



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

Another sunny week and another packed issue of Career News. There are lots of great opportunities for pupils of all ages - plus parents/carers. For example:



- Digdata are offering a number of events, including an online careers panel exploring careers in industries of the future and an update on Project Route.
- A letter from Runshaw College explaining the Year 10 Sampling Day in July. Year 10 will attend two taster days at colleges in June/July for which they have already chosen their subjects.
- Sports Academy trials at Cardinal Newman College - sign up now if you are interested.
- The Apprenticeship vacancy page returns with some great opportunities, including two Level 3 engineering offers from NSG Environmental and a bench joiner position with Matthew Marsden Joiners. There is also a great offer from Alty's Builders Merchants - see inside for full details and how to apply.
- The new V Levels are explained - these will be available from September 2027, so will potentially be taken by current Year 10s. The initial offer covers just three subjects with more rolled out over the next few years.
- EDT/Industrial Cadets have a Future Skills Programme running over the May half term holiday for pupils in Year 9 and 10. This is suitable for all abilities, enthusiasm and curiosity are far more important than any prior knowledge - and everyone that completes the course will graduate as a Bronze Industrial Cadet.
- Future Learn have some great courses on offer - and some of them are completely free. If you want to enhance your CV and gain a new skill, why not check them out?
- InnovateHer also have some brilliant free courses for pupils of any age and ability. There is no limit as to how many courses you can take - and these look great on CVs and in college, uni or job applications.
- Year 7s will have a STEM Roadshow this week, with Year 8s having a STEM Day later in the term.
- Work Experience booklets need to be in as soon as possible. There are still spaces on the MPCT and NHS programmes, but these are going fast! See Miss Berry (Top Office) for more details. I may also have another programme running for anyone struggling to source a placement - more to follow on this in the next few weeks.

Have a great weekend



5th - 8th May 2026



**PRESTON
COLLEGE**

**Centre of
Sporting
Excellence**

YEAR 11s SPORT AND FOOTBALL TASTER EVENT

Tuesday 26th May 2026

Preston College

10am to 12pm

Registration from 9.45am



Scan QR code to
secure your place





APPRENTICESHIPS

which one works for you?

Level 2

Early Years Apprentice: Strawberry Fields Nursery and Preschool, Chorley VAC: 2000022302

To assist and work alongside the team in setting up for the day to day activities, attend staff meetings and to care for and safeguard the children by providing secure play for our 0-4 year olds.

Apprentice Warehouse Operative: Pitts Presentation Products Ltd., Chorley VAC: 2000026904

The successful candidate will work towards completing a L2 Supply Chain Warehouse Operative apprenticeship, working directly with customers, labelling and packing orders, loading and unloading vehicles, computer work, stock checking and general housekeeping of the warehouse.

Pharmacy Services Assistant Apprenticeship: Leyland Late Night Ltd. VAC: 2000020204

Exciting opportunity to begin your career in pharmacy. Duties include ordering, receiving, storing, returning and disposing of medicines, while supporting healthy lifestyles and screening services.

Level 3

Apprentice Talent Seeker: Fresh Perspective Resourcing Ltd., Chorley VAC: 2000016976

Join our lively, supportive team. Perfect for someone ambitious, confident and hardworking with strong values. You'll build relationships, make calls, write adverts, source talent, organise interviews and create social content.

Business Administration Apprentice: Receptive Solutions Ltd., Chorley VAC: 2000027435

We are seeking a proactive, punctual and committed individual to join our team. You will be responsible for product listing creation, stock allocation, processing and stock management.

Apprentice Nursery Practitioner: Hilltops (Just Childcare Ltd), Chorley VAC: 2000025657

Are you passionate about working with children? If so, you'll be a perfect addition to our family! Alongside observing experienced practitioners, you will support with planning and maintaining children's records, developing an understanding of safeguarding policies and sharing responsibility for the health, safety and overall wellbeing of the children.

Electrical Control & Instrumentation Apprentice: NSG Environmental Ltd., Chorley VAC: 2000022783

Throughout your apprenticeship you will engage with multiple aspects of nuclear engineering, including: consultancy, R&D, site installation and decommissioning. The role combines both theoretical knowledge with practical workplace application.

Mechanical Engineering Apprentice: NSG Environmental Ltd., Chorley VAC: 2000022952

Throughout your apprenticeship you will engage with multiple aspects of nuclear engineering. You will help create basic electrical and mechanical drawings, support with calculations for cables, lighting and mechanical systems, assist the team with design tasks. You will undertake placements at various sites in the UK.

Assistant Accountant Apprentice@ McGinty Demack Ltd., Standish VAC: 2000027433

This is an excellent opportunity for someone looking to start a career in accountancy while gaining hands on experience and working towards a recognised professional qualification.

Matthew Marsden Furniture Ltd, a bespoke furniture manufacturing business based in Eccleston, are currently looking to recruit an apprentice bench joiner to join the team.

We would be very interested in connecting with any students who are seeking an apprenticeship opportunity. As part of our recruitment process, we are inviting suitable candidates to attend a trial shift at our workshop to get a feel for the role and demonstrate their skills.

Please see below for contact details. Ring or email Cara Booth for more information.

Cara Booth, Office Manager, Matthew Marsden Furniture
Lawrence Lane, Eccleston, Chorley, Lancashire, PR7 5SJ

Tel: 01257 450413
mmfurniture.co.uk

**CARDINAL
NEWMAN
COLLEGE**

SPORTS ACADEMY TRIALS



Have you booked your Sports Academy Trial? Don't miss out! At Cardinal Newman College, our Sports Academy Programme offers competitive opportunities in:

- Netball - Trial Date - 28th May 9-3pm
- Basketball - Trial Date - 26th May 10-2pm

If interested, please email: admissions@cardinalnewman.ac.uk



Alty's Builders Merchants Chorley are looking to recruit an apprentice.

If you are leaving school or college this year and want to join a successful independent builder's merchant then send your application to:

jobs@altys.co.uk

L2 TRADE SUPPLIER

OVERVIEW

This programme is suitable for colleagues working within a branch who are new to the sector or new to the business. The programme teaches someone to be a great colleague within a branch, pulling together product knowledge with a strong understanding of our customer base.

WHO IS THIS PROGRAMME FOR?

Colleagues working in a branch who are new to the sector business (up to 6 months experience)

DURATION

13 months

DELIVERY METHOD

Virtual

QUALIFICATION

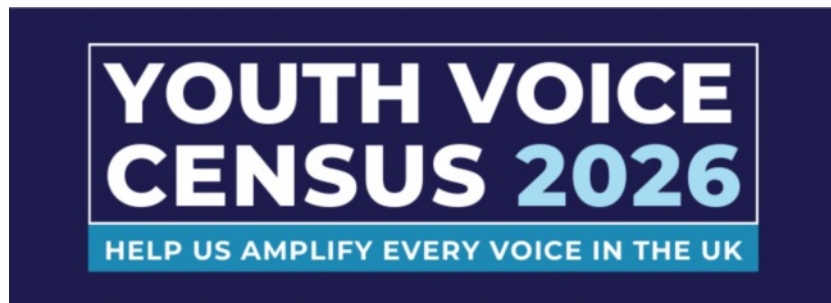
Level 2 Trade Supplier

WHAT WILL I LEARN?

- Construction basics
- Business mission & culture
- Understand the flow of goods/products
- The industry 7 market
- Policies, procedures & legislation
- Communication
- Customer service skills & relationships
- Product knowledge
- Selling skills
- Health & safety
- Processing, receiving, loading/unloading stock
- Industry technology
- Personal performance & behaviours

MODULES

- Customer & competitors
- Safety
- Products & stages of building
- Supply chain
- Selling skills
- Communication & presentations
- ESG & future building



The UK's Biggest Youth Voice Survey Is Back!

