

CAREER News



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

Welcome to another edition of Career News. There's so much on offer for students (and for parents/carers) so make sure you have a read and get involved.



In this issue, there's loads of free virtual work experience placements, advice on revision, various apprenticeship opportunities, updates and advice from colleges and training providers, as well as important dates and deadlines - and so much more!

There's also a feature on Just Bee, a family of beekeepers, who had to adapt their business entirely over the past year. That's the secret to a successful career - being adaptable and resilient - don't be afraid to try new things!



If you would like your industry or business to feature in a future issue, please get in touch (pberry@parklandsacademy.co.uk)



ENROLMENT at WIGAN & LEIGH COLLEGE

We can confirm that we will once again be undertaking a face to face enrolment process as this is the best way to ensure that the right advice and guidance has been given and that all factors have been considered when deciding upon the course and level.

In light of the recent announcement confirming that GCSE results will be issued on Thursday 12th August we have changed our enrolment period to coincide with results. Therefore, the enrolment period at college this year will be

from Thursday 12th August 2021 - Saturday 14th August 2021.

At this stage we do not know what COVID restrictions will be in place in August but we intend to run the same adapted COVID safe process as we did last year:

Applicants will be invited into college at specific timeslots and will be required to bring in their GCSE results slip. Applicants will not be able to access the enrolment process outside of their timeslot. This will enable us to implement appropriate social distancing measures and maximise safety.

There will be a streamlined enrolment process with reduced stations and interactions to implement all public health requirements. However all students will still receive 1:1 guidance from our careers teams and/or course tutors. If any applicant cannot make their allotted enrolment time, they can contact us for a different time during the 3-day enrolment period. Applicants for apprenticeships will be supported in trying to secure an employment vacancy. We are confident that there will still be vacancies and we would urge those pupils who wish to apply for an apprenticeship to submit an application. We guarantee a place on a study programme at college for those applicants who do not secure employment and will continue to search for a vacancy during their first year at college.

24 May - 28 May 2021: Week 2



Summer Virtual Work Experience 2nd June 2021

- Come behind the scenes at Sky and see what it's like to work at Europe's biggest entertainment brand
- Sky offers top quality shows. Innovative tech. Must-have packages. With 24 million customers across six countries! Be part of it all!
- Career opportunities nationwide in; Business, Technology, Digital Marketing, Finance, Technical Engineering & Customer Services
- Open to all students 16 - 24

To secure your place this summer and have something great to add to your CV apply via the link provided!

Application Link:

<https://www.surveymonkey.co.uk/r/Sky-VWEX>

If you are interested and would like the opportunity please do book on ASAP as we do have very limited spaces.



Take a look at this fantastic work experience opportunity for students to take part in this summer half term. This will be one of the only opportunities for students to get involved with over the summer and as such places are very limited.

Applications for the Sky Virtual Work Experience are now live.

Key Details:

- Come behind the scenes at Sky and see what it's like to work at Europe's biggest entertainment brand
- An opportunity to see the different departments they have from Tech, to TV Production to Customer Service!
- Learn from leading industry professionals and take part in some projects / workshops designed by Sky
- Sky offers top quality shows. Innovative tech. Must-have packages. With 24 million customers across six countries! Be part of it all!
- Career opportunities nationwide in; Business, Technology, Digital Marketing, Finance, Technical Engineering & Customer Services
- Open to all students 16 - 18 (Y11)
- An opportunity to be fast tracked to an in person event at the Sky offices when the time is right and safe to do so.



Welcome To The UK & Ireland's Leading Student Network

Everything you need to find apprenticeships, work experience and insight days, all in one place with some of the worlds biggest brands! [Contact us here](#)

YOUNG PROFESSIONALS



Taster Sessions for Year 11 at Preston's College

Next week on Monday 24th, Tuesday 25th and Wednesday 26th May we are holding welcome evenings for Year 11s to come and try out their course which they were offered at interview. The events will run from 5-7pm.

Every year 11 learner who has been offered a place has been sent a letter with a specific date and a registration link. We are looking forward to welcoming them onsite.

ADULT LEARNER WEEK 2021 Monday 14th - Saturday 19th June 2021

Week commencing Monday 14th June 2021 will see Preston's College celebrate Adult Learner Week - a national week showcasing and celebrating adult education, evidencing that it is never too late to learn!

Throughout the week Preston's College will be hosting a series of virtual and on-campus events, specifically tailored to individual subject sectors. Each event will allow you to find out more about our most popular subject areas, as you consider your options for applying and enrolling with us for courses starting this September.

