CARER News

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

Here we are at the end of September already. As always, lots of great stuff in this edition of Career News, including:

- Giveaways with Pathway: loads of great prizes to be won, just for signing up to their programme
- Open events at Runshaw College and Myerscough College
- Free virtual university and apprenticeship fair coming up
- Blog/advice on improving time management
- Local labour market information and NW vacancies, with a spotlight on Preston
- Win £5000 of learning and study gear with FutureLearn Scholarships
- Degree apprenticeship advice event with PwC/Young Professionals
- Free creative media sessions at Preston College, during half term
- Meet local employers at the Manchester Careers Fair free to attend
- New website for information on careers in the NHS and Care
- Downloadable study planners for students to help with timekeeping, organisation and goal setting
- Careers in construction free online event with BPTW
- Apprenticeship and trainee roles in sport/horseracing
- Free careers evenings for parents/carers with InvestIN
- Update for Year 11 from Miss Berry what should I be doing now?
- Online WEX opportunities with Allied Healthcare Mentor
- The Parklands guide to interview success
- and of course, Career of the Week!

4 October - 8 October 2021





BACK TO SCHOOL GIVEAWAY

JOIN THE PATHWAY PROGRAMME AND BE IN TO WIN £1000 WORTH OF PRIZES!

Be the first to hear about upcoming virtual WORK EXPERIENCE DAYS with awesome brands

Online events with employers speaking to you directly about what they do, upcoming job and apprenticeship opportunities they have available, and how to stand out when applying!

1-2-1 support with your applications when applying for jobs and apprenticeships

Learn more about all the different options you have available to you once you leave school/college

Sign up at pathwayctm.com/register or scan our QR code below! Winners announced Friday 29 October







Sign up to the Pathway programme and you'll instantly be in the draw to win £1000 worth of prizes!!

We've had a flying start to the 2021-22 Academic year and have no plans to stop here!

We want to do everything we can to help students take their first step towards their future careers! So to continue the great start to the year we've had we're giving away some exciting prizes over the next **FIVE WEEKS**!

Students who sign up will be entered into every giveaway after they join our programme, for example: If students sign up during the first week they will be entered into all five prize giveaways, the second week they'll be entered into the second, third fourth and fifth giveaways etc.

The prizes we have on offer are:

W/c 27th September: Work Experience Day with Pathway CTM! (x2)

W/c 4th October:

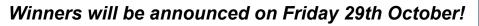
Apple Airpods

W/c 11th October:

UE BOOM Bluetooth Speaker

W/c 18th October: £100 Nike Voucher

W/c 25th October: Beats by Dr Dre Headphones



SIGN UP HERE

or use the QR code on the poster!





Could You Improve your Time Management?



Time management is a skill that may or may not come naturally to you. Sometimes we have to learn from our experiences and find what works for us and others just have the natural talent of managing their time well. Whichever situation you currently find yourself in, time management, if not already, will become a vital skill you need to use daily. Sometimes it's during our studies we learn to prioritise, for some of us it's throughout our first job when we learn to look at how long things should take to complete. Or you could notice that later on in your career, you need to brush up on this skill. We constantly need to look at how we manage time, and it can feel a little overwhelming at times. The better you manage your time, the more control you have over your work and productivity. We can all spend a bit more time planning and thinking about the future, so why not start now?

Let's start with what time management means...

Good time management doesn't focus on how busy you are, but how effectively you are using your time. It's about learning to prioritise and focus on the things that most need your attention. It can be easy to feel stressed if there is loads going on but focusing on how to do it and not what needs to be done can help you feel more at ease and in control. After all, it's all about working smarter, not harder.

Time management is all about the way you organise your tasks and how much time you spend on them. Giving yourself some kind of structure can help you get everything you need done and save you some stress. The benefits of taking some time to learn about how to manage your time better can be staggering and might be just what you need to help at work and in your personal life, especially if you're starting to feel the effects of burn-out and/or work-related stress.