The Youth Voice Census survey is now open for 2026. This is your chance to help young people across the UK share their experiences of life, education and work.

Make sure their voices are heard by those who can create real change.

[Share the Survey ►](#)

Find Out More

Now in its 9th year, the Youth Voice Census gives you a unique opportunity to hear directly from young people, and understand the challenges shaping their lives.

In 2025, **over 8,000 young people** completed the survey, providing essential insight for hundreds of policymakers, employers, and educators.

? FAQs?

Q: Who can take part in the survey?

A: Anyone aged 11-30 and living in the UK can complete the survey.

Q: How long does the survey take?

A: It can take between 10-45 minutes, depending on the depth of answers.

Q: What questions are asked?

A: Only relevant questions will be shown and all answers are anonymous. We ask about education and training experiences, careers and work opportunities, local services, wellbeing, and barriers.

How You Can Get Involved

The more voices and experiences we hear, the bigger the impact for us all!

It's really easy to make a difference. Sharing the survey only takes a minute, but it helps shape the future for young people across the UK.

Here are 3 things you could do today:

- 1 Share the survey on social media - use the hashtag #YouthVoiceCensus
- 2 Send the survey link to learners, colleagues, or friends.
- 3 Talk about it! Every conversation and short chat helps spread awareness.





WHAT'S YOUR STORY?

Whether you're working, starting an apprenticeship, in education, or figuring things out - **your voice matters!**



Complete the anonymous survey, and your answers will be used to help inform real-world change to make your experiences better.

2026

**Aged 11-30?
We want to hear *your* story**

WWW.YOUTHEMEMPLOYMENT.ORG.UK



**SCAN THE QR CODE TO
COMPLETE THE YOUTH VOICE
CENSUS 2026**



University of Lancashire
Training 2000

**APPRENTICESHIP
VACANCIES**

IAS Associates
Apprentice Accounts Assistant
Blackburn
£320.00 per week
Accountancy

Lincoln Lewis Solicitors
Office Admin Apprentice
Blackburn
£300.00 per week
Business Admin

Watson Ramsbottom
Business Admin Apprentice
Blackburn
£280.00 per week
Business Admin

WILLS HVAC Services
Electrical Control Panel Apprentice
Burnley
£320.00 per week
Engineering

Dobson and Beaumont
Apprentice CNC Machinist
Blackburn
£312.00 per week
Engineering

D A Design Automation
Apprentice Machinist
Chorley
£337.50 per week
Engineering

Global Bakery Solutions
Engineering Apprentice
Nelson
£304.00 per week
Engineering

Unicorn Precision Engineering
Sheet Metal Fabricator
Accrington
£304.00 per week
Engineering

Apply online: www.training2000.co.uk

Latest vacancies can be found on our website
Correct to: 29th April 2022

DEVELOPING TALENT THROUGH TRAINING

**Some really good opportunities available through Training 2000.
Check out their website for further details and the application forms.**



Furthergate Business Park,
Harwood Street
Blackburn
BB1 3BD
01254 54659
info@t2000.co.uk

About Us
Contact Us
Policies
Cookie Notice

Accessibility Statement
Modern Day Slavery Statement
University of Lancashire

FOLLOW US



FREE WEBINAR: HOW TO FIND WORK EXPERIENCE

WEDNESDAY 13TH MAY, 6PM (BST)

2 in 5

18 to 24-year-olds have never completed any work experience

With fewer opportunities available to students today, it can be hard to know how to find work experience. That's why we're hosting a free webinar for students and parents, sharing our top tips for securing valuable work experience placements in 2026.

JOIN US AS WE EXPLORE:

- The value of work experience
- What counts as work experience
- How to maximise your experience
- Where to find work experience and next steps



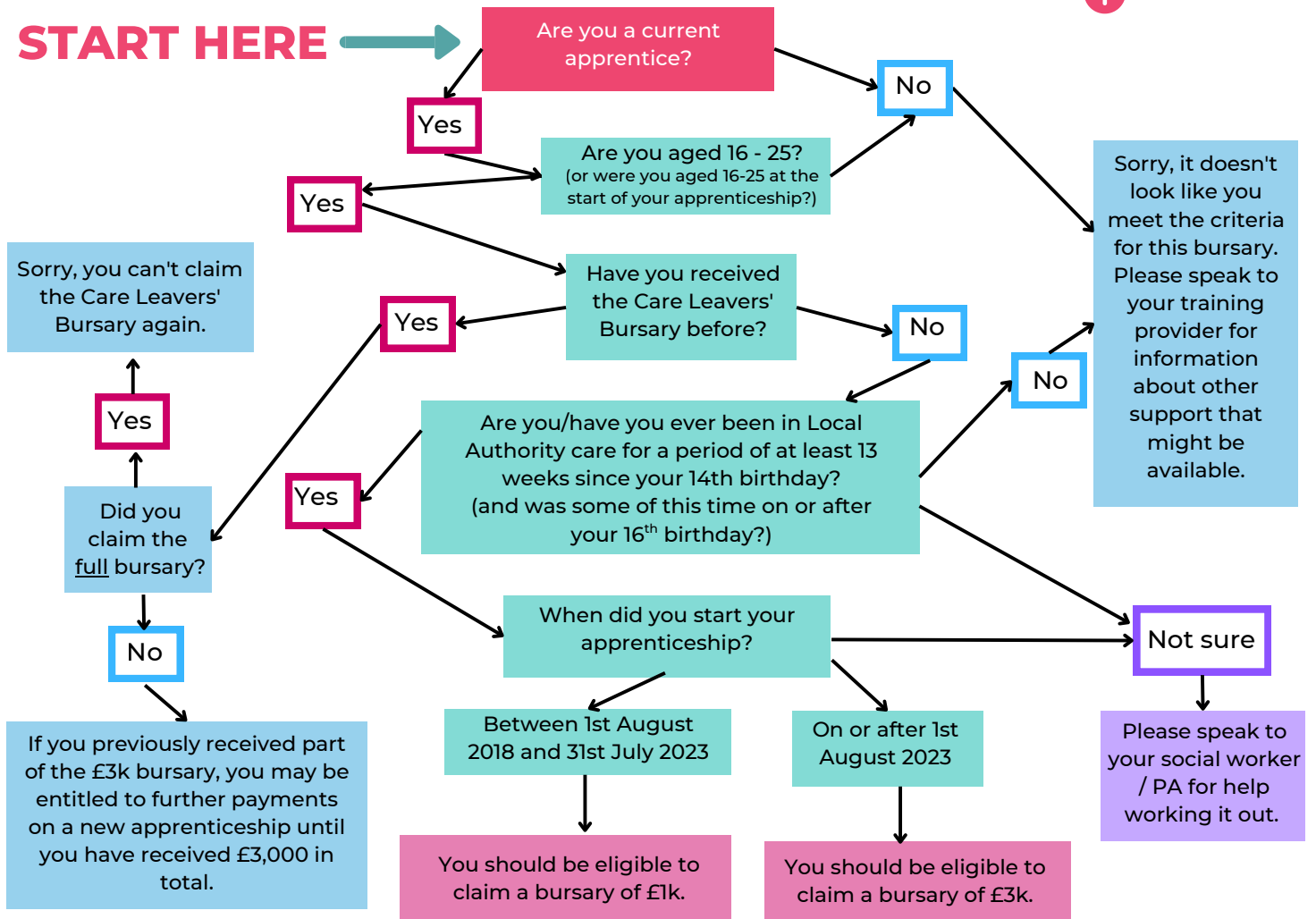
REGISTER NOW

Remember, if you can't attend live, you can still register to receive the webinar recording!

