through.
- Consider which subjects you are good at, are interested in or enjoy
- Look at the topics you'll be studying in each subject to get a flavour of the course. Beware – you can't always tell if you'll like something new, but you can get an idea of what to expect
- If you're trying to choose between two subjects, think about how each option fits with your other GCSEs. Does a subject go well with your other choices? Or does a subject provide a welcome change? If you're taking lots of essay-based subjects, it can be nice to include one choice with a more practical focus
- Find out how courses are marked. If you don't like exams, you may prefer some subjects which include coursework, also known as non-exam assessment (NEA). This is when performances or practical tasks count towards your final marks – for example, 40% of your marks may be coursework, with 60% exams. Coursework is often part of subjects such as art, music, PE, drama, design & technology and food preparation & nutrition. The split between coursework and exams is not always the same so check to avoid any surprises!

Who can help?

Talk to a range of people to get different views.

- Ask your subject teachers, form tutor, or careers teachers for advice
- Talk to your parents, carers or relatives
- Look out for special options assemblies or evenings at school
- Read any information or handouts you are given
- Speak to a careers adviser for free on the phone or online at the [National Careers Service](#)

Find out more

Get career ideas

Explore icould video stories by your [favourite school subject](#) or [job type](#)

More on making decisions

- [Can't decide? Tactics for making decisions](#) is a useful list to work through and includes examples around GCSE subjects
- [Choosing well: how to pick the right path for you](#) is a more detailed guide to making choices which affect your future
- See our short subject guides such as [Why choose Geography?](#) and [Why choose History?](#)



The science behind your favourite book

Paper was first made in China **2,000 years ago**.



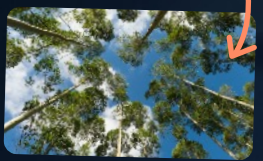
59% of paper is recycled making it the most recycled material.



It can even be turned into wall insulation!



Fast-growing trees like **eucalyptus** and **pine** are used to make paper.



Cellulose (a strong fibre) is extracted from plants to make paper.



Pulp (a mix of plant fibre and water) is spread, pressed and dried to produce sheets.



We can process **6-8% more information** if we read paper vs digital books.



5 litres of water are needed to make **1 sheet** of A4 paper.



Be curious – Ask more questions!

Is all paper recyclable?

Are e-books better for the environment than paper books?

Who made this book and where was it made?

How could we make books more sustainably?

Where did the paper in my book come from?



careers connection

Foresters plant, manage and harvest trees for timber production and conservation.

Top essential skills:



careers connection

Chemical engineers add chemicals, to bleach or alter the properties of paper. They're creating more environmentally friendly dyes.

Top essential skills:



What question will you ask?

Make 2026 your year with this month's top new and free courses

Whatever plans you have this year, get the tools to make them happen. Discover the expert content to help you transform your career and keep your new year momentum going, all year long.

Ready to start learning? Explore this month's course picks.

Top free courses

Stay on track with your resolutions with our range of **free courses**.

Business



Accenture

Digital Skills: Digital Marketing

Creative Arts



Arden University

Design Your Future

Nature



University of Reading

Integrating Food and Energy Production on Farmland

[Browse free courses](#)



Take your learning
a **degree**
further.

Explore degrees

OPEN EVENTS

5-7PM

15TH OCTOBER

18TH NOVEMBER

15TH DECEMBER

9TH FEBRUARY

12TH MARCH

12TH MAY

18TH JUNE



UK university & apprenticeship search fairs

SPJ LONDON S P Jain London School of Management

schools.liaison@spjain.ac.uk

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Business is global. Your degree should be too.

Our **BBA (Hons) Bachelor of Business Administration** degree does just that by offering immersive learning and internships across 4 global cities - London, Dubai, Singapore and Sydney.

£8,000 Travel Bursary

2026 Events

It was fantastic to welcome so many of you to our autumn events. We also have fairs taking place across the UK in Spring and Summer 2026 at stadiums and universities. Our upcoming 2026 UK University & Apprenticeship Search events in your region are as follows:

- **Manchester - Old Trafford Stadium - 27th February** - [see details here](#) - email emma@ukuniversitysearch.co.uk for further details or to book places.
- **Lancaster University - 24th March** - [see details here](#) - email emma@ukuniversitysearch.co.uk for further details or to book places.
- **University of Derby - 17th April** - [see details here](#) - email dan@ukuniversitysearch.co.uk for further details or to book places.