You may see:

- Greater productivity and efficiency
- A sense of freedom at the end of the workday
- It can help you gain a better professional reputation people see the way you work and the positive outcomes
- Greater opportunities to achieve important life and career goals if you give yourself the time to succeed, you can do anything!

How can you start?

Set your goals – What do you want to achieve from this day and what is your highest priority? Setting daily or weekly goals can help you figure out where you need to start. Starting can sometimes be the hardest part, but with a plan, you can start to get organised. Before undergoing a task, take a few minutes to evaluate how well the task in question contributes to your overall goal. Is it essential to getting the goal achieved? How long will it take and how will it fit in with the rest of your day.

Start your schedule - The 'management' part of time management comes under our ability to plan well. Some people may prefer to just take the day as it goes, but when trying to work on time management, a list might be a better option. It will help you keep track of what you have done so far and where to go next. Such a simple step but can really help. The first stage of planning is prioritising. Plan which tasks need doing the most against tasks which will take a long time. Always undertake the most critical errands first. That way, you can easily take as much time as you need for less important, longer jobs.

Have something to look forward to - Good time management isn't just about making sure you get all your work done as quickly as possible. You need to make time to relax and do something you enjoy. Whether it's a walk at lunchtime or taking some time out to read a chapter of a book to get away from work related things for a brief moment, it can really help your time management skills and make your day feel like less hard work. If you're struggling to manage your work-life balance, click here to read more about how you can find the right balance!

Other things you can do to help time management

If you get distracted easily at your workspace, then put away your phone/tablet or any other personal device you may have near you. You don't have to ignore it all day, but maybe keep it on silent when you are trying to focus.

Make sure you keep things tidy; I know that when my workspace is cluttered, I struggle to focus. Things can get in the way and it can feel impossible to get everything done. Cluttered space, cluttered mind, so try to make an effort to keep your space clear.

If you tend to lose focus easily when you're working, try listening to some music to concentrate. It's easy to get down working and then hearing



noises around you that you can't control can prevent a good workflow. You can find playlists for music meant to help you focus and concentrate. This one isn't for everyone; silence is better for some and music for others. Do whatever you feel is best for you.

It sounds clichéd, but make sure you drink plenty of water and eat properly throughout the day. Water as you know helps us concentrate – and getting up every now and then to get some water gives us a good break from computer screens and other work environments too. Also take the time you have earnt to have a proper lunch break. If you don't have to, don't eat at your desk. Get away from it all and sit somewhere different or go outside. It can make a world of difference.

We're all a little guilty of not managing our time very effectively every now and then. It doesn't mean we're bad employees who don't know how to do our jobs, but it does mean that the skill of time management needs polishing up. It's something we all have to build upon as distractions from elsewhere become louder and more frequent.

Upcoming Virtual Autumn Events

university & apprenticeship search

Free Virtual Fair in October

We're excited to announce our upcoming free virtual fair this autumn term to help support you as you make important decisions about life after Sixth Form or College.

Following popular demand, we will be hosting a brand new UK University & Apprenticeship Search virtual fair on Wednesday 20 October.

UK University & Apprenticeship Search Fair Wednesday 20 October | 12:00 - 18:00

Our UK University & Apprenticeship Search Virtual Fair will be returning on 20 October to help you explore your next steps, with a wide range of universities, colleges and apprenticeship providers from around the UK attending. Speak directly with admissions teams and recruitment officers from Russell Group, Red Brick, Modern and Specialist universities, along with higher and degree apprenticeship providers, and participate in 10 live webinars and view virtual campus tours.

Sign Up Now



IES Labour Market Statistics September 2021



The labour market is continuing to recover strongly, with employment up on the quarter, unemployment down and vacancies above one million for the first time. However this recovery disguises the fact that the overall labour market is over half a million smaller than when the crisis began – the largest contraction since the early 90s recession. Around two thirds of this is explained by higher 'economic inactivity' (driven by students, long-term ill health and family care) and one third by fewer foreign workers. As a result, the lack of workers is now becoming a bigger challenge in the labour market than any lack of jobs.