THE APPRENTICESHIP CARE LEAVERS' BURSARY



START HERE



What happens next?

If you are eligible and wish to receive the bursary, you will need to inform your training provider. This is because the bursary is claimed by your training provider, who then passes the money on to you.



What evidence is required?

Your training provider will ask you to provide written confirmation from the local authority where you were in care to verify that you are eligible. This can be a signed letter or email from your Personal Adviser or the Leaving Care team. You will also need to confirm your age to your training provider and sign a declaration to state you wish to receive the bursary.



How do you claim?

Once they have received this information, your provider should make the claim and will pass the money on to you in three instalments at approximately 3 months, 6 months and 12 months from the date you started your apprenticeship.



Where can I access more information?

Further support for Care Experienced Apprentices can be found on the Government website: apprenticeships.gov.uk/apprentices/support-care-experienced-apprentices

Photography Competition

Friday 15 May 2026

Blackburn
School of Art

**Capture the heartbeat of your town!
Show us the view only you can see...**

How to enter

Any genre:

Portrait, Documentary, Night, Street, Landscape, etc.

Submit:

One 300dpi photograph per student,
with your name and school attached.
Open to local secondary school students.

Submit to:

marketing@blackburn.ac.uk

Deadline:

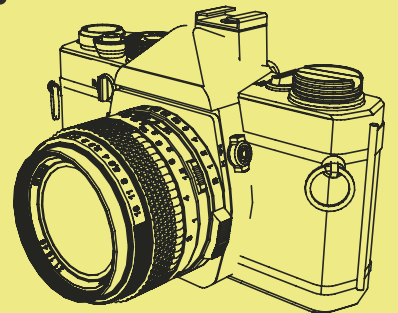
Friday 15 May 2026

*Shortlisted entrants will have their image exhibited at
our HE and FE Art Show at Blackburn College during
June 2026.*

*You will be invited to attend, and winners'
prizes will be awarded.*

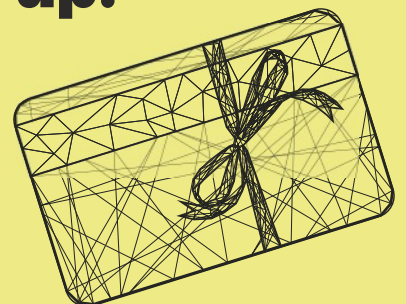
Winner:

Receives a
DSLR Camera



Runner up:

Receives a
£50 Amazon
Gift Card





Young Professionals Summer Conference London

Work Experience Day in London

Saturday 18th July, 2pm - 6pm

We are incredibly excited to invite you to the **Young Professionals Summer Conference** in London at Friends House, based in Euston, London - **our biggest and most ambitious event to date**. Taking place on Saturday, 18th July, 2pm - 6pm this is your chance to join us and meet some of the **most prestigious employers** in business, banking, finance, law, engineering, and technology, all in one place. As it's taking place on the weekend, no school, college or university time will need to be missed, giving you the ultimate flexibility to attend!

This event is designed for ambitious students who want to connect directly with top employers, **gain insider knowledge from industry leaders**, and **set themselves up for career success**. With a packed schedule of keynote speeches, interactive workshops, and networking opportunities, this is an **unparalleled chance to gain a competitive edge in your chosen industry**.

Dan Miller, our Founder and CEO and this year's contestant on the BBC's The Apprentice, will play a big part in the day and share his journey in founding the YP brand!

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

Event Details

Date: Saturday 18th July

Location: Friends House, London, Euston (right opposite Euston Train Station)

Time: 2pm - 6pm

Who can attend? All students at school/university

Meet Global Employers Looking for Future Talent

This year's event will feature representatives from some of the biggest names in business, banking, finance, law, engineering, and technology. Some of the employers attending include: **Goldman Sachs, Lloyds Banking Group, KPMG, Grant Thornton, UBS, Slaughter and May, Farrer & Co, A&O Shearman, Charles Russell Speechlys** and many, many more still to be announced!

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

Why You Should Attend

- **Exclusive networking with top employers** – Speak directly with recruiters and decision-makers from the biggest global firms actively hiring young professionals. Get work experience and secure either a grad role or an apprenticeship
- **Unmissable keynote speeches** – Hear from **senior business leaders** (to be announced soon) as they share insights, career advice, and industry trends
- **Expand your professional network** – Build valuable connections with industry experts, company representatives, and like-minded peers who share your career ambitions.
- **Experience an event like no other** – This is not just another careers fair. This is a next-level experience that could open doors to life-changing opportunities. We have workshop sessions you can go too on CV's, LinkedIn, how to master the corporate recruitment process and much more!

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

Register Now:

https://www.surveymonkey.com/r/Summer26_PM



We look forward to welcoming you to The Young Professionals Summer Conference!



Online Enrichment Course

Level 2 Certified Learning Course in TEFL (120 Hours)

As students begin thinking about how to make the most of their time before summer, we wanted to share an opportunity that can strengthen their CVs, personal statements, and future career prospects.

Our Level 2 Certified Learning Course in TEFL (120 Hours) is a flexible, fully online certification course that students can complete alongside their current studies - and finish in time for summer.

FIND OUT MORE

When can students complete the course?

Students can start immediately and complete the course by summer, making it a perfect addition to their current studies and gap year or university plans.

Is the course flexible?

Yes! Our TEFL course is fully online and self-paced. Students can study anytime, anywhere, and fit it around exams, coursework, and other commitments.

How long do students have to complete the course?

Students have 6 months to complete the course, so plenty of time to fit it in around other commitments. We do find that it takes most students 2-3 to complete the course.

Do students need prior teaching experience?

No prior experience is required. The course is suitable for beginners and those considering teaching, working abroad, or travel opportunities.

How does it help with university applications or careers?

A TEFL certification strengthens UCAS personal statements, enhances employability, and opens doors to paid work, volunteering, or international teaching opportunities.

Is the course accredited?

Yes, it is fully accredited by Training Qualifications UK (TQUK), a national awarding body regulated by Ofqual. Students receive a credible, high-quality certificate.

What does the course include?

The course features interactive modules, videos, quizzes, and practical lesson planning exercises - everything students need to build real-world teaching confidence.

What certificate do students receive?

On completion, students receive a UK-TEFL e-certificate, valid for teaching English abroad, online, or in the UK. They have the opportunity to purchase a TQUK Accredited Certificate if they wish.

Are there any discounts for students?

Yes! We offer the course at a discounted student rate of £90 (RRP £225), making this certification both valuable and accessible.

How do I enrol?

Students can self-enrol using our self-enrolment link, where they will have automatic access to their course after they checkout.

LEARN MORE & BOOK

Dear Parents & Guardians,

Runshaw College Year 10 Sampling Taster Day: Important Parent/Guardian Information

Over a 3-week period in June and July, we will be welcoming more than 5000 Year 10 students from 42 High Schools, and we are delighted that your child will be one of them!

Our goal is to inspire and inform your child about the exciting opportunities available here at Runshaw. By participating in the taster day, they will gain insights into their potential career, meet fellow students from other High Schools and experience our vibrant student community.

Your child will have, or will soon have, chosen the subjects they wish to take on the day and a unique timetable for them will have been created. Please scan the QR code to see the information that your child will be receiving about the day.