For a full list of our spring & summer events please visit our [website](#).

28th April - 30th April

2026

Meet the **RUSSELL GROUP**

Afternoon Session: 12:00 - 13:30

Evening Session: 16:30 - 18:00

www.ukuniversitysearch.com/fair-signup/russell-group-webinars

Our **Meet the Russell Group Webinars** will be returning on **28th - 30th April**. These are incredibly informative for students considering applying for RG universities. The webinars will cover topics such as Student Life, Personal Statements & Applying to an RG University. You can **register for this spectacular event below**.

[Register Here](#)



Applications for BAE Systems' 2026 apprenticeship opportunities are now open

We want to see young people from all backgrounds embrace careers including science, technology, engineering and mathematics (STEM).

By fostering open communication and collaboration, you can support people with their next step. Careers with us really matter – it's work that helps to secure all our futures.

Find out more

With opportunities across engineering, manufacturing, technology or business; they'll be supported alongside the brightest minds through training, experienced mentors and inclusive networks that help them thrive.

They can explore limitless opportunities, earning while they learn and gaining industry recognised qualifications along the way.

Intermediate - Apply Now

Advanced - Apply Now



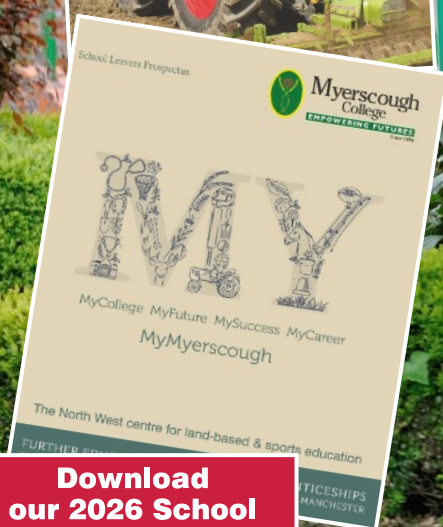
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College & University Centre
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- ✓ Apprenticeships
- ✓ University Degrees

Course Advice Morning



The
North West
centre for
land-based,
sport, engineering
and science
education



**Download
our 2026 School
Leaver Prospectus**

Saturday 7th February 2026
Saturday 18th April 2026

**CENTRES ACROSS
THE NORTH WEST**

**PRESTON • WARRINGTON
LIVERPOOL • MANCHESTER**

www.myerscough.ac.uk

Find out about Dunelm apprenticeships!

Starting your career with Dunelm opens a world of possibilities

Dunelm will be opening their apprenticeship vacancies on the 2nd February 2026 across a range of roles, including Supply Chain & Logistics, Commercial, Retail, and an exciting new Fitter Apprenticeship opportunity.

But be quick, the roles are very popular!

There are lots of ways you can find out more about these incredible opportunities, depending on what programmes you're interested in...



Learn about the apprenticeship roles on offer with Dunelm

Meet the Early Careers team at Dunelm to learn about their exciting apprenticeship opportunities, including Retail, Supply Chain & Logistics, Commercial, Fitter and more. In this recording you'll find out about Dunelm's early careers programmes and pick up some hints and tips for your apprenticeship application.

[WATCH NOW](#)

Learn about the new Fitter Apprenticeship ahead of its launch

Join us on 15th January to find out about Dunelm's new Fitter Apprenticeship - a unique role blending hands-on technical skills, customer interaction and the freedom of being out on the road. Apprentices work towards a Customer Service apprenticeship qualification, while gaining specialist training in fitting blinds in customers' homes.

[REGISTER FOR LIVE WEBINAR](#)



And if you can't wait ...



Check out Dunelm's virtual work experience programme

Dunelm has created their first-ever virtual work experience programme, created in partnership with Springpod.

This exciting opportunity is designed for students aged 13 and up, offering seven hours of immersive content across a range of modules that reflect the many areas of the business - from retail and customer service to product development, marketing, and more.

[FIND OUT MORE](#)


Virtual Work Experience with Dunelm: Careers, Skills, and Opportunities

In partnership with:



Step inside Dunelm, the UK's favourite homewares retailer, and discover what it's really like to work both in-store and behind the scenes. This Virtual Work Experience programme gives you a unique opportunity to explore a wide range of careers — from retail and supply chain to tech and head office roles — all while building valuable employability skills.