Each virtual event will provide opportunities to hear from teaching and support staff in your chosen area and former and/or current learners. You will also be able to explore course content, entry criteria, kit, materials and much more. On-campus activities provide a first glimpse of our outstanding teaching and learning facilities, including purpose built workshops, laboratories and study spaces.

Virtual events are registration only and can only be accessed via a unique link sent directly to you upon successful completion of your registration form. To register your interest in attending one of the virtual events, please visit: www.preston.ac.uk/adultlearnerweek/

On-campus activity will also be limited in numbers, for the continued safety of all of our visitors and staff. To express interest in attending an on-campus event, please visit: www.preston.ac.uk/adult-learner-week-14th-19th-june-2021/

Virtual and/or on-campus events will take place in the following subjects throughout the week (full dates/times will be confirmed nearer to the time):

- Automotive, Engineering and Science
- Business and Accounting
- Childcare and Supporting Teaching & Learning
- Construction
- Hairdressing, Beauty Therapy & Barbering
- Health and Social Care

*We look forward to
seeing you soon!*



Ever thought of starting your own business? Here's the story of Just Bee Honey and how they had to adapt to the changes over the last year.



IT ALL STARTED BACK IN 2015...

We launched Just Bee back in 2015 with two simple goals; to create exciting and healthy products using honey; and an ongoing mission to help Save the Bees.

Three generations of British beekeepers!



Left to right: Joe (Just Bee co-founder); Ron (Joe's Dad); Osbourne (Joe's Grandad)

Our idea to start Just Bee was inspired by Joe's (co-founder) family, who have a long history in beekeeping. Joe's dad is a beekeeper in Lancashire and his Grandad, Osbourne, was a beekeeper before him in Ireland. So as a third generation beekeeper, Joe and his family had a deep understanding of honey, beekeeping and the vital importance of bees and the threat of extinction that they are facing...

2016...

We spent over six months of evenings and weekends developing different concepts for Just Bee, from our initial weird and wonderful ideas, to a fully realised brand before launching our very first product; Just Bee flavoured water. Our flavoured water Just Bee drinks used a drop of honey as a natural sweetener instead of artificial sweeteners or refined sugars.

Knocking on doors of local delis, cafes, as well as artisan markets locally around the Manchester area we started selling our drinks door to door and doing deliveries from the boot of Joe's car!

We grew the brand slowly but steadily during our first year and in August 2015 we succeeded in getting our Just Bee drinks stocked in Fortnum & Mason, a very prestigious London based department store that were excited to sell the UK's first honey infused spring water drinks brand. Our pitch to Fortnum & Mason was simply "you have beehives on your store roof, so you should sell our honey drinks" and to our amazement, they said yes!



2017...

The first two years saw steady growth in our new business and in 2017 we appeared on TV's Dragon's Den, to look for further help and investment to grow the Just Bee brand.



That was a fantastic experience and most of the Dragons really loved our drinks, brand and ethics. We were offered the full amount of financial investment we were looking for by dragon Peter Jones, but ultimately we wouldn't give up such a large percentage of the business, so we said "thanks, but no thanks!" and walked away.

We are often asked if we regret turning him down and in all honesty we don't. The whole Just Bee ethos has always been about much more than money, we had faith in our business and we saw it as his loss, not ours.

2018-19...

Although we didn't end up working with any of the Dragons, appearing on the show gave us national publicity and it created new opportunities and interest from many supermarkets and large high street shops. Suddenly all the supermarket buyers weren't too busy to talk to us and were interested to hear about our drinks.



Over the next two years we saw some exciting growth for our Just Bee drinks, with them being sold in Selfridges' food courts across the country as well as Waitrose, Sainsbury's, Co-op, WH Smith and even Boots as part of their popular meal deal!

2020...



For many businesses 2020 was a very difficult year. The national lock-down during spring because of the Covid-19 virus meant that our drinks business almost completely collapsed overnight. Our drinks were typically the type of products that people buy while 'on the go' or out and about. Not great when everybody in the country was being told to stay at home! Our sales dropped by 80% literally overnight.

Demand continued to dry up as people worked from home and commuted less, orders from some of our biggest partners were reduced to zero as their own business struggled. During the Summer of 2020 (usually our busiest time of year) sales continued to be only a tiny fraction of what we had been selling the year before.

Unfortunately the Just Bee drinks business became unsustainable in this climate and we had to take the difficult decision to stop selling the drinks that had been such a big part of the Just Bee story for the first 5 years.

LAUNCHING JUST BEE HONEY...

But, as Billy Ocean once sang, 'When the going gets tough, the tough get going' and we weren't about to let the Just Bee brand that we had put so much hard work into finish there.

