



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

Welcome to the last edition of Career News for this half term and it's a bumper edition, packed full of opportunities, news and events.

There are lots of virtual work experience offers, from Experian, Changing the Face of Property, BT and Thames Water, as well as the NHS, Medic Mentor and Allied Healthcare Mentor - all of which will give students a real taste of what it's like to work in those industries - and all without leaving the comfort of the sofa! Most are suitable for Year 10 and 11, so check them out and get a head start.



- Myerscough College have a virtual careers event available over half term, with over 50 employers plus college and uni staff on hand to answer questions.
- Bolton College are advertising their next open event - or rather, two events - one online and one in person, so take your pick!
- Myerscough College showcase their rugby union academy, in conjunction with Sale Sharks Rugby - book your place at the taster morning.
- InvestIN's spring career experiences are almost all fully booked and will be closing shortly - don't miss out on one of these incredible experiences.
- If a sporting career is your preference, perhaps go along to Robin Park to the Wigan Warriors open evening and chat to the Education Team about the range of sports-related BTEC courses they offer.
- The latest issue of Careermag for School Leavers is now available to view, covering careers in construction, finance, defence, energy, utilities and much more.
- It was National Apprenticeship Week this week, so there are a number of articles highlighting apprenticeships. There is the Skanska Insight Day and drop in sessions, case studies from engineering companies courtesy of Neon and a series of useful articles from Success at School including FAQs, a look at some famous apprentices and the qualifications you can achieve.
- For the adults who perhaps didn't achieve the best grades at school, Runshaw College are offering short courses in English, maths and IT - and the best news is - they're free!
- This week's blog spot is about potential job interview mistakes and how to avoid them - useful advice whatever stage of your career you are at.
- Finally there are the apprenticeship vacancies in the local area for this week - and of course, Career of the Week!

Have a great half term holiday (or vietä hyvä loma!)

Don't forget that next term we have the Careers Fair (11<sup>th</sup> March) - much more to follow on this ...



15TH FEBRUARY 2021 | 9 AM – 4 PM

## **Virtual Work Experience with Data Technology Business Experian**

We have our first Work Experience opportunity of 2022 for students in years 10-13 with international technology business Experian. On Tuesday 15th February from 9:30am - 4:00pm we're hosting Experian's first ever virtual work experience program.

A constituent of the United Kingdom's FTSE 100 index with annual revenues exceeding \$5 billion, Experian unlocks the power of data to create opportunities for consumers, businesses and society.

During life's big moments - from buying a home or car, to growing a business exponentially by connecting it with new customers - Experian empowers consumers and clients to manage data with confidence so they can maximise every opportunity. Experian gather, analyse and process data to help individuals take financial control and access financial services, businesses make smarter decisions, lenders lend more responsibly, and organisations prevent identity fraud and crime.

Experian are one of the fastest growing tech businesses with data becoming increasingly more valuable in today's business world. They support an array of clients in more than 100 countries and employ approximately 17,800 people in 44 countries.

We have a really exciting day planned with interactive workshops to be led by a variety of business professionals as well as an opening morning session with the Chief Information and Operations Officer (CIO) Conor Whelan. The chance to hear from and ask questions to one of the company's most senior leaders isn't something you want to miss!

We'll also hear from some of the apprentices who'll share what it's like starting a career with one of the world's leading data technology organisations.

We'll be awarding certificates of attendance for those who complete the day with us to add to your CV and we'll also throughout the day be running competitions to win JD, ASOS and Amazon vouchers as well as AirPods Pro's!

Join us for what's set to be a really fun and immersive work experience day with a truly fantastic company who for more than 125 years, have helped consumers and clients prosper, and economies and communities flourish all over the world.

Registration Link:

<https://www.surveymonkey.co.uk/r/Experian-Work-Experience>







# HALF-TERM EVENTS FOR YOUR STUDENTS



## February half-term opportunities for your students! 🚀

As we are fast approaching February half-term, we wanted to let you know about the Work Experience Days we are putting on for your students!



### **Virtual Work Experience Day: Changing the Face of Property**

***Tuesday 15th February | 10am - 3pm***

Changing the Face of Property is an association consisting of 12 top UK property brands, and they want to show your students what their industry is all about! They will take part in a day full of interactive breakout rooms with a range of brands in the association, such as Savills, CBRE, and JLL and take part in a live Q&A session!