Through interactive activities and expert insights, you'll gain a deeper understanding of how a big business operates and what it takes to succeed in today's world of work. Whether you're interested in customer service, logistics, or digital innovation, this programme will help you find your happy place and take your first step towards a rewarding career.

 This programme is open to anyone aged 13+

 Certificate of completion

 Over 7 hours worth of content

 Complete at a pace that suits you

Scan Me
To sign up for this course





It's nearly **National Apprenticeship Week**, and we're going behind the scenes of the UK's biggest industries. We'd love your students to join us!

From Law and Accountancy to Working at Festivals, we've gathered employers who are ready to give you candid, filter-free answers to your questions.

- Do GCSE's really matter?
- Can I work from home?
- Is working at a Law firm actually like Suits?

Honestly? If I were in your shoes, I probably would've scrolled past this when I was at school. I chose uni because that's what everyone does, but looking back, I wish I explored the apprenticeship pathway and actually read emails like these! I could've hit my goals years earlier. I'm sharing this so you don't have that 'what if' moment 5 years from now.

Join us this National Apprenticeship Week and explore what pathways are possible. See you on 9th February 2026!

Best wishes,

Malika

Head of Partnerships, Success at School



Are you Curious & Detail-Oriented? Get to Know the NAO!



National Audit Office

The **National Audit Office** plays a vital role in shaping the UK's future - and they do it with smart, curious people at the heart of their work. Hear how apprentices at the NAO build real skills, make real impact, and launch meaningful careers from day one. Plus, **when you work for NAO, you get a recognised professional qualification while working & earn a competitive salary from day one.**

Explore the National Audit Office

Kick-start your career in Audit with the National Audit Office

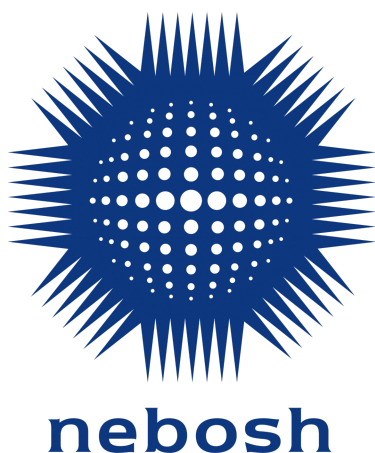


Tuesday 10th February 2026, 6.30pm

- Earn a competitive starting salary (**£28k+ in London**) and gain a top qualification that could take you to **£61k+** in the future.
- **Hear from current apprentices** about why they chose an apprenticeship over university.
- **Get the inside scoop** on life as an Audit Apprentice—from induction to college, exams, and day-to-day work.
- **Explore career progression** and the opportunities the NAO offers to help you grow.

Register Here

Want to travel the world? Get to know NEBOSH



NEBOSH is a global name in health, safety and wellbeing, and their work protects millions of people around the world! In their NAW Session on 12th February, you'll discover how a career with NEBOSH can open doors internationally, combine purpose with progression, and give you skills that employers everywhere value. It's an exciting career with the chance to earn big from the start!

Explore NEBOSH



Your Future in Health & Safety: From Film Sets & Festival Stages to Sports Arenas

Thursday 12th February 2026, 6.30pm

Think a career in Health & Safety is just about rules? Think again! Join our webinar during **National Apprenticeship Week** and discover a career where you can:

- Travel the world
- Earn a median salary of £50k
- Do work you're passionate about every single day

Ready to turn safety into your adventure?

Register Here

Why choose the Preston Centre of Sporting Excellence?

- Three different vocational levels for 16 to 19 year olds
- Lessons are delivered at Preston College; sports hall, 3G pitch, fitness suites and classrooms
- High level of competition in football with the opportunity to represent Preston College and Preston North End Community and Education Trust (PNECET)
- Work experience opportunities with PNECET
- Assessed through the completion of a portfolio, formal assignments, presentations, in class tests and practical assessments
- A progression pathway into higher education with the University of South Wales, scholarships or employment
- Dedicated recruitment team to support any application or interest



Scan the QR code to complete our
expression of interest form or for further information

 john.lee@pne.com

**Applications for entry September 2026
open on October 1st 2025**

Gaining Experience Beyond The Classroom

INVESTIN
THE ULTIMATE WORK EXPERIENCE

Why?

Gaining work experience or doing extracurriculars is data-gathering for your future; you will learn what you like and dislike, what motivates you or doesn't. Plus, it's a great way to stand out in future university and job applications! University admissions tutors are looking for applicants who are dedicated to their subject and have taken the time to explore it beyond the classroom.