Since we first started Just Bee, people were always asking us "do you sell the honey as well as the drink?" We'd thought about it often and we had started developing our Vitamin Honey in 2019. Now it seemed the right time to turn a big set back into an opportunity!



We used the time during lockdown to launch our range of raw honey and the reaction and sales were immediately positive. Starting exclusively with online direct sales meant that we weren't relying on orders from big retailers and other businesses and people wouldn't have to leave their homes to purchase their honey.

Just Bee Raw Vitamin Honey

Demand for our Raw Vitamin Honey grew throughout 2020 as people sought out products that would naturally boost their immune system and provide a healthier way to sweeten their diets. During 2020 online sales of honey became the main focus for Just Bee.

We added our certified New Zealand Manuka raw vitamin honey to the range and heading into winter and the dreaded cold and flu season, we added our delicious lemon and ginger vitamin honey, which is perfect for

stirring into hot water for a natural cold and sore throat fighting drink.

While the products might have changed for Just Bee, the core ideals of our business didn't. Offering healthy honey products and helping to protect the bee population.

OUR ONGOING MISSION...



Today it is still our ongoing mission to help Save the Bees and to reverse the decline in the bee population in Britain.

As we always have done, we use a portion of the sales we make to buy bee-friendly wildflower seeds. These are sent out free of charge with every honey order, so all our customers can play an active role in our company's ethos and mission.

Even if you aren't a honey customer we will still send you a free packet of seeds for just a small postage charge. We also stand by our commitment to plant at least one bee-friendly seed for every pot of honey we sell. Together, with your help, we can achieve our goal of creating thousands of new bee-friendly wildflower patches across the UK and help stop the decline in bee numbers.

Our bees here in the UK and around the world are extremely important, not just for honey producers, but for also for the wider environment we live in.

CONTACT US!

Still have more questions?

Email us at: buzz@justbeehoney.co.uk

Or write to us at:

Just Bee Honey
3000 Aviator Way, Manchester M22 5TG

Raw honey...

Delicious pure honey.
Just as nature intended!


We never over-heat our raw honey, retaining its precious nutrients. Our unpasteurised honey comes from UK and European beekeepers and is prepared and hand-blended in the UK.




We always treat our bees fairly, only taking what honey they don't need.

Raw honey also has many wonderful properties (as recommended by the NHS and Public Health England).





EMILY MARSDEN
Course: BTEC Level 3 Animal Management
University Offers:
BSc (Hons) Marine Biology - University of Chester
BSc (Hons) Wildlife Conservation - Liverpool John Moores University
BSc (Hons) Wildlife Conservation - Nottingham Trent University
BSc (Hons) Wildlife Conservation with Zoo Biology - University of Salford



Congratulations to Level 3 Animal Management student Emily on gaining your excellent university offers. The former Parklands High School pupil is aiming for a career in marine biology or conservation in the future.

"I have learned so much about the different aspects of the animal industry. I loved being able to work with the college's animals and being able to help out on the farms as part of our work experience. I think it has given me a good start to my career".

Applications are open for our new T-Level in Adult Nursing. This course follows on from our highly competitive pre-degree nursing programme which has been offered for the last 3 years in partnership with Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust.

For more information and how to apply [follow this link](#)

And there's never been a better time to apply for this prestigious course as the College's new Centre for Advanced Technical Studies building will see the creation of a new clinical skills development environment including a ward, manual handling suite, specialist science laboratories and a health and social care careers hub.



T-LEVEL HEALTH

Specialisms in:
Adult Nursing
Mental Health Nursing
Healthcare Professional





**You want
a career with
opportunities?**

**We have a
world of them**



**Insights Evening (for parents) – Opportunities & Diversity at HSBC
2nd June 18:30-19:30**

**Insights Day (for young people) – Opportunities & Diversity at HSBC
3rd June 12:00 – 16:00**

Not all banks are the same. At HSBC, our people span many cultures, communities and continents. We are committed to facilitating their growth and enabling them to thrive both inside and outside of the organisation.

In the modern world, Diversity & Inclusion is such an important topic which, for many of you, will be a core driver in your early career decisions. We want to spotlight these themes, alongside detailing what opportunities are on offer at HSBC to help you think about your careers.

For parents & guardians, we would also like to get you involved as you will be influential in your child's decision making.

Find Out More

Both of these events focus on Opportunities at HSBC and Diversity & Inclusion; providing a real insight into the people who make up our workforce, and why HSBC believes everyone can find a "perfect fit" irrespective of background.