The jobs recovery appears to be somewhat stronger for young people and those aged 50 to 64, partially reversing the larger falls for these groups during the crisis. However, the recovery appears to be weaker for women than men, with part-time work in particular not recovering to the same extent as full-time work. At the same time though, the number of people in part-time work because they can't find a full-time job remains above pre-crisis levels, as does the number in involuntary temporary work. This suggests that even with labour shortages and high demand, many people in the labour force may not be getting the flexibility or job security that they need.

In more positive news, long-term unemployment appears to be levelling off, earlier than we had previously anticipated. Redundancies are also now below pre-crisis levels and showing no signs of increase. Looking at trends across sub-regions, it appears that London and Scotland are continuing to lag behind other areas in the recovery, likely driven by international travel and the offshore oil and gas industry. The recovery otherwise appears to be broad based across areas, industries and jobs.

Looking ahead, the top priority now needs to be to do more to support those outside the labour market to get (back) in – and in particular those with health conditions, parents and students. This will require greater joining up between public services that reach these groups (including health, education and childcare); investment in more specialist support, particularly around occupational health and work; and more effective support to then prepare for and take up jobs. Many employers too will also need to do more on job design, recruitment and in-work training than they may have been used to in the past.

Read more here

RUNSHAW COLLEGE

Your Future Starts Now!



Autumn Open Events at our Leyland Campus Thursday 14th October 3.30pm- 7.30pm Tuesday 23rd November 3.30pm- 7.30pm

👔 runshaw.ac.uk/openevent 💿 🎯

Myerscough College

Course Advice Morning Saturday 2 October 10.00am - 12.30pm

Come along and meet the staff, tour the campus and find out more about the College at our Preston, Croxteth, Blackburn and Warrington campuses!

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

Register your place now at www.myerscough.ac.uk



Preston is the fastest-growing UK city for tech jobs, with the number of IT-related roles in the city increasing by 53% between 2018 and 2020, according to data analysed by smarter job search engine Adzuna for the Digital Economy Council and industry champion Tech Nation.

Three years ago, tech jobs made up 11% of all available roles in the city, however, this has since increased to 17% in 2020, with more than 2,000 IT-related job vacancies in Preston throughout 2020.

This increase in demand for skilled tech workers has also led to an increase in advertised salaries. The median digital tech salary in Preston is now £33,500, up from £32,500 in 2018, and compared with the median salary across all roles which is £23,156.

The proportion of advertised digital tech roles across all UK cities has been increasing year on year, up from 19% in 2018 to 23% in 2020.

Andrew Hunter, co-founder of Adzuna, said: "Preston is a clear example of the power of technology, and that you don't have to live in a capital city or even a major city to have a dynamic and exciting career. With more IT-related opportunities than ever before, software developers and project managers alike are very much in demand in Preston."

Read more here

North West Vacancies

All statistics are taken from www.adzuna.co.uk on September 27th, 2021

Lancashire (16,765)

Of the 16,765 vacancies in Lancashire 3,666 were in Preston; 1,206 were in Burnley; 1,084 were in Blackpool; 971 were in Chorley; 951 were in Blackburn; and 860 were in Lancaster.

The sectors with the most vacancies in Lancashire were Teaching (1,589), Logistics and Warehousing (1,586); Healthcare and Nursing (1,423); Social Work (1,310) and Trades and Construction (1,287)



#ThisIsFutureLearning

Introducing: The FutureLearn Scholarship

Change the world - and your future - with transformative learning, funding, and mentorship.

We're delighted to announce the first FutureLearn Scholarship: a unique opportunity to get a world-class education on your own terms.

The Scholarship gives you exclusive access to $\pounds4,000$ worth of free learning, as well as $\pounds1,000$ to help you with anything from equipment to your dream study space, and 8 hours of world-class mentorship and coaching from leading industry experts.

All you have to do to apply is tell us what subject inspires you - and how you're going to use it to change the world.