Work Experience

What counts as work experience?

Any professional environment where you are developing and applying skills is a form of meaningful work experience!



Remember, not all your work experience needs to be industry-specific - any experience provides you with transferable skills!

What?

- **Shadowing**
Observing someone in a working environment
- **Volunteering**
Such as at charity shops, care homes or tutoring
- **Insight days & workshops**
Online or in-person programmes for students
- **Part-time job**
Such as in a cafe/restaurant, shop assistant
- **Formal placements & internships**
Typically more widely available for 18+

Where?

- **Look local**
Research organisations in your local area and enquire about shadowing or volunteering opportunities
- **Use your network**
Ask friends, family, teachers for any relevant connections
- **Look out for formal schemes**
Research opportunities for school students on sites like [Prospects](#), LinkedIn or the [Student Ladder](#)

Extracurriculars

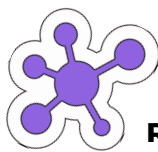


Consider what you already do outside of school - **what does it say about your interests or skills?**

Then, consider how you could develop further the skills required for your dream university course or career.

Socialising

Communication
Empathy



Sport

Leadership
Teamwork

Music or drama

Creativity
Commitment

Reading & writing

Analytical thinking
Attention to detail

What can I do in my free time to develop my skills?

Read or listen to podcasts related to your subject interests

Raise money for a charity or awareness about an issue important to you

Set up a club: STEM, debating, photography, newspaper, documentary...

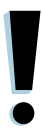
Create your own portfolio of work, e.g. create a GitHub account to log your coding projects

Produce a journal or research project

Organise an event (marketing, sales & project management)

Manage a budget for a trip or holiday

Talk about your experiences in your applications...



Gaining experiences beyond your studies is only meaningful in your personal statement if you know how to relate them to your chosen course!

THINK: why has your extracurricular/work experience/project contributed to your passion or compatibility for your chosen subject? How did it ignite your spark for that field?

Looking to gain work experience? Check out InvestIN's programmes at www.investin.org



GAIN THE ULTIMATE WORK EXPERIENCE THIS SUMMER

1 and 2-week programmes for students aged 15-18

Register now with code **EARLY15** for 15% off Summer Experience Programmes!



Work with **top professionals** and explore **real workplaces**



Gain a **qualification** in work experience to boost your university application



Experience **university life** on-campus at UCL


Choose from 15 different careers

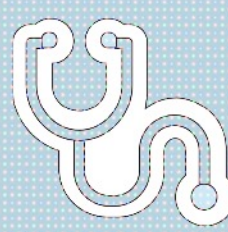
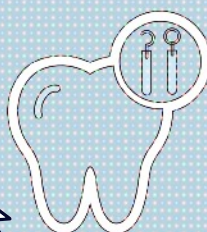
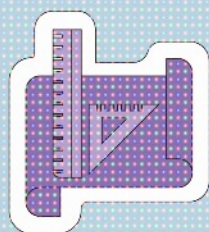
Art & Design
Architecture
Computer Science
Dentistry
Engineering
Entrepreneurship
TV & Filmmaking
Forensic Science
International Politics
Investment Banking
Law
Media
Medicine
Psychology
Veterinary Science



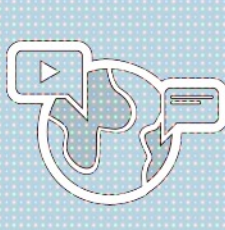
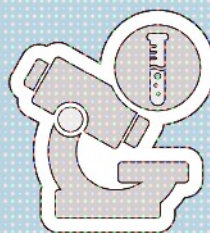
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 www.investin.org/pages/career-quiz



**What career is
right for you?**



INVESTIN

THE ULTIMATE WORK EXPERIENCE



**Review of
your skills**



**Recommended subject
choices & resources**



**Top tips from
professionals**



Take our **5-minute
career quiz** to learn
more about the
industry you're
best suited to



**Discover
your future**



PREPARING LIFE

FOR WHAT YOU'LL THROW AT IT

Our Military Academy
holds open days **every Friday.**

GET IN TOUCH TODAY TO BOOK YOUR PLACE!

- 50% physical and 50% academic training.
- Our roll-on roll-off course means you can join today!
- 90% of our learners progress into military or civilian roles.
- Financial support available.