Join us to hear from a series of panellists ranging from our own Careers team, ex-Apprentices, current Graduates and different D&I champions within HSBC

To register, please click the links below:

[Parents event 2nd June](#)

[Students event 3rd June](#)



Together we thrive



Start your great escape...

Hey! Are you interested in a career in Animation, Video Game Art or Visual Effects?

Why not have a look at the opportunities available at Escape Studios during this online open day?

The creative industries account for 1 in 10 jobs in the UK. This future-proof path is in high-demand, and you could be too!

Why not join our Open Day on Saturday 5th June to discover your creative career...

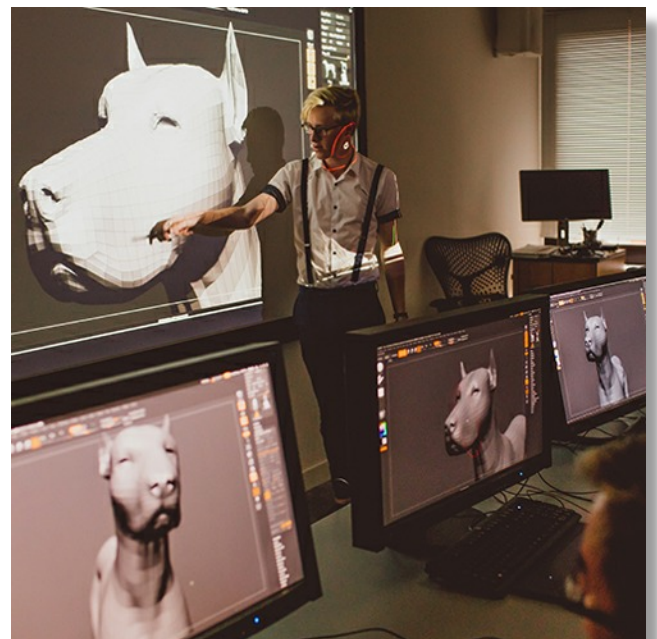
Online Open Day 05/06/21 10:00 AM

[Book my place](#)

What to expect at an Open Day

An Open Day is a great way to explore our world:

- E-meet current students who'll share what it's really like to study with us.
- Hear from alumni who now work at the likes of Industrial Light & Magic, DNEG and PlayStation London Studio.
- Get top tips to create a standout-portfolio.
- Attend subject talks with our expert tutors, to learn what course suits you.



Studying at Escape Studios

Online or in-person, life as an Escape Studios student is action-packed (in a good way!)

[Have a look at this video](#) created by 3rd year students during lockdown.



Lifetime access to online employability skills training

Employability skills to be delivered:

1. Introduction to soft skills – why are employability skills so important?
2. Why do I need to be well organised?
3. How can I become more self-motivated?
4. Why does me being positive make a difference?
5. Why do I need to be good at solving problems?
6. Why do I need to be resilient?
7. Why do I need to have good communication skills?

Learning outcomes are to:

1. Understand the definitions of a range of soft/employability skills
2. Explore each skill in detail, answering “what does good look like?”
3. Consider what it all means for “me” and what “I” might want to do differently in future

- ✓ Training delivered by Key Stage group - KS3 (Y7, Y8 and Y9), KS4 (Y10 and Y11), KS5 (Y12 and Y13)
- ✓ Enhances knowledge of essential life and workplace skills
- ✓ Prepares students for better work experience placement, apprenticeship or job seeking
- ✓ Students receive a 21 page booklet of skills summary and learning logs
- ✓ Certificate issued at end of training; allows student to record as part of their personal development plan

Only £3 for all 7 modules, +4 hours of online skills training!

Lifetime access to training, no need to complete by a date

Complete the pre-recorded training at your own pace; access as many times as you like



Receive a high quality PDF summary for each skill

Receive a Learning Log to capture new techniques & skills

Certificate issued at end of training for personal record

See training overview on YouTube [HERE](#).

Email boostskills@hotmail.com to register.

www.boostlifeskills.co.uk

email: boostskills@hotmail.com

©BOOST Life Skills

ONLINE EMPLOYABILITY SKILLS TRAINING

- Training is separate and specific for each of KS3, KS4 and KS5 students.
- See a brief video on the course structure, learning outcomes, modules, PDF summaries and Learning Logs, the booklet the students receive and the certificate on completion on YouTube [HERE](#).
- Students/parents/carers contact BOOST directly.
- This is “costed” training @ £3 for all 7 modules, +4 hours of online training - this is amazing value! It is costed because it is a consistent package of professional, high quality material.