**[Register here](#)**





## **Virtual Work Experience Day with BT**

***Wednesday 16th February | 10am - 3pm***

Your students can spend the day learning and networking with the BT team! During our virtual work experience day with BT they will learn all about BT's 300+ apprenticeship opportunities in different areas of business all across the UK! Students will have the opportunity to hear about what it's like to work at BT, as well as take part in interactive problem solving exercises.

**[Register here](#)**



## **Virtual Work Experience Day with Thames Water**

***Thursday 17th February | 10am - 3pm***

Students can spend the day with Thames Water and learn all about who they are as a brand, what kinds of apprenticeships they offer (anywhere from Level 2 to Level 6) and take part in interactive mock-interview tasks!

**[Register here](#)**





## **Application Clinic with McDonald's**

***Tuesday 22nd February | 6pm***

If your students are interested in applying for the McDonald's apprenticeship opportunity, this will be a great chance for them to hear directly from the McDonald's team about the application process and how to make their application stand out!

The McDonald's degree apprenticeship programme is a BA (Hons) Business Management degree.

**[Register here](#)**



## **Parent & Teacher Evening with KPMG, HSBC, and British Airways**

***Wednesday 23rd February | 6pm***

Come along on Wednesday, 23rd of Feb to hear about a range of apprenticeship and school leaver programmes made for your students! We will be joined by KPMG, HSBC, and British Airways to speak on their roles and opportunities for your young people, when they should be applying, how to make sure they're prepared for the application process and more.

**[Register here](#)**



## Welcome to Myerscough Careers Event 2022

We are looking forward to once again holding our Virtual Careers Event this year for our College and University students on Thursday 10th February 2022.

The event is live for a set period following this date and we would therefore like to invite any year 10/11 pupils to visit the Virtual Careers Event during half term from:

**Monday 14th February – Sunday 20th February.**

We thought this might be a useful time for pupils to log in over their break, as they will be able to utilize recorded career talks, employer information and access the range of helpful resources on offer, at their own leisure.

There are approximately 50 employers with booths from a wide range of career areas as well as our own School Liaison and Higher Education Booths.

This will be particularly helpful for any pupils interested in coming to Myerscough and for those unsure about their post 16 options.

Please can pupils register with their school email address, by following the link below and selecting the 'School' option in the drop down box:

<https://myerscoughcollege.vfairs.com/en/>





# ALLIED HEALTHCARE MENTOR

A quick reminder that the NHS Allied Work Experience Programme is still available for students in years 10 and 11, running one weekend a month.

Students who wish to participate can register individual spaces on the following link:  
<https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>

All students will be awarded with a Work Experience Certificate for participating in the day. This is something that they can include in their UCAS and Apprenticeship Applications. The next Work Experience day will cover the following healthcare careers:

- **Nursing**
- **Midwifery**
- **Paramedicine**
- **Physiotherapy**
- **Occupational Therapy**
- **Dietetics**
- **Radiography**
- **Prosthetics and Orthotics**
- **Speech and language therapy**
- **Pharmacy**

The virtual work experience day will take place through an online portal and run LIVE from 10am -5pm, following 2 patients from their initial accidents through to recovery. Students will see them interact with a variety of healthcare professionals listed above so that they develop an understanding of the multidisciplinary team as well as insights into their own chosen career.

Students will also have the opportunity to interact with the healthcare professionals via a LIVE Chat function and polls throughout the day!

The cost to attend is £10/student per session, which is just an administrative cost to cover the set-up of individual portals, personalised certificates, safeguarding, the technology on the day, such as our servers and chat functions.



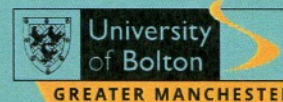




# BOLTON COLLEGE YOUNG PEOPLE'S

## OPEN EVENT 2022

Part of the University of Bolton Group



We can't wait to tell you about the amazing opportunities here at Bolton College so we're giving you TWO options to help you discover what we're all about – visit us in person or view our Virtual Open Event, or you could even do both!

Option  
**1**

### LIVE OPEN EVENT

Deane Road Campus, BL3 5BG  
Tue 8th March 2022  
5pm-8pm

Option  
**2**

### VIRTUAL OPEN EVENT

If you can't attend our Open Event in person, or would rather tour our campus, explore our programmes and hear from students and staff from the comfort of your own home, check out our Virtual Open Event, available online NOW!