Event Details:

- Date: 2nd July
- Time: 9.00 AM to end of the school day



Planned Timetable for the Day:

- 1. Pick up from School (9:00 AM onwards)**
- 2. Welcome Assembly (9:50 AM - 10:20 AM):** A friendly welcome and then pupils guided to Lesson 1.
- 3. Two 50 minute Lessons (10:20 AM - 12:10 PM):** Our teachers will lead these fun, interactive sessions.
- 4. Lunch (12:15 PM – 1:05 PM):** Students will all receive a lunch voucher and enjoy a delicious lunch in one of our many excellent Campus outlets.
- 5. One 50 minute Afternoon Lesson (1:10 PM – 2:00 PM)**
- 6. Farewell Assembly (time permitting) and catching the bus back to School (2.15 PM)**

Thank you for your support with this Taster Day and please feel free to reach out directly to me using the contact information below if you have any questions or need any additional information.

Please do also watch the video by scanning the QR code above.

With Warmest Regards,

Gillian Cahill, Senior Admissions Tutor

T: 01772 643000

E: Cahill.G@runshaw.ac.uk



Does your child love horses?

Find out more about careers in the Horseracing industry



When people think about Horseracing, the first job that comes to mind is being a Jockey. However, the industry offers hundreds of different career opportunities, ranging from hands on roles with horses in racing yards or stud farms to positions on racecourses or within administration. In fact, horseracing is the largest sporting employer in the UK.

Find out more



Apprenticeships in Horseracing

Is your child coming to the end of their academic studies? An apprenticeship in Horseracing could just be the path for them! There are dedicated training providers offering apprenticeships, training and development opportunities at all levels via the British Racing School in Newmarket, the National Horseracing College in Doncaster, the National Stud in Newmarket and the Scottish Racing Academy.

The Foundation Course

The Foundation Course is a great starting point for your child, the 12-week residential course provides people with the essential skills to start a career in horseracing. Whether your child has experience of riding and caring for horses or they are completely new to it, the Foundation Course will set them on the path to a successful, long-term career.

The course is delivered in two stages. The first takes place at one of the racing schools listed above, followed by 6 weeks of practical training through a work placement at a racing yard. During these placements, they'll continue to build the skills and knowledge needed to work effectively with racehorses, as part of a successful team.



Find out more



WHAT HAPPENS NEXT

is where **your story** goes

Your students could become trusted voices of the future



The National Council for the Training of Journalists (the NCTJ) is the UK's leading provider of industry-recognised journalism training, offering a range of courses and qualifications to suit all students and providing the training and credibility they need to become a trusted voice of the future.

Whether they thrive in front of the camera or prefer to craft the story behind the scenes, the NCTJ can help them find where their story goes.

Discover roles for your students

74%

74% of NCTJ diploma students go on to work in journalism-related roles, compared to 28% of journalism graduates.

88%

88% of students who achieved the NCTJ's gold standard now work in journalism.

The world is changing, and storytellers are changing with it

In today's rapidly shifting media landscape, with endless AI-generated misinformation, truth and impartiality are more important than ever.

Visit the ['Where your story goes' hub](#) now to access the **quiz** and **video content** from **real life young journalists** that could inspire you about a path in journalism.

WHAT ARE V LEVELS?

New post-16 vocational qualifications

What are V Levels?

V Levels are new level 3 vocational qualifications designed as an option for young people aged 16-19 following GCSEs and will be taught in schools and colleges.

KEY FACTS



- They last for 2 years.
- They are similar in size to one A-level.
- Students will be able to take V Levels in multiple subjects and in combination with other qualifications such as A-levels or level 2 English or maths.
- Learning is designed around real jobs and the skills employers need.
- Students will receive a nationally recognised qualification.
- They attract UCAS points.

Who are V Levels for?

V Levels are aimed at students who would like to explore sectors without specialising. They will provide the opportunity to pursue their interests further through a range of progression outcomes, whether that is higher education or work with training, including apprenticeships.

What is the difference between A-levels and V Levels?

A-levels are primarily an academic pathway which focus on theory and deep subject

knowledge. V Levels are designed as a vocational pathway and are closely linked to industry needs and practical application.

What will a V Level include?

The content of a V Level will be linked to the occupational standards that are set by Skills England (working with employers) to support workplace-relevant transferable skills. V Levels will focus on applied learning and aim to cover the core knowledge and skills related to an employment sector. In addition, they will prioritise attainment of skills such as problem solving and critical thinking to support progression to higher education.

How are V Levels assessed and graded?

V Levels will blend applied learning with practical assessment and a significant proportion of a V Level will include non-exam assessment. The Government are working with Ofqual (the organisation that regulates qualifications, examinations and assessments in England) who will be consulting on assessment and grading arrangements for V Levels.

Which V Levels are available?

V Levels will be available to students from September 2027 in the following subjects:

- Education and Early Years
- Finance and Accounting
- Digital

More subjects will be rolled out each year until 2030/31.

WHAT ARE V LEVELS?

New post-16 vocational qualifications

What if I'm not ready for V Levels?

Alongside announcing V Levels, the Government has also announced two new post-16 level 2 pathways, available from September 2027:

- Occupational pathway - a two-year programme for students who want to enter a particular level 2 occupation and need to develop their technical knowledge and skills.
- Further Study pathway - for students who aren't quite ready to progress onto V Levels, T Levels or A-levels yet. This one-year, classroom-based, level 2 pathway gets students ready for level 3 qualifications and includes English and/or maths, applied and practical learning and enrichment activity.

So for anyone who wants to do V Levels, a T Level or A-levels, but isn't quite ready, the Further Study pathway will be available from 2027.

What can a V Level lead on to?

There are lots of options available after a V Level. Students will be able to progress onto level 4+ study whether they take A-levels or V Levels. Options will include:

➤ Skilled employment


V Levels are designed to equip students with the skills, knowledge and experience necessary to access entry-level employment.

➤ Apprenticeships

V Levels will prepare learners for apprenticeships by building the practical skills and workplace behaviours employers expect.

➤ Higher Education (HE)

V Levels carry UCAS points in the same way as A-levels and T Levels do, to allow you to progress to Higher Education and study a relevant Higher Technical Qualification (HTQ) or degree.



Understanding the changes to post-16 pathways



Watch this short film to [find out about changes to post-16 pathways](#)



Linked resource

Find out more about the existing post-16 technical options in this guide (see link below).



[Click here to view or scan the QR code](#)





How to make a revision plan in five simple steps

Author: icould.com

Being organised can reduce exam stress and help you make the most of your time – making a revision plan that works for you way is a great way to do this. Take a look at these ideas to get you started...

1. Make it personal

Be realistic. Studies show that people are motivated by achievable goals – if you're too ambitious with your plan it can be easy to lose heart. Think about what you can stick to and where you need to focus – this will be different for everyone.

2. Choose your format

Try using a school-style timetable, calendar grid or sheet of paper – it may help to make notes first or to use pencil so you can make changes easily. If you prefer a spreadsheet or digital version, it's worth having a back-up copy. And think about colour coding or other ways to make your plan clear and easy to read.

3. Start with the basics

Write down the date, time and subject for all of your exams. Next, look at what you need to cover for each exam. Make a list by topic and divide your list across each week of your revision period – make sure each topic comes before the date of the relevant exam.