Your application will be judged by a panel of inspiring experts working across climate change, tech, mental health, and teaching. Our experts want to hear from the most bold and brilliant innovators in these cutting-edge areas, to learn why the world needs them to make a difference.

Do you have the passion to help build a better tomorrow?

Applications close 30 November 2021. Step up and apply to the FutureLearn Scholarship today!

Apply today







Are you undecided on going to university or opting for an apprenticeship? Perhaps you are looking for some fantastic work experience / internship placements. Well we might just have the perfect opportunity for you.

With PwC's Flying Start degree programmes you won't have to decide between one or the other as you'll get the best of both worlds.

You'll get to work with world-class clients and be part of their highly skilled teams, as well as be able to still enjoy that university experience. You'll gain a degree, and hopefully impress them enough to secure a graduate job once you graduate.

On Monday 4th October we'll be hosting an evening event with PwC from 5:00pm - 6:00pm as they take us through all of their different Flying Start degree apprenticeship programmes in Accounting, Technology and Business Management, as well as all of their work experience and other student opportunities.

This online event is open to students in in Year 11

Some Facts about PwC:

With offices in 155 countries and more than 284,000 people, PwC are among the leading professional services networks in the world. In FY20, PwC firms provided services to 84% of the Global Fortune 500 companies and more than 100,000 entrepreneurial and private businesses. 63,053 people joined PwC firms around the world in FY20. For the year ending 30 June 2020, PwC's gross revenues were US\$43 billion.

Registration Link: <u>https://www.surveymonkey.co.uk/r/PwC-Insight-Evening</u>

These degree apprenticeship programmes really are some of the best opportunities to young people and companies like PwC are leading the way in offering these types of programmes.





Discover your career in the NHS and Care with our new website

nhscareersnw.co.uk

Your future at the NHS and Care starts here!

Are you a student looking for Work Experience, Placement, Virtual events or Volunteering opportunities to support your career choice?



Whatever your skills, qualifications or interests, there is a career for you with us. You could work directly with patients, in hospitals, within an Ambulance Service, or in the Community.

Log in to explore the many different opportunities available to you.





Manchester Careers Fair



About this event

The Manchester Careers Fair will offer candidates from all backgrounds, experience and education levels the opportunity to speak to representatives from an abundance of local employers, all in one place.

There will be a wide variety of different organisations attending, alongside a wide variety of roles being advertised. Online applications can be very time consuming - by attending this event, you get the chance to skip this process and speak directly to the organisation.

Companies such as Aftab Currency Exchange Limited, Altus Partners, Ashley James Consulting, BBC, British Airways, Care Concepts, City Year UK, Concentrix, DHL, Digital Gurus, Express Solicitors, General Medical Council, Greater Manchester Police, JKS Restaurants, Manchester City Council, Robert Walters, Slater & Gordon, The AA, University of Law, Virgin Media and Xero have all previously exhibited with The UK Careers Fair at an event in Manchester.

Key benefits for attendees

- Meet directly with local Manchester employers.
- Open to candidates from all backgrounds.
- Inspire your next career move in a welcoming and friendly environment.

Who can attend?

This event is open to anyone and everyone and completely free to attend.

When is it?

22/10/2021 @ 10:00am - 4:00pm

Where is it?

Britannia Hotel, Portland St, Manchester, Greater Manchester, United Kingdom, M1 3LA

This classic Palazzo-style hotel with an ornate staircase is a minute's walk from a bus stop, an 8-minute walk from the Palace Theatre and 3 miles from Old Trafford stadium, home of Manchester United. This hotel is right in the heart of Manchester, making this the perfect place to host a Careers Fair.

FREE CREATIVE MEDIA SESSIONS



EVER



Preston's College are offering you the chance to take part in our FREE Creative Media sessions – ideal for those who want careers in TV, film, photography and video production.

REC

Over the course of all three sessions you will develop your skills and understanding of:

- Camera work
- Filming
- Live Editing
- Adobe Premier Pro
- Adobe Photoshop
- Photography
- Cinematography
- Directing
- Studio Production
- Scripting

Delivered by our expert tutors you'll have the chance to work in our creative arts building complete with editing suites, containing industry standard Blackmagic media equipment, recording studios and a fully functioning television studio.