Visit the link below to access over 40 videos, helping you to make important decisions about your future, at a time convenient to you.

Over  
**25,000**  
visitors!



Register via:  
**[www.bit.ly/college-open](http://www.bit.ly/college-open)**





## February half term Virtual Careers Insight Programme

You will need to sign up to the platform in order to gain access to the programme at [www.nhscareersnw.co.uk](http://www.nhscareersnw.co.uk)

	Monday 14.02.2022	Tuesday 15.02.2022	Wednesday 16.02.2022
9.00-9.30	Welcome 9.00am to 9.15	Dr Nicola Phillips, Lancaster Medical School	LLC Occupational Therapy Community Sonja Mechie
9.30-10.00	LHTR Orthoptist- Hannah Harwood 9.15am to 10.00am	BTH- Paediatric physiotherapy Clare Williams	Bay Medical Group Mohammed Akhtar GP
10.30-11.00			
10.30-11.00 Break/Task			
11.00-11.30	LHTR Pathology- Penny Page	Routes in Healthcare University of Cumbria Hannah Rosbrook- Brown	10.50-11.30 Risedale- Emily Devitt Nursing Competencies
11.30-12.00			11.30-12.10 Nick Mullin Mental Health Careers
12.00-12.45 Lunch			
12.45-13.15	BHT- Speech & Language Team Fazila Dawjee	NWAS- Nik Schickhoff	UHMBT- Podiatry Suzanne Steele
13.15-13.45			
13.45-14.15 Break/Task			
14.15-14.45	LCC Occupational Therapy Reablement Team Trupti Parmer	Clifton Homecare- Caroline Brady	LHTR Pharmacy- Diane Taylor
14.45-15.15			
15.15-15.30	Reflection	Reflection	Reflection
	15.30 Close	15.30 Close	15.30 Close

Whilst we understand students may not be able to attend every session during the 3 day programme, we strongly advise they attend as many as possible to gain a true insight into a wide range of NHS & Social Care Careers to support them in making informed decisions surrounding any future career interests they may have.



# Rugby Union Taster Morning

Wednesday 16th February 9am till 12noon

Come along to our Taster Morning and find out more about our range of BTEC Level 3 Diplomas in Rugby Studies including the Level 3 Diploma in Sporting Excellence (DiSE).

The Myerscough College Rugby academy is a joint venture with Sale Sharks Rugby and is the accredited RFU Elite Player Development Centre for the North West.

Our relationship with Sale Sharks and the RFU provides a unique opportunity for students to train as professional athletes and secure a dream job.

Our courses cover all aspects of the game including psychology, physiology, nutrition, performance development and coaching development. It offers a perfect environment for talented rugby players to combine high performance with education needs.

The Taster Morning is a great chance to find out more about the courses and will culminate with watching the Sale Sharks 16's v Myerscough 17's at 2pm (optional).

**Book your place here!**

Further information is available from Steve Gough,  
Head of Rugby Development here at Myerscough College.  
Tel: 01995 642307 Email: [sgough@myerscough.ac.uk](mailto:sgough@myerscough.ac.uk)

Myerscough College's Rugby Studies Taster Session is a great opportunity for potential students to see what the top Rugby Union College in the North of England can offer.

Come along to our Year 11 Taster Morning and find out more about our range of BTEC Level 3 Diplomas in Rugby Studies including the Level 3 Diploma in Sporting Excellence (DiSE).

**[Book your place here!](#)**

The Myerscough College Rugby academy is a joint venture with Sale Sharks Rugby and is the accredited RFU Elite Player Development Centre for the North West.

Our relationship with Sale Sharks and the RFU provides a unique opportunity for students to train as professional athletes and secure a dream job.

Our courses cover all aspects of the game including psychology, physiology, nutrition, performance development and coaching development. It offers a perfect environment for talented rugby players to combine high performance with education needs.

The Taster Morning is a great chance for Year 11's to find out more about the courses and will culminate with watching the Sale Sharks 16's v Myerscough 17's at 2pm (optional).

All students will need to sign a consent form which will need to be completed prior to attending. This will be emailed to you closer to the time once you have registered.