4. Study smart

Knowing where best to put your effort and energy can make a big difference to your results. Try timetabling some of these ideas each week to make your study time more effective:

- Extra time on extra marks. Some exam papers carry more marks than others – check what papers you are sitting for each subject and what they are worth. You may want to prepare in more detail for papers which carry a higher percentage of your total mark
- Exam practice. Ask your teacher for some past papers and practise answering questions in a timed setting. This helps you get used to exam formats, develop your exam skills and identify your gaps
- More time on weaker areas. Visit [BBCbitesize](#) for great – and free – subject revision guides. Subject revision books can also help – check with your local or school library
- Regular recap sessions. Having a quick look back at topics you've covered helps your brain absorb and retain information as you go
- Exam review sessions. Allow time to go over your notes before each exam to refresh your memory
- Free study blocks. You may need more time on certain topics than you expect or have to deal with something outside of your studies – building in some flexibility will help you keep on track
- Relaxation time. Switch off and give your brain a rest – doing something completely different helps revision sink in and gives you the chance to recharge

5. Add in the detail

Once you've got your basic structure in place, create a more in-depth schedule at the start of each week, breaking your topics into smaller sections. Also try making a detailed timetable each evening for the following day. This makes it easier to adjust depending on your progress and means you can get stuck in straight away.

Now you've made a plan, see how to get the most from it with [Top tips for effective revision](#).

Exploring Careers in Industries of the Future

A live online careers panel sharing real stories to help students explore careers at the forefront of innovation

Thursday 7th May @ 18:00



REGISTER



Rohan Vinod
Data Scientist
IBM



Phoebe Everitt
Data Science Apprentice
Pfizer



Matteo Guarnaccia
Software Engineer Apprentice
Science & Technology
Facilities Council

Virtual Live Online Career Panel Event

Exploring Careers in Industries of the Future - Thursday 7th May at 6.00 pm

Following the success of our previous virtual panel, we're delighted to invite you to our upcoming live event. Open to students of all year groups, as well as parents and educators, this session will explore what it's really like to build a career at the cutting edge of innovation.

Our panellists include:

- **Rohan Vinod, Data Scientist - IBM**
- **Phoebe Everitt, Data Science Apprentice – Pfizer**
- **Matteo Guarnaccia, Software Engineer Apprentice - Science and Technology Facilities Council**

They'll share their career journeys, the challenges they've overcome, and insights into working in industries shaping the future.

[Register Now](#)

Project Route

As you may know [Project Route](#) is a new collaboration between Digdata and ITS UK, designed to address the digital skills challenge within the transport sector by creating clear pathways into data-focused careers for young people.

We recently shared an opportunity for students to join the Project Route [Youth Advisory Group](#).

We will be sharing further details of the free Project Route career events being delivered in the next academic year with you in the coming weeks - please do keep an eye out for updates.

DataTalks LinkedIn Newsletter

Each week we interview data professionals who share their journeys, insights and advice for current and future talent. [Subscribe here](#) to get the latest issues.



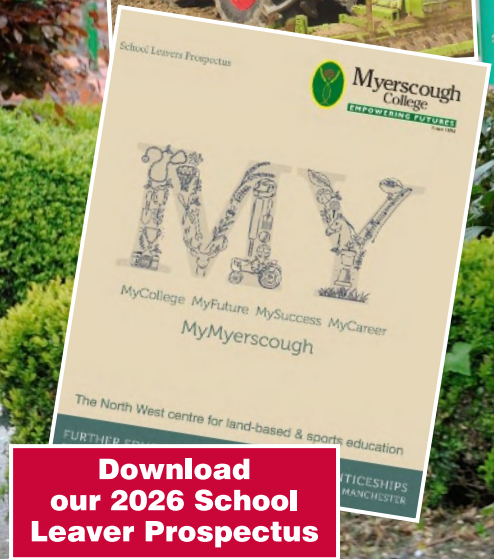
Myerscough
College & University Centre
EMPOWERING FUTURES
Since 1894

- ✓ School Leavers
- ✓ Apprenticeships
- ✓ University Degrees

Course Advice Morning



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



Saturday 18th April 2026
Saturday 6th June 2026

CENTRES ACROSS
THE NORTH WEST

PRESTON • WARRINGTON
LIVERPOOL • MANCHESTER

www.myerscough.ac.uk



BOLTON
COLLEGE



We are pleased to invite your Year 10 and Year 11 students to attend taster sessions at **Bolton College** on **Tuesday 12th May**. These sessions provide an excellent opportunity for learners to explore potential career paths and experience college life first-hand.

Students can book up to two sessions per person:

- **Session 1: 5:00pm - 6:00pm**
- **Session 2: 6:15pm - 7:15pm**

Available taster sessions cover the following areas:

- Art & Design
- Barbering
- Beauty Therapy
- Brickwork
- Business
- Carpentry & Joinery
- Catering & Hospitality
- Creative Media
- Digital
- Early Years
- Electrical Installation
- Engineering
- Esports
- Hairdressing
- Health & Social Care
- Motor Vehicle
- Plumbing
- Public Services
- Science
- Sport
- Travel & Tourism

The following booking link will allow students to reserve their places:

<https://www.boltoncollege.ac.uk/year-10-year-11-taster-sessions/>



BOLTON
COLLEGE



A New Course!



We're incredibly excited to let you know that our **BRAND NEW** course, all about Cyber Security careers, is now **LIVE!**

Tailored for 13-17-year-olds, this **free course** equips students with essential knowledge on the cyber security industry and how students can build a career in the sector.

This 35-minute course explores different jobs in cyber security and how students can get started today.

Click the below button to sign up.

[**Sign Up Here**](#)

Benefits for Students:

- An Exploration of Different Jobs in Cyber Security
- Meeting Role Models in Cyber
- Creating a Career Roadmap
- Understanding Their Future Steps



GCSE Options Resource

We're excited to share with you a FREE resource to support your students as they work towards choosing their GCSE options.

This easy-to-access guide shows how GCSE subjects connect to:

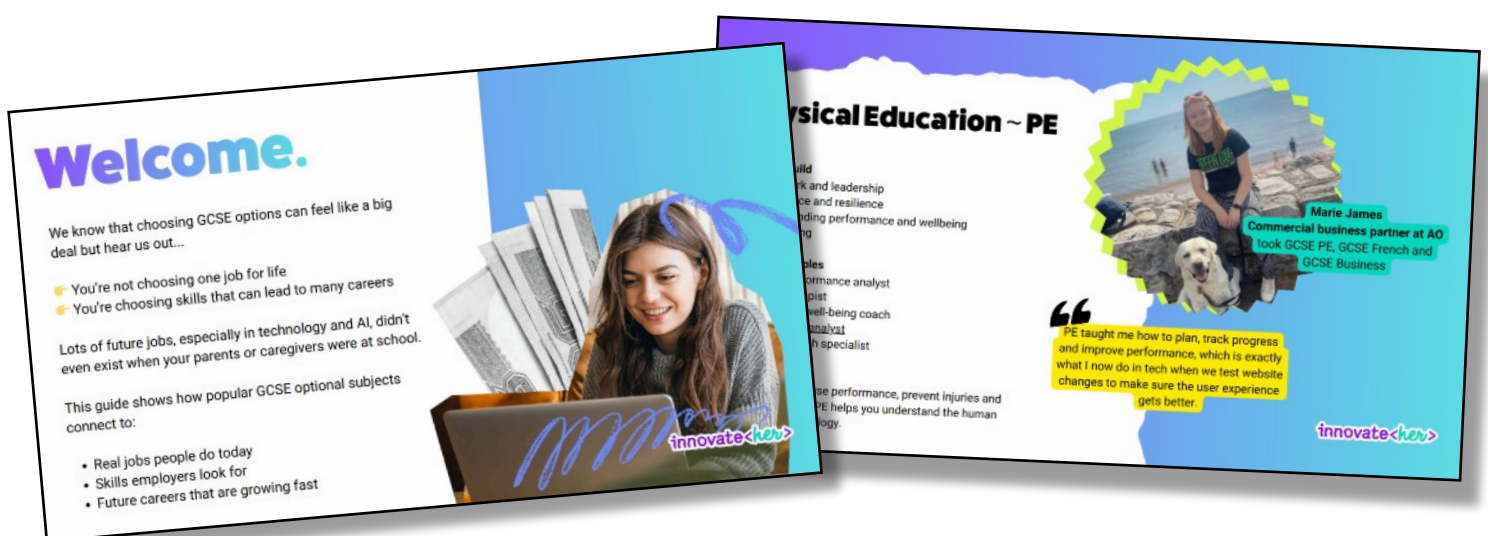
- Real jobs people do today
- Skills employers look for
- Future careers that are growing fast

Covering subjects from languages to computer science, there are insights to support all students. Including supporting comments from real people who chose a certain subject and where they are now, in order to give students examples of potential career and subject routes.