Sessions take place during half-term from 9.30am-12.30pm on:

MONDAY 25TH OCTOBER 2021 Monday 14th February 2022 Monday 4th April 2022

Reserve your place now!

Email: maquilina@preston.ac.uk www.preston.ac.uk

If you are interested in working in the media, whether it's films, TV or publishing, then this is your chance to develop some of the skills you would need.

The first course is in half term, so no lessons missed - and it's completely FREE!

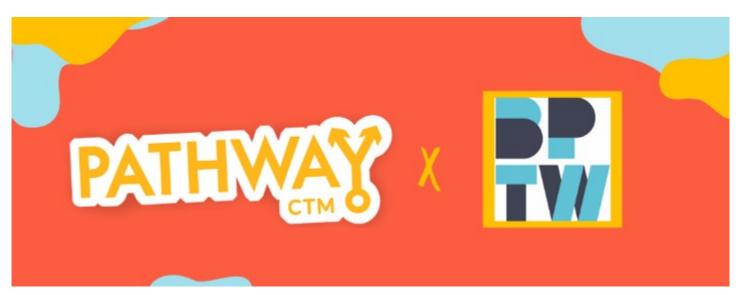
PRESTON COLLEGE

Study Planners Designed for You!

Smart Girls is a website that offers free downloads and printables of study planners designed for students and teachers! Students can set goals by developing their daily to-do list, weekly assignment tracker, weekly study planner and much more. These resources offer students guidance on time management and keep them motivated. To find out more, <u>click here</u>.



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Interested in a Career in Construction?

If you have ever thought about going into construction, this is the event for you! Hiring managers from BPTW will be on to discuss employability skills that THEY look for in young people! You don't want to miss this exciting opportunity to network with entry level staff and senior employees in the construction industry!

About BPTW

BPTW values those who have a positive impact in their work. They provide a unique and exciting team-working environment with great career development opportunities. With a strong focus on teamwork, BPTW's culture promotes inclusivity across all levels, reflected in their 50:50 gender balance and recognition by the AJ100 as one of the most diverse architecture practices in the UK.

Join us Wednesday, 6th October 2021, from 6pm - 7pm

REGISTER HERE



Free Careers Evenings for Teachers and Parents

Expert advice to enhance your students' career potential

InvestIN runs a series of bespoke, free-of-charge events for parents and teachers specifically designed to help you enhance your students' career potential. This term's schedule includes sessions on how to break into medicine, learning leadership skills, launching a career to fight climate change and much more.





Parent Events - Success Beyond School

The Skills Surgery

Breaking into a career in medicine, dentistry and veterinary surgery. Led by Dr. Julian Pearce, Dermatology Registrar and Academic Fellow.

Live online | 6th October 2021 | 7-8pm GMT

Register Now

Succeeding in STEM

Discover how to kickstart your child's career in STEM-related industries. Led by Ella Podmore, McLaren Engineer.

Live online | 20th October 2021 | 7-8pm GMT

Register Now

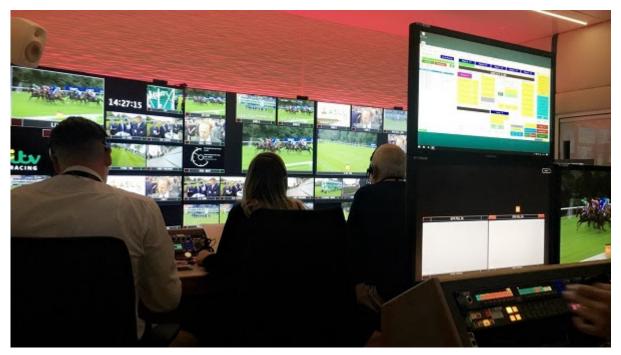
Learning to Lead

Discover how to supercharge your child's leadership skills today.