Further information is available from Steve Gough, Head of Rugby Development here at Myerscough College. Telephone: 01995 642307. Email [sgough@myerscough.ac.uk](mailto:sgough@myerscough.ac.uk)

<p><b>Myerscough College</b> INSPIRING EXCELLENCE</p>	<p><b>APPLY NOW</b> PLACES AVAILABLE FOR SEPTEMBER 2022 ENTRY</p>	<p><b>Top3 LAND-BASED COLLEGES</b> IN THE COUNTRY FOR 16-18 PASS RATES (NART 2018/19)</p>	<p><b>LIVE CHAT SUPPORT AVAILABLE</b> MYERSCOUGH.AC.UK</p>	<p><b>Educate Awards</b> Most Inspirational 16-18 Provider WINNER 2021</p>	<p><b>NATIONAL CENTRE FOR DIVERSITY</b> #6 TOP 100 MOST INCLUSIVE WORKPLACES FITCH AWARDS 2021</p>	<p><b>Ofsted</b> Good Provider</p>
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OUR NEXT COURSE ADVICE MORNING: **SATURDAY 26TH MARCH**





## Law, Finance & Politics Career Opportunities

Ages 12-18 | 5 industries | In-person at UCL or live online



[Law](#) | [Politics](#) | [Investment Banking](#) |

[Entrepreneurship](#) | [International Development](#)

Do your students aspire to enter the fields of law, finance or politics? In the past two years the demand for young lawyers has risen by 131%, with similar trends noted in the finance sector. The appetite for jobs which create social impact has risen by 17% as issues like climate change take a prominent position in young minds.

Your students can gain invaluable experience in these fields with us this term. Our immersive weekend masterclasses offer students the chance to learn from a host of successful professionals: corporate lawyers, MPs, UN staff, private equity managers and more.

We expect these programmes to be fully-booked in the next two weeks.

Students can choose to attend either at UCL or live online.

[Register Now \(Ages 15-18\)](#)

[Register Now \(Ages 12-14\)](#)



### InvestIN Blog

Want to show your students what a career in Law, Finance or Politics can really look like? Our blog is jam-packed with content including interviews with professionals, subject choice advice, how to build a career dedicated to sustainability and much much more.

[Read More](#)

## Spring Weekend Career Experiences

Final chance to register | Ages 12-18



This is the final call for students to register for our immersive career masterclasses at UCL in March. These will be our last weekend programmes of this academic year.

**We expect to close registration next Friday 18th February, so students should register as soon as possible.**

[View & Register: Ages 15-18](#)

[View & Register: Ages 12-14](#)





# WIGAN WARRIORS SPORTS COLLEGE

## February Open Evening

There's a simple process to book an appointment slot to come along, view our College Academy Facilities and speak with our Education Team about Course Options for September 2022.

Email: [Education@wiganwarriors.com](mailto:Education@wiganwarriors.com)

RECRUITMENT FOR SEPTEMBER 2022

# COLLEGE OPEN EVENING



Visit us at Robin Park Arena!

**TUESDAY 15<sup>TH</sup>  
FEBRUARY 2022**

**4.30pm-7.30pm**

(Appointment Time Required)

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**Book Your Appointment by**

E: [Education@wiganwarriors.com](mailto:Education@wiganwarriors.com)

T: 01942 762 888

Or Direct Message on Social Media







Are you considering the next steps after school or college? Perhaps you're thinking about an apprenticeship, T Levels, college, university or maybe you're a little unsure of what to do. Don't panic! You don't need to have it all figured out and remember, there are no right or wrong paths.

Careers are no longer considered linear, and the days when a job was for life is now a thing of the past.

In this issue, we explore the different options available as well as providing support for talking careers with your parents, everything you need to know about apprenticeships plus much more! With exam season just around the corner, we've also created a guide to help you look after your mental health while revising.

Have a read and explore our sector spotlights including construction engineering, financial services, careers in defence, energy and utilities plus much more.



[View Careermag for School Leavers](#)

# SKANSKA



## Are you considering an Apprenticeship?

At Skanska, one of the world's largest construction and development companies, we offer a variety of apprenticeships in an exciting environment where you can help us build for a better society.

We are hosting a number of **drop in sessions** for students, teachers and parents to ask any questions they may have about apprenticeships, careers in the construction industry or Skanska as an employer. Register your interest in attending [here](#).