All you need to do is click one of the buttons below to view it, or click the button to download the guide

[VIEW GUIDE](#)

[DOWNLOAD GUIDE](#)



INVESTIN WORK EXPERIENCE SUMMER SCHOOLS



✓ Explore real workplaces and work with top professionals

✓ Gain a qualification in work experience & career planning

✓ Experience university life at UCL

*In London
this summer*

*Experience your
dream career*

*For students
aged 12-18*

**Find out
more**



**Visit
investin.org**

GAIN HANDS-ON EXPERIENCE IN YOUR DREAM CAREER

Choose from 15 careers

Art & Design

Entrepreneurship

Media

Architecture

Forensic Science

Medicine

Computer Science

International Politics

Psychology

Dentistry

Investment Banking

TV & Film

Engineering

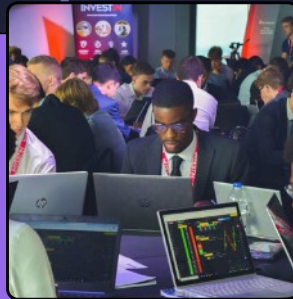
Law

Veterinary Science



ENGINEERING

Visit a working airfield and learn from aeronautical engineers about mechanics



BANKING

Trade the stock market with the London Academy of Trading



MEDIA

Visit a TV studio and deliver a simulated broadcast



MEDICINE

Shadow doctors on a simulated ward round at a London training hospital



“Now I’ve been on an InvestIN programme, I know what I want to do forever”





THE GT SCHOLARS PROGRAMME

We often hear parents say:

"My child is working so hard... but their results don't reflect it."

They're putting in the time. Doing their best to improve.

But often, the issue isn't effort - it's *how* they're learning.

Most students are never shown how to learn effectively, stay consistent, or build the habits that turn effort into real progress. So they work harder... without seeing the results they expect.

The Success Academy is a space where young people aged 10-18 can **develop the skills, habits, and mindset that drive success** - all while being supported every step of the way.

When your child joins, they'll gain access to:

- A global community of ambitious young people aged 10-18
- Weekly online co-working sessions (Valued at over £1800/year)
- Year-round group mentoring via the online mentoring hub (Valued at over £480/year)
- [Over a dozen premium online courses](#) (including How to Ace Your Exams, How to Develop a Growth Mindset, The Young Investor Course, How to Get into Oxbridge and more - Valued at over £6400)
- 3 new premium courses added every year (Valued at over £2400/year)

All of this is guided by the GT Scholars Success Habits Framework™ - the foundation for building confidence, motivation, and independence that leads to success at school and in life.

If you'd like to see how it works, you can explore it here: <https://gtscholars.org/success-academy>

Sometimes, it's not about doing more - it's about doing what works.

PS. Have you introduced your teen to the 9 Scholar Success Habits? You can do so [using this short video!](#)

Also, when you're ready, here are 3 ways we can help your teen secure top-tier grades:

- **Join us for our Upcoming Parent Masterclass**

Discover science-led methods to help your teen achieve their full potential. Learn how to build a high-performance home environment that fosters self-leadership and excellence. Empower your teen to thrive - without increasing your stress or sacrificing your relationship. [Reserve your spot](#)

- **Help Your Teen Develop the Success Habits of the Top 1%**

There is a "hidden curriculum" that high-achieving students use to excel in competitive exams. Take this 5-minute diagnostic and learn how to equip your teen with the metacognitive tools and grit required for excellence. [Complete the Success Habits Audit](#)

- **Secure Top Grades in Maths, English, Science & Coding**

Are you ready to accelerate your teen's grades? Take this quick assessment to know which tutoring and mentoring programmes will give your child the strategic academic edge and unlock exceptional results in their KS3, GCSEs, and A-Levels. [Take the Free Pathway Assessment](#)



THE GT SCHOLARS PROGRAMME

Every so often, we meet a scholar whose journey perfectly captures why we do what we do.

Meet Brittany, a 15-year-old scholar with a love for science, sport, and learning. When Brittany joined our Tutoring and Mentoring Programme, she was confident in many areas - but Maths was holding her back.

She knew she was capable of more.



"I joined the GT Scholars programme to develop my learning in Maths, because Maths is one of my weakest subjects. My grades went up. I started with a grade five, which I was definitely not happy with, and now I'm at a grade six/seven."

What made the biggest difference wasn't just improving marks - it was how Brittany felt about learning.

"Doing one-on-one tutoring showed me that I can move my grades up. It gave me confidence and a real boost. My mentor helped me realise there's more to life than academics. She taught me the importance of taking a break, looking after my mental health, and having fun - which actually helps with learning too."

This is exactly why our programmes combine academic support with mentoring. We don't just help scholars improve grades - we help them build confidence, clarity, and belief in what they're capable of.

You can read Brittany's full story to find out exactly how tutoring and mentoring helped her improve her grades and build her confidence.

If you're interested in applying to our programmes, make sure to sign up for Priority Access in our 1-to-1 and small group tutoring programmes. Parents with priority access will receive an early booking link, giving them a 24-hour head start to complete their application before applications open.

Get priority access!

Industrial Cadets: Individual Challenger Experiences



Our current available Individual Challenger activities are listed below. More exciting activities will be added soon.

To register for one of the activities - click on the link below, create an account on our Learning Platform, choose and pay for your activity, start and complete your 3 hour activity in your own time. Suggested age 11-16. On completion you will receive your Industrial Cadets Challenger certificate to download.

Cost: £25

Coding (Scratch) Project

This course is aimed at 11 -16-year-olds and can be completed by yourself. The recommended time to complete is 3 hours but it can take longer depending on the detail you put into your project. You can complete it in your own time, and it can be completed in multiple sessions as your progress will be saved.

This course is designed to help you learn about digital programming through the use of scratch. You will use Scratch to create two games one with a moving sprite and at least three levels. You will develop this in game two where your sprite will also move through items.

By the end of the course, you will have experience developing two games with sprites, different levels and functions. You'll see how digital programming is used in games and learn about careers in gaming.

Carbon Capture - Eco Garden project

This course is aimed at 11 - 16 year olds and can be completed by yourself. The recommended time to complete is 3 hours but it can take longer depending on the detail you put into your project. You can complete it in your own time and it can be completed in multiple sessions as your progress will be saved.

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

You'll learn about carbon sequestration—the process by which plants, soil, and other natural features capture and store carbon dioxide. With this understanding, you'll plan a garden that includes as many carbon-storing elements as possible. We'll also look at other features that can make your garden environmentally friendly, such as supporting biodiversity, conserving water, and providing habitat for pollinators.