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BOOK YOUR PLACE



visit **mpct.co.uk**

call **0330 111 3939**

Subject Guide Videos



These impartial videos have one key aim. To support students who are considering university to make informed future subject decisions. They feature guest speakers from a range of different universities, who are always experts in the subject being explored.

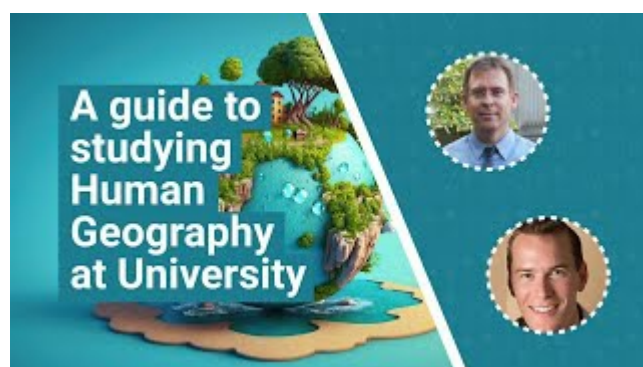
Including the UK's first video subject guide!

Different subjects, but the same four themes explored in every single one:

- Why students may wish to consider the subject
- What to expect if they study it
- An overview of the careers it may lead to
- Application tips if they go on to apply

From Accounting to Zoology - and 100's of subjects in between. You can browse any of the videos, search by keyword, or filter by subject.

[CLICK HERE](#)



- ACCOUNTANCY PROFESSIONAL
- ASSISTANT BUYER & MERCHANDISER
- CHARTERED MANAGER
- MARKETING EXECUTIVE
- MARKET RESEARCH EXECUTIVE
- PROJECT MANAGER
- PUBLIC RELATIONS & COMMUNICATIONS ASSISTANT
- SOCIAL RESEARCHER
- TRADING STANDARDS PROFESSIONAL
- AND MANY MORE!



amazingapprenticeships.com



MENTORVERSE

For students in the 10-11 year groups, we present the following avenues:

- Free NHS Virtual Work Experience
- Free Volunteering Placements with the 'You Okay Doc?'
- Free National Study Skills E-learning
- Free Virtual Medical/Dental Society Webinars
- Free Equality, Diversity, and Inclusion E-learning Course for Healthcare Professionals

Your students can access these extracurricular opportunities by signing up for a free student portal:

Medical: <https://medicmentor.org/the-medic-mentor-portal-2/>

Dental: <https://dental-mentor.org/the-medic-mentor-portal-2/>



Enrolling as a bronze pathway student, you can

- Access free work experience each month
- Get access to zoom links for all of our free conferences and meetings
- Access the Wider Reading and Virtual Medical Societies
- Participate in Fundraising
- Download all of your Medic Mentor certificates
- Access Study Skills E-learning
- Access how to advance to other Pathways



STRONGER STARTS PROGRAMME OPEN FOR APPLICATIONS!

Tesco's Stronger Starts apprenticeship programme is now open, offering two fantastic apprenticeship pathways for young people, the well-established Retail Apprenticeship and the brand-new Maintenance Apprenticeship.

Stronger Starts is a fantastic opportunity for young people to kickstart a career in retail or maintenance, enjoy a brilliant starting salary, and receive lots of support and coaching along the way.

Read on for more information on the roles, links to apply, tips on applying and our upcoming webinar with the Tesco Early Careers team...

THE ROLES



Maintenance Apprenticeships

Stronger Starts are now offering a Maintenance Apprenticeship! Apprentices will work alongside earning a Level 2 Property Maintenance Operative qualification – equivalent to 5 GCSE passes.

The 18-month programme sets you up with the skills you need for everyday duties in maintenance jobs.

FIND OUT MORE



Retail Apprenticeships

Retail apprentices will work, earn and learn, gaining a Level 2 National Standard in Retail qualification over the course of the programme.

You'll gain hands-on experience of how a store operates, and have the opportunity to experience different roles and tasks across the store.

FIND OUT MORE

Retail Apprenticeship What skills do you gain?

It's not just about stacking shelves!

RETAIL

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

BUSINESS

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

CUSTOMER SERVICE

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

SOCIAL MEDIA

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

TECHNOLOGY

Become proficient at using a range of different technologies.

FINANCE

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

STOCK

Learn to manage stock availability using systems and procedures.

PRODUCT PLACEMENT

Develop an understanding of product placement promotional activities.

TEAMWORK

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

TIME MANAGEMENT

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

PROBLEM-SOLVING

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

COMMUNITY

Gain knowledge of supporting local communities.