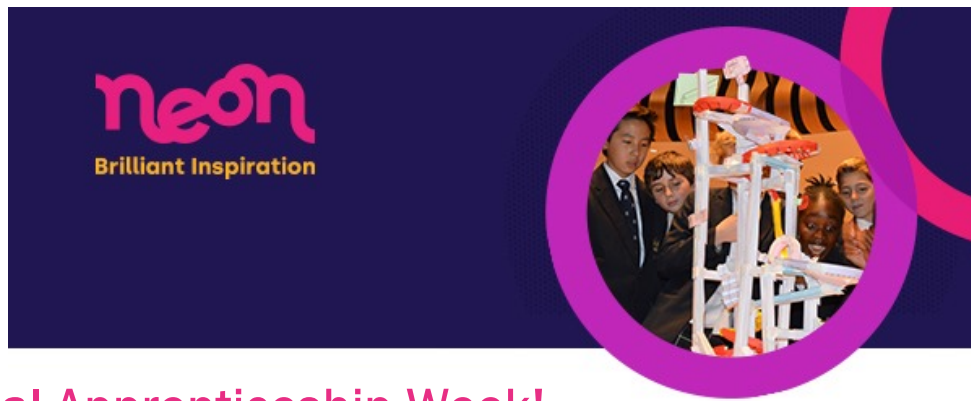
We also are pleased to host a **Skanska Insight day** where we have speakers from across the organisation explain their roles, what life is like as a Skanska apprentice and how best to succeed in applying for apprenticeships. Students, teachers and parents are encouraged to join us on the 16th February by registering your interest [here](#).

### Apprenticeship Opportunities for 2022 (to give you an idea of the broad range of career pathways)

London:

- Mechanical and/or Electrical Engineer: Level 2/3*
- Mechanical and Electrical Technician: Level 2/3*
- Telecommunication Technician: Level 2/3 (North West London)*
- Construction Management: Level 4*
- Construction Planner: Level 4*
- Procurement Apprentice (Buyer): Level 4*
- Digital Technology Solutions: Level 6*
- Civil Engineer: Level 6*
- Quantity Surveyor (commercial management): Level 6*





## It's National Apprenticeship Week!

Be inspired by the world of apprenticeships this week by reading case studies from real apprentice engineers:



**Meet Josh** - an electrical engineer who earned and learned at the same time with an apprenticeship at Siemens, working on the electronic devices that help drive rollercoasters

**Meet Xavier** - an apprentice who worked on the Queen Elizabeth Olympic Park Stadium transformation project - a big project to start your career on

**Meet Jemima** - an instrument engineering apprentice and who's looking out for the next medical breakthrough at GSK





# MEDIC MENTOR



YOUR MEDIC FAMILY

My name is Dr Hannah Orme, and I am an FY2 doctor in Warwickshire.  
I am also a Chief Mentor at Medic Mentor and you can learn more about me [here](#):

If your students have any questions or worries about a career in medicine or their application to medical school in general, I would love to answer any questions they have. I can meet them at any of our free LIVE Get into Medicine UCAS conferences that take place online at the weekends.

Your students will be awarded with attendance certificates, which they can use for their UCAS applications too! These events are suitable for students in year 10/11. They can register for free using the coupon code: teacher22 at this link: <https://medicmentor.co.uk/medicine-national-healthcare-weekend/>

*Here is an overview of the programme:*

09:30 - 10:15	Quick introduction to Medic Mentor, overview for the day, competition ratios, application timeline, Awards and Scholarships
10:15 - 10:25	Break
10:25 - 11:20	Sections on the UCAS application, subject choices, entry requirements and creating our medical CVs!
11:20 - 11:30	Presentation from a successful Applicant (Medical Student)
11:30 - 12:15	Personal Statements
12:15 - 12:25	Break
12:25 - 12:40	Entrance Exams: UCAT & BMAT
12:40 - 12:55	Medical School Interviews
12:55 - 13:25	Harnessing Opportunities and Extracurricular Activities
13:25 - 13:30	Summary and questions

*Upcoming Conference dates:*

- Sat 12th Feb
- Sun 13th Feb
- Sat 26th Feb
- Sun 27th Feb
- Sat 5th March
- Sun 6th March



If you or your students have any questions, they can give the doctors a ring on the Mentor Helpline number Mon - Fri 10am - 5pm.

My colleagues and I look forward to meeting them!