Live online | 24th November 2021 | 7-8pm GMT

Register Now

Apprenticeship and Trainee roles available in Sport



Have you ever dreamt of working in the world of Sport? Take a look at the opportunities available in Horseracing

There are so many different career paths available that many people are not aware of. Are you a fan of sports and interested in sports broadcasting? You could be a Trainee Broadcast Engineer. Are you a passionate Photographer who enjoys sport? You could become a Photo Finish Trainee. Maybe you want to work outdoors – you could become a Trainee Grounds Person at one of the most popular sporting venues in the country or a Racing Groom, looking after top racehorses.

Who are Careersinracing?

Careersinracing are the British Horseracing Authority's (Governing Body for the Sport of Horseracing) marketing and recruitment department who implement training, education and recruitment initiatives for the British horseracing industry. With the largest job board in racing, we promote the widest range of jobs in the industry including apprenticeships and trainee roles and a host of training courses.

Careersinracing Job Board

Our Job Board has over 190 live jobs including Level 2 Apprenticeships at various racecourses in Sports Turf Husbandry, no previous experience is necessary as full on the job training is provided. We promote jobs for the whole industry so if you are studying at Sixth Form, College or University and are looking for some part time work, racecourses are always recruiting for part time staff to work at race meetings and events. Check out our job board and see what roles are available.

To find out more about careers and training in the industry click here.

Got a question or need some help? Drop us an email to info@careersinracing.com

Or contact us via social media @careersinracing

Check out our jobs

Update for Year 11 ...

- At this stage in the year, you should be attending (or booking to attend) as many open events as possible at various local colleges. Don't just assume you will like a particular college - you need a back-up option in place. The Careers Calendar with booking links is on Google Classroom and on the website.
- You should be thinking now about the kind of subjects you might want to study at college (or take an apprenticeship in) - is the subject something you are really passionate about, or is it just something to do while you think about what you really want to do?! Research each college online or pick up brochures from me - check out what options each college offers - they are all different.
- You will have assemblies from a few colleges, talking you through the application process (and the vast range of subjects/levels that they all offer). You do not need to submit applications just yet, but feel free to do so if you wish. There might be a section that asks for a personal statement - you can just write 'I will bring this to interview'. Equally, you do not have to specify subject choices - you are merely reserving a place at a college for now, so you can just put A levels or BTECs, etc. Nothing is set in stone until the day you enrol in Agust 2022! The only people reading your application forms at this point are admin staff, so no need to go into any detail!
- Interviews for Runshaw, Wigan & Leigh and Preston colleges are all in school you will be given your interview date and time after Christmas, so no rush!
- If you are planning to take up an apprenticeship position, you can register on the Gov.UK apprenticeship website, but vacancies will not be advertised until the spring term in most cases. I will send out weekly vacancies and reminders. However, companies such as BAE Systems, Rolls Royce, MBDA etc, do start their recruitment process in November - so look out for updates from me after half term.
- If you get the chance to do any work experience (whether online or in person) take the opportunity! Likewise, any voluntary work - even if you are just sorting out stock for a charity shop - it all goes on your CV and will impress a future employer.
- 1-1 careers interviews are currently taking place please remember to check the bulletin and your email regularly so you don't miss yours! These take place in the Top Office and are short, informal chats to support you with future choices. You can also call in at break or lunchtime if you have a question or concern - or just drop me an email!
- Hopefully various colleges will also be offering lunchtime drop-ins soon, where you can pick up college brochures and ask questions about the courses they offer.





Health Education England has recently completed a discovery report on virtual work experience programmes, that have concluded that these programmes are a valuable adjunct to in-person work experience, especially in our current climate where in-person experiences are extremely limited.

The NHS Allied Healthcare Work Experience successfully invited 12,000 students to participate in the last academic year, making it the largest programme for students who are specifically interested in the following careers: Nursing, Midwifery, Paramedicine, Physiotherapy, Occupational Therapy, Dietetics, Radiography, Prosthetics and Orthotics, Speech and language therapy and Pharmacy.