Scan to
register!

LIVE!

FREE

Get Into Medicine.

CONFERENCE

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

This includes:

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

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

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

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/>



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!

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



Follow multiple patients over a 6-month period, as they go from their initial injury to recovery. It is amazing how many different healthcare professionals are involved in a patient's care. This incredible opportunity showcases a variety of professionals in one day. It gives students a chance to see them in action in various settings from the ward to the community. It is also a fantastic opportunity to see them work together in a multidisciplinary team.

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.

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

Once they've registered, students will be emailed links to their virtual work experience portals.

Please ask students to check their spam folders and mark their attendance on the day in order to receive their Work Experience Certificates.

This programme is suitable for students in year groups 10/11 who are interested in the following careers:

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

The sooner students begin work experience, the better. During the work experience day, students will follow 2 patients from their initial presentation to recovery. They will gain a unique insight into how patients interact with a variety of healthcare professionals and what it's like to work in an NHS multidisciplinary team.

Attendees will have the opportunity to interact with healthcare professionals throughout each day. This will empower students to make an informed career decision and demonstrate their commitment to healthcare in their UCAS applications.

Students will receive certificates as evidence of having participated in the work experience programme. Those that complete the full 5-month programme will also be awarded Highly Commended References.

Students can register individually at any time throughout the 5-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:

<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



CAREER *of the* WEEK

Sports therapist

Sports therapists apply the principles of sport and exercise science to support optimum levels of fitness and to help prevent injury and assist rehabilitation.

As a sports therapist, you'll provide an immediate response when sport and exercise-related injuries occur and will rehabilitate the patient back to full fitness. You'll also provide advice and support to help prevent injuries from happening in the first place.

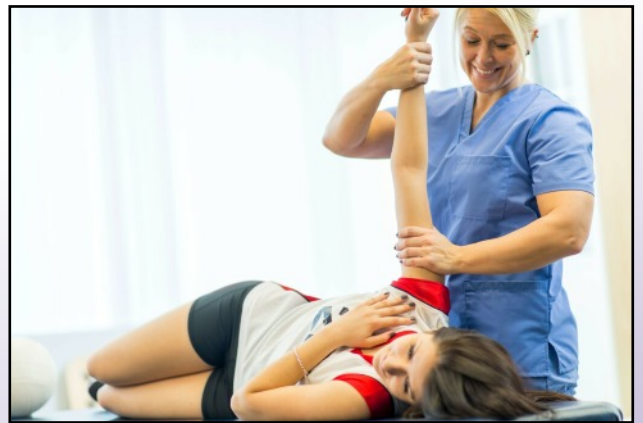
You'll use physical techniques and develop rehabilitation and injury prevention plans to help patients. Your patients can be adults or children involved in sport or fitness at amateur or professional level or for general fitness and recreational purposes.

If injuries or health-related issues go beyond your scope of practice, you'll refer the patient to an appropriate healthcare professional. Many therapists combine working in this discipline with other sports-related roles.

Responsibilities

As a sports therapist, you'll need to:

- conduct a fitness-level assessment on people involved in sport and exercise, and advise on exercises prior to an event or fixture
- test joints for ease and range of movement, pain and dysfunction
- mentally and physically prepare athletes before a competition and use strapping, taping and massage techniques where necessary
- provide emergency aid and basic life support in a sport and exercise environment
- examine and assess injuries and determine whether the sport and exercise participant can continue safely with the event or activity
- treat and manage injuries to alleviate pain
- rehabilitate injuries by using manual therapy techniques and exercise design and monitor rehabilitation programmes appropriate to the injury and/or sport and level
- decide whether extra treatments are needed and coordinate referrals to other practitioners
- work alone or with coaches/trainers/fitness advisers to implement exercise, conditioning, core stability and injury prevention programmes, so that sports people reach and maintain peak performance
- liaise with other healthcare professionals in the sports sector and in mainstream medicine
- educate athletes and clients on injury prevention strategies, training techniques, and lifestyle factors
- keep accurate and up-to-date clinical records, treatment notes and rehabilitation plans, in line with professional standards and legal requirements
- contribute to the planning and delivery of pre-season screening (for injury, illness and other risk factors), fitness testing and performance monitoring programmes
- manage and maintain therapy equipment and treatment areas to ensure a safe and professional environment
- support the psychological wellbeing of athletes during injury recovery by offering reassurance and motivation



For more information click here