Best wishes,

Dr Hannah Orme, Medic Mentor



RUNSHAW COLLEGE



## Adult Education Courses

In early February our wonderful Maths, English and IT Adult courses begin. If you, or anyone you know, would like to find out more please [just click here](#), or drop us an email on [justask@runshaw.ac.uk](mailto:justask@runshaw.ac.uk)

RUNSHAW COLLEGE

FREE

Short  
courses  
starting in  
February  
2022

Maths & English

FOR A POSITIVE FUTURE

t: 01772 642040 e: [justask@runshaw.ac.uk](mailto:justask@runshaw.ac.uk) w: [www.runshaw.ac.uk](http://www.runshaw.ac.uk)



@RunshawAdultCol



Runshaw Adult College



runshawadultcollege





# National Apprenticeship Week

success  
at school 

In celebration of National Apprenticeship Week 2022, we've pulled together some of our most useful apprenticeship articles which you can read here ...



## Should I apply for an apprenticeship or go to university?

It's a question that plagues thousands of school leavers every year and there's no right or wrong answer. We'll look at the benefits and drawbacks of both options to [help you decide which is best for you](#).







### What qualifications can I get from an apprenticeship?

OK, so you've got the hang of apprenticeships, but what about all the qualifications that come along with them? Here are the [apprenticeship qualifications you may be able to work towards](#) in each of the apprenticeship levels.



### Six famous people who started out as apprentices

From fashion and food, to acting and sport, apprenticeships can be found in pretty much every career sector - we've tracked down [some of the most famous former apprentices](#) to show just what you can achieve through an apprenticeship!



### How to find an apprenticeship

Apprenticeships can be a great way to kickstart your career, and secure your dream job. But with so many out there, that's often easier said than done. Here are [five steps that can help you narrow down the options](#).



# Potential Job interview mistakes you didn't know you were making!

Are you getting ready for your first interview ever or are you someone who has plenty of experience with interviews? It's inevitable that after an interview you ask yourself or get asked, 'how did it go?' and you usually think you did your best and it went quite well? More often than not, we tend to drag ourselves down and think about all of the things we could have done differently. If you could go back in time and change something you said or the way you did something, would you?

We can't go back in time and change something that has already happened, but we can look back on our experiences, learn from them and try again next time. Because there will always be another opportunity, so if you didn't succeed, here are some potential reasons why and how you can reflect on these small 'mistakes' to ensure we don't make them again.

## Wearing the wrong thing

The way you dress for an interview can often be one of the things candidates worry about the most, so try and think about it before the morning of the interview. Especially if it's a morning interview, preparing this beforehand can relieve a lot of stress and help you keep to your schedule.

The attire for an interview really does depend on the type of job you are applying for. I think it should reflect you and how you will dress on a day-to-day in that role. (Unless you need protective gear or high-vis!) Just use your common sense and go with something professional as well as comfortable. The last thing you need is to feel uncomfortable emotionally and physically.

Don't be afraid to take spare shoes. No one is going to be offended with you swapping your shoes. If it worries you, change them before you enter the building. Again, comfort is everything.

## Your body language

When you're nervous, your body language can really shine through, especially when you're not actively thinking about it. It can be very obvious to employers if you are nervous, simply with the way you walk, stand, or sit during the conversation.

It can be hard but try to not let nerves get the better of you. Be aware of the way you are sitting in reception and be aware of the interviewer's body language as well. Simple things you can actively try to do are sit up straight, keep your arms un-crossed and smile. (Not constantly)

Ensure that you are keeping eye contact when they are talking, you don't want it to seem like your mind is somewhere else. When you're new to having interviews, it can be hard to keep your emotions separate from the way you act, but you'll get the hang of it. Maybe you won't even feel nerves as strongly after a while.

## Being too early or late

Believe it or not, there is such a thing as being too early to an interview. If you find yourself in this situation, try taking a walk around where the interview is or stopping to get some lunch beforehand. There is no need to sit in a reception area longer than you have to, it can build up nerves and doesn't look good.

The employer probably has a day filled with other interviews or different work commitments. They give you a time, to ensure that they can work around your interview slot and if they are with another candidate, you will be sitting there for a long time. Additionally, receptionists will usually call / contact the interviewer to let them know you are there, risking interrupting them from something that may be important.

Being late is probably an obvious one. If you have 'good time-management' written on your CV, you want to live up to

their expectations. Keep a schedule, get ready on time and try to get there on time. Sometimes, there are things out of our control that may cause you to be late, so make sure you are calling ahead and letting the interviewer know your situation. Although it can feel awkward, the employer will appreciate it.