Applications for this programme are now open, and they will be open throughout this academic year, with the **first programme taking place on the 3rd October**!

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 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 healthcare professionals work in a variety of settings, such as hospital and community.

Students will also receive certificates as evidence of having participated in the work experience programme. Those that complete the entire 6-month programme will be awarded with Highly Commended References too. Students can register individually through the website link below.

Places are £10 a day to cover administrative costs and run the tech on the day. You can learn more and students can register for the programme here:

https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/



A GOAL WITHOUT A PLAN IS JUST A WISH

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EER



Hybrid jobs are becoming increasingly popular. But what exactly are they and how can you prepare for them? We take a look at everything you need to know about the changing job market.

What are hybrid jobs?

Let's start off with some definitions and explanations. The term 'hybrid' is a fairly common word these days. We use it in economics, electronics, transportation, science and other industries. Essentially, it means that something is a mixture of separate things. For example, a hybrid car uses multiple power sources such as electric power and internal combustion.

When it comes to hybrid jobs, the trend was first identified back in 2015 by <u>Burning Glass Technologies</u>, an analytics software company. In a report for the General Assembly, they noticed that more and more jobs were combining skill sets that never used to fall under the same role.

The research carried out by them is comprehensive. They have a database spanning more than I billion current and historical job postings. According to their figures, 'one in eight job postings is now highly hybridized.'

What's more, it appears that this trend is speeding up. They estimate that these hybrid jobs will grow by around 21% over the next ten years.

Why are jobs changing?

So, hybrid jobs are those that combine elements and skills of other, previously separate, roles. But why are they changing?

If we look at the last ten years, you'll be surprised how much new technology has emerged. Things like iPads, Snapchat, Instagram, 4G networks, and cryptocurrency didn't exist ten years ago. Yet many of these are now part of our everyday lives.

The same advances have been seen in other fields too. In areas such as marketing, computer science, and data analytics, we've seen more automation, new technologies, and new business requirements.

What's more, as consumer and customer behaviours change, so too must the job roles that exist to meet those demands. For example, a marketing manager would previously rely on their creative know-how and understanding of customer habits to market their product. In more recent times, they also have to use their analytical skills to analyse and interpret the vast amounts of data we now have access to.

This trend is fairly consistent across hybrid job roles. Professions which once relied solely on hard skills (such as coding, programming, data analysis) now also need soft skills (such as creative thinking and design).

Technology is changing our lives, and the rate of progress seems to be increasing. As a result, hybrid jobs emerge, as companies react to new developments and changes in behaviours. And it's not just the technology driving this change, but also the need for professionals to have hard and soft skills.

VEEK The Hybrid Jobs Economy













https://careeroftheweek.wordpress.com/

The Parklands Guide to Interview Success

21% — Touching face/playing with hair **67%** Successful Not maintaining eye contact Interview 38% -Tips

Lack of smile

33% Slouching or bad posture

9% Overly using hand gestures

26% Weak handshake

> 33% **Excessive fidgeting**

7% Simply what the applicant says

38%

Level of confidence - this is where you need to sell yourself

55%

General appearance and behaviour

70%

Interviewers admit they would rather hire a candidate who is professionally dressed and presentable over someone who is fashionable.

65%

Employers explained that choice of clothing to an interview could be a deciding factor when choosing between similar candidates.

Top 5 worst mistakes made during an interview

Over-explaining an answer to a question and going off on a tangent - moving away from the initial question

- Overselling yourself / manipulating the 2 truth to get ahead
- 3 Lacking personality and enthusiasm
- Failing to set yourself apart from other Δ potential candidates
- 5 Not asking any questions

Top tips for a successful interview

Allow extra time and plan to arrive at least 10 minutes early (but not too early!) Be prepared for the interview - research the company and your role within it



4

2

Look presentable - would you hire someone who looked half put together?

Bring a record of achievement file with you - sell yourself. Not just GCSE qualifications - sports, drama, cadets, first aid, etc.