To bring your ideas to life, you'll have the option of using recycled or craft materials for hands-on model building, or digital tools to create a detailed online design. This flexibility allows you to explore your creativity in a way that suits your preferences and resources.

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

TinkerCAD Moon Base Project

This course is aimed at 11 - 16 year olds and it can be completed by yourself. The recommended time to complete is 3 hours but it can take longer depending on the detail you put into your project. You can complete it in your own time and can be completed in multiple sessions as your progress will be saved.

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

You'll learn about all the different elements you'd need to consider when building a base such as environmental factors, temperature, design shape, rooms and also think about what materials you could use in space.

To bring your ideas to life, you'll log in to TinkerCAD and go through the different lessons that are assigned to you.

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

If you have any questions regarding these activities please contact studentrecruitment@etrust.org.uk

SIGN UP

FIND OUT MORE



£25 per
project

For ages
11 - 16

Individual Challenger Experience

The Individual Challenger Activities are an exciting way for students to complete a short STEM project from home and gain an Industrial Cadets Challenger award.



Carbon Capture - Eco Garden Project

- **Create a garden** that supports the environment and contributes positively to the **fight against climate change**. You'll learn about **carbon sequestration**—the process by which plants, soil, and other natural features capture and store carbon dioxide.
- By the end of this course, you'll have a clear plan for an eco garden tailored to your space.

TinkerCAD Moon Base Project

- Create a **3D design using a CAD program**. Learn how to create a **3D moonbase, fit for astronauts**, whilst learning more about the best place to setup a base on the moon.
- By the end of this course, you'll have a clear understanding of how to use a CAD program whilst deepening your understanding of space.

Coding (Scratch) Project

- Develop your digital programme skills by creating games with different levels and functions.
- By the end of the course you'll be confident in creating games and devising new ways of programming.

How to sign up/find out more

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





We are very excited to share the fantastic news with you that, due to the huge success of our February Half Term pilot course, we will be re-running our: **FUTURE SKILLS PROGRAMME: Careers in STEM** over the May Half Term and the ***APPLICATIONS ARE NOW OPEN!**

This virtual programme is designed to inspire students, broaden their understanding of STEM careers, and equip them with the skills and confidence needed to make informed choices and succeed in future applications and the workplace.

Who is this for? Students in Years 9-10 - S3-S4

When is this course running? 26th-29th May

How long will it take to complete? Approximately 30 hours flexibly

How much will it cost? £50 (Fully funded bursaries are available for eligible students, criteria is here),

This course is perfect for students who:

- Have an **interest or curiosity in STEM**, engineering, manufacturing, digital technology, or future careers
- Would benefit from **early exposure to real-world STEM pathways**, including apprenticeships, technical routes, and university options
- Are beginning to think about **GCSE subject choices, post-16 options, or longer-term career ideas**
- May not yet see themselves in a STEM career but would benefit from **inspiration, role models, and insight into local and regional opportunities**
- Are motivated to develop **employability skills** such as communication, networking, and professionalism

The course is suitable for **all abilities** – enthusiasm and curiosity are far more important than prior knowledge and at the end of the course, students will graduate as **Bronze-level Industrial Cadets**, a nationally recognised award they can use as evidence of their experience to support future applications and career journeys.

Please use the link below for any students and their parents/guardians in Years 9-10

[Programmes - The Future Skills Programme: Careers in STEM](#)



Spring Clean your CV



1. The 10-Minute Declutter Challenge

- Delete any outdated or irrelevant experience
- Condense overly long bullet points, only keep the words that provide real impact!
- Cut filler words e.g. “responsible for” or “duties included”
- Ensure contact details are up to date and include a professional email address



2. Refresh your skills

- Add any new transferrable skills from recent school projects, part-time work, volunteering, extracurriculars, work experience or online courses
- Include concrete examples e.g. “developed leadership” → “lead a team of 6 people in Year 12”
- Try using the formula: **Action Verb + Task + Impact**
- e.g. Organised a school charity event attended by 150+, raising £800



3. Keyword Gardening

- Pick 3 job or course descriptions that sound interesting to you
- Identify the key skills or requirements they are looking for
- Add these keywords into your own CV with your own examples



4. Plant your next goal

- Having reflected on your CV so far, look to the future and plant the seeds for your next goal
- Write down one short-term and one long-term career goal
- Top Tip: For maximum efficiency make your goals SMART (specific, measurable, achievable, relevant and time bound)



Your career, translated.

Did you know that globally, speaking more than one language can **boost your annual earnings by 14.3%**? That's almost **£7k more a year!**

In a recent study, Preply found that **Spain** offers the largest pay uplift, with bilingual workers earning up to **£26,000** more per year in some industries. However, the most sought-after language across the globe is **French**, reflecting its widespread use in international diplomacy and in business.

Even with the rise of AI, there's still huge value in learning a new language. Now's the perfect time to add a second language to your CV.

[Try a language course](#)

Gain an employable edge

Looking to master the IELTS or learn the basics of professional French? You can gain the practical skills that open new doors and grow your global network.



Get into Law Virtual Work Experience Day During the May Half-term

Thursday 28th May, 10am - 4pm

This online work experience event will bring together some of the world's biggest law firms to share what it's like to be a corporate lawyer. There will be workshops, panels and lots of networking across the event.

Are you interested in breaking into the legal field?

If so, then this work experience is for you! This May Half Term break, we have teamed up with some of the world's biggest law firms to give students an incredible insight into what it's really like to work in the industry and become a top lawyer at a leading international law firm.

If you think you've got what it takes to step into the shoes of a corporate lawyer for the day and have a go at some real-world cases, then this event is for you!

Event Details:

- Date: Thursday 28th May
- Time: 10:00am - 4:00pm
- Location: Zoom (link provided upon registration)
- Who: Year 10, 11,12, 13 students

What to Expect:

- Law Work Experience during the May Half Term
- Employers attending are Fragomen, A&O Shearman, Farrer & Co, Charles Russell Speechlys and The University of Law
- An opportunity to take part in legal workshops, hear from international law firms as well as the UK's biggest university offering law degrees
- Networking opportunities in the virtual booths
- Certificate of completion sent out to all students who take part in the day

Please apply via the link below:

[Click here for the Application Link](#)

“Working as an apprentice in a small business, you really get to see how the business is run, and you really get to know all of the staff.”

**Paris, Animal Welfare apprentice at
Camp Tails Doggy Daycare**



The UniTasterDays Students' Guide to University 2026

The key higher education facts for students thinking about university

The Students' Guide to University 2026 will allow you to make an informed choice about university. It includes articles to help you decide whether university is right for you, what you should study, and where you should study it.

Contributions have been provided by over 80 university representatives from across the UK, along with expert voices from outside the sector, such as educator and TV personality Baasit Siddiqui. The guide is supported by HELOA, a membership group for university advisers.

It is divided into sections to support you and your students through every stage of the university journey. Topics include researching options, attending events, financing studies, applying, and preparing for university life.

This year, mindful of the cost-of-living crisis, several articles are designed to help you overcome financial difficulty. You'll learn how to explore universities on a budget, secure "free money" to fund your student experience, manage your finances at university, secure a part-time job, and consider more affordable options like studying online.



[Download now](#)

The UniTasterDays Students' Guide to University 2026

- ✓ The key university facts for students
- ✓ Featuring editorial from over 80 university experts
- ✓ Available for direct download!



Kickstart your career with **Story Summer School**

6th - 8th July 2026

What does it include?