## Not bringing the right things

If you are applying for a role that requires a portfolio or the interviewer asks you to bring other documents with you, it's very important that you remember and bring everything you may need. Interviews are there for the interviewer to get to know you and a time where you should be showing off your skills and experience. If you are asked to bring a portfolio, make sure you have a physical one, or you send over the link to your online one in advance. This way, if they would like you to bring your own laptop to showcase your work, you know in advance.

It can be a good idea to bring a notebook as well. It can be easy to get side-tracked in an interview and forget questions that you may think of in the moment. Writing notes, isn't frowned upon and if this works for you, remember to bring one! (and a pen)

On the morning of an interview, there can be a lot of thoughts running through your mind, so keep prepared and ensure that you get everything you need ready and in one place before that day. This way, you can just pick it up on your way out and be confident you have everything.

## Talking too much

You are not alone in this one. I have been to many an interview where I was nervous and almost forgot what I was saying, therefore, leading to a nervous rambling. Nerves have the ability to take control of a situation, try not to let them. When asked a question, think back to your preparation and notes (if you have them) to ensure you answer the question they asked and don't move too far from that topic. You can let the natural flow of conversation take its course and ask questions if they are relevant, but the idea is to stick to the point.

The interviewer may have a level of understanding when it comes to nerves but try not to let it get the best of you. See if you can try talking a bit slower, allowing natural pauses in conversation to happen and using hand gestures. Being able to read the body language and any verbal prompts from the interviewer is also really handy.

Some of these interview mistakes might seem pretty obvious as things you shouldn't do – but it's easy to do them without being aware that you're doing them. Sometimes, you only notice what you did, when looking back at the interview.

It's not easy to be completely aware of everything you're doing in a nervous situation. But prepare as much as possible, dress appropriately and try not to ramble. As easy as it sounds, you'll be surprised what nerves can do. If you do feel yourself doing any of these things, take a breath, and start again.







**L2 Apprentice Pharmacy Assistant**  
Cohens Chemist

VAC 001818896

**L2 Customer Service Apprentice**  
Tilemaster Adhesives Limited

VAC 001813840

**L2 Chef Apprentice**  
The Highfield

VAC 001816217 (x2 vacancies)

**L2 Apprentice Production Operative**  
Inscape Interiors Limited

VAC 001818667

**L2 Catering Apprentice**  
Diets 2 Go Limited

VAC 1000028157 (x3 vacancies)

**L3 Business Administration Apprenticeship**  
Sapphire Utility Solutions Limited

VAC 100027608 (x2 vacancies)

**L3 Heavy Vehicle Maintenance Apprenticeship**  
M A N Truck & Bus UK Ltd

VAC 001815844 (x2 vacancies)

**L3 Lathe Turner/Engineering Machinist Apprentice**  
Northern Engineering Services Limited

VAC 001816633

**L3 Electrical Installation (Electro Technical)**  
TK Platt Electrical Limited

VAC 1000029952 (x4 vacancies)

**L3 ICT Digital Support Technician Apprentice**  
St Michael's CofE High School

VAC 001816360

**L3 Apprentice Dental Nurse**  
Jones Dental Practice

VAC 001819323

**L3 CNC Turner Apprentice**  
Lyndhurst Precision Engineering Limited

VAC 001815470

### **Alliance Learning:**

Apprenticeship Vacancies - We currently have 38 live vacancies across 26 businesses, ranging from Business Administration, Customer Service and Lean Manufacturing Operations, covering areas across GM. All Apprenticeship vacancy information can be found on our website - <https://www.alliancelearning.com/vacancies> and our recruitment team are on hand if you have any further questions on 01204 677888. Monday - Thursday 8.00am - 4.15pm and Friday - 8.00am - 2.00pm. A lot of these vacancies are for an immediate start, however in the next few months, vacancies for school leavers will start to be advertised. The vacancies we currently have listed will give anyone looking to do an Apprenticeship a better understanding on the type of roles we get from employers.

# CAREER *of the* WEEK

## APPRENTICESHIPS

Learn more about the different apprenticeship levels, how these programmes work, the sectors you could work in and the entry requirements for the path you'd like to take.

### APPRENTICESHIPS AT A GLANCE

- Combine on-the-job training with classroom learning.
- Study from intermediate (GCSE equivalent) to degree level.
- Apprenticeships take between one and six years to complete.
- You'll earn at least the National Minimum Wage while you train.



**Follow this link for more information**