Open to young adults, aged 15 - 18, Story Summer School gives you the chance to learn more about the civil engineering industry by spending three days with the team at Story Contracting in our Chorley office. Across the week, candidates will:

- Take part in masterclasses hosted by industry experts from #TeamStory.
- Learn more about Story Contracting, how we work, and the wide variety of roles required to make our projects successful, from our support functions to our engineering and commercial teams.

Applying is easy, simply scan the QR code below, and input your details and tell us why you would like to join Story Summer School. **Good luck!**

STORY
SUMMER SCHOOL

**Scan the QR
code to apply**



Why should you apply?

“I have really enjoyed this week, it has made it clear for me that I would like to pursue project management as a career path. Talking to the team and seeing the sites in action has inspired me to enter the construction industry as I can see all the opportunities available.”

- **Kayla McNamara, 16**



OPEN EVENTS

5-7PM

15TH OCTOBER

18TH NOVEMBER

15TH DECEMBER

9TH FEBRUARY

12TH MARCH

12TH MAY

18TH JUNE



YOUTH FUTURES YEAR 11 LEAVER EVENT

**FINISHED Y11 & UNSURE WHAT NEXT?
NEED SOME ADVICE OR SUPPORT?**

**No appointment needed – just drop in! Can't attend?
Get in touch using the details below.**

We can help you with;

- Your next steps
- Getting into education
- Finding work
- Building your confidence
- Boosting your skills

Let's work together to figure out your next steps!

DROP IN



Chorley Tatton Community
Centre - PR6 0FJ



Monday 24th August
12-4pm

CONTACT US



01772 531 044



youthfutures@lancashire.gov.uk



@youthfutures_team



[https://padlet.com/youthfutures/
resources](https://padlet.com/youthfutures/resources)

Scan the QR Code
for more details on
events, booklets,
and resources!





GT Scholars

1-TO-1 TUTORING & MENTORING PROGRAMMES

Are you an ambitious young person aged 10-18?

Would you like to boost your leadership skills? Are you keen to improve your grades? Our 1-to-1 programmes might be just for you!

Each term you'll get access to:



Online Tutoring

12 hours of academic support, including 10 hours of 1-to-1 online tutoring in Maths or English up to GCSE



Online Mentoring

6 hours of 1-to-1 online mentoring sessions with professionals and graduates from top companies & universities



Personal Development Courses

3 new personal development courses each year, group coaching sessions & unlimited access to our online learning hub

<https://gtscholars.org/register-your-interest>



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](#)

Welcome evenings Year 11s

We are currently in the process of sending letters to all students that have successfully received an offer following their interview. Welcome evenings will be held this year on Tuesday 14th and Wednesday 15th April 5pm - 7pm. Each student will receive a letter through the post and text message with their personal invite. Due to high numbers of offers we have to split this over 2 evenings. Its a great chance for the students to try their course and meet their tutors and classmates prior to September.

New courses for September

Please see link for new courses for students starting in September 2026. We are excited to be introducing the below into our provision and already they are proving popular with applicants.

[Sport, Fitness & Personal Training](#)

[Combined Studies - Science & Social Science](#)

PRESTON
COLLEGE

How will we ensure we **produce and consume** things **sustainably**?



CHANGE

the way we

USE THINGS

using engineering and technology

Collect the set:



Engineers are helping us to look and feel good and reduce waste by:

- Creating fabrics made from fruit
- Designing apps to encourage people to re-use and upcycle clothes
- Using AI to improve automated waste sorting
- Developing biodegradable microbeads (found in cosmetics and cleaning products)
- Making recyclable wind turbine blades

neon
Brilliant Inspiration

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

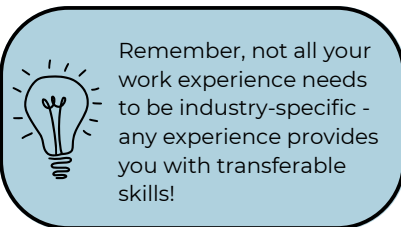
Why?

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!



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

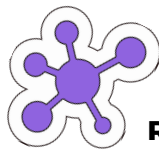


Consider what you already do outside of school - **what does it say about your interests or skills?**

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







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.

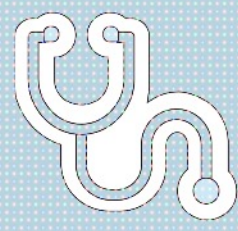
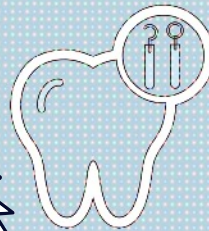
Through interactive activities and expert insights, you'll gain a deeper understanding of how a big business operates and what it takes to succeed in today's world of work. Whether you're interested in customer service, logistics, or digital innovation, this programme will help you find your happy place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

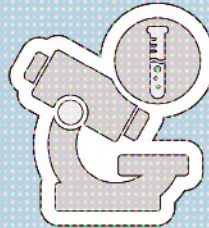
Scan Me
To sign up for this course



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.

IN ASSOCIATION WITH



IN COOPERATION WITH



IN ASSOCIATION WITH



SCAN NOW TO
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.

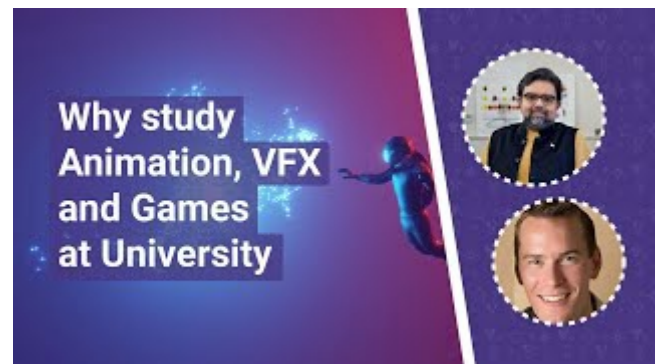
Including the UK's first video subject guide!

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](#)





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.



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

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/appgXnyzN5ZD9lwk6/shrGJUAtigzZzDwTN>

Aspiring Dentists: <https://airtable.com/appgXnyzN5ZD9lwk6/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

Solicitor

Solicitors provide expert legal support and advice on a range of personal and commercial issues.

As a solicitor, you'll take instructions from clients and advise on necessary courses of legal action. Clients can be individuals, groups, public sector organisations or private companies.

Depending on your area of expertise, you can advise on a range of issues, including:

- personal issues - buying and selling residential property, landlord and tenant agreements, wills and probate, divorce and family matters, personal injury claims and criminal litigation
- commercial work - helping new enterprises get established, advising on complex corporate transactions (including mergers and acquisitions) and business-related disputes
- protecting rights - making sure individuals are treated fairly by public or private bodies and receive compensation if unfairly treated.

Once qualified, you can work in private practice, in-house for commercial or industrial organisations, in local or central government, or in the court service.

The actual work carried out varies depending on the setting, your specialist area and the nature of the case.

You may use some of your time to give free help to clients who are unable to pay for legal services themselves. This is known as pro bono work.

Types of law

Solicitors can specialise in numerous practice areas, and these can often determine the firms you apply to.

Area of specialisation include:

- civil litigation
- criminal justice
- employment
- family and children
- human rights
- immigration
- private client
- property
- social welfare and housing
- tax

Responsibilities

Work can be split into:

contentious (litigious) legal work - resolving disputes between two or more parties, through litigation, arbitration or mediation. This can include drafting statements, negotiation and representing clients in court.

non-contentious (non-litigious) legal work - transactional or advisory in nature. This usually involves advising clients and drafting documents.



For more information click [here](#)