Welcome to the Year 11 Resources page. Our subject teachers have put together a fantastic range of activities, information and recommended reading/websites for Year 11 students to help them prepare for starting on their chosen course in September. There are resources for all of our A Level and Vocational subjects on the page, as well as our email address if they have any questions. Follow this link: <https://www.runshaw.ac.uk/study-at-runshaw/exciting-links-for-year-11-students/>





TALENT HAS NO LIMITS

Free Work Experience Placements with Top Employers!

TCS EMPOWERS

TCS Digital Explorers 2021

TATA Consultancy Services (TCS) would like to invite Year 10/11 students to a range of fantastic live events as part of their award winning 'Digital Explorers' programme. Students interested in the technology/digital sector will have the unique chance to attend a total of four daily live events featuring digital experts. Live events will be held from Monday 28th June - Thursday 1st July 2021.

TCS are also pleased to offer students access to the Digital Explorers Self Led Work Experience Pack (2021 Version). The pack is available for students in KS4 and contains a tech based challenge and further information about TCS and the tech sector. [Click here](#) to request a pack. Packs will be shared by 14th June 2021.



Burberry Student Challenge

Burberry return with their online student challenge for the third year running. KS3-4 students are invited to submit their creative ideas to a design challenge sharing their vision of fashion in the future with Burberry. Finalists will have the chance to visit Burberry's London or Leeds HQ.

Everything students need to enter is accessed through Burberry Engage, a new central space for young people to engage with Burberry. The challenge closes on 24th June '21.

Find out more and enter [here](#)

**MY
KINDA
FUTURE** ▶

At Pathway CTM, we want to support young people and enable them to make a proactive step out of education this summer into employment!

To help support young people, we are running a FREE online webinar with HS2 on Wednesday 19th May.

HS2 will be the new high speed backbone of our rail network connecting the city centres of Birmingham, Manchester, Leeds and London.

This event aims to help young people develop skills and gain insight into how they can succeed in any new job they land. We will be covering:

- Time management, productivity, prioritisation in focus
- HS2 staff behaviour competencies: 'making it happen'
- Examples of these skills in the work place and indeed in personal life
- 5 Top Tips
- Exciting opportunities available!

Watch the recording [here](#)

We understand that this is a busy time for many young people, which is why we record all of our Job Ready webinars, so students can watch back. Our events are also open to parents and teachers.



Please note, attendees will be muted with their camera off throughout the webinar.

We are also hosting another Job Ready event with leading aviation and security company, Leonardo on Wednesday the 26th May - don't miss this one!



LEONARDO

[Get your ticket now!](#)

Innovation in Business

Wednesday 26th May, 5pm

Leonardo is a global high-tech company and a leading player in Aerospace, Defence and Security. They employ over 7,000 people at seven sites across the UK, with over 500 young people on our training programmes, including graduate schemes, apprenticeships and industrial placements.

Areas of work:

- Aerospace
- Engineering
- Cyber Security
- Manufacturing

This event will talk you through the exciting things that Leonardo do, as well as allow you to network with industry professionals and speak with current apprentices to find out how they have now landed a full time role working for the company! We will also cover the importance of being innovative and confident with bringing your ideas to the table and why this is a key attribute that employers look for.



FREE Live Virtual Work Experience

For any aspiring medical, dental or veterinary students in Years 10 or 11 ...

Medic Mentor currently supports over 15,000 students from thousands of schools across the UK with our [Free Live Virtual Work Experience Programme](#). Each programme is created and delivered by qualified clinicians and simulates their daily working life within the NHS.

How students can benefit ...

- The programme is completely FREE
- A certificate can be obtained after 6 sessions have been completed worth over 47 hours of work experience.
- Interactive sessions. Students can ask questions to our team of doctors throughout the day to gain a better insight to the field!
- NHS Multi-disciplinary and speciality teams are showcased.
- Sessions are teaching focussed around the knowledge required for interview and students' UCAS applications.
- Safe, supportive and fun learning portal for each student with free resources to support their learning such as a reflective diary for students to enhance their reflective skills!
- Sessions delivered by subject experts and professional mentors
- After registering, students will also receive a free funding code to attend an Insight and UCAS focused '[Get into Medicine, Dentistry or Veterinary](#)' conference at a time that suits them.

Medic Mentor are committed to ensuring that students still have the opportunity to gain valuable insight into healthcare careers and high quality application support, even in these difficult times.

If you would like to hear more, please find testimonials from our [students](#) and [teachers](#)

How do students register?

Students can register for free for any of our following programmes below:

- [Medical Virtual Live Work Experience](#)
- [Veterinary Virtual Live Work Experience](#)
- [Dental Virtual Live Work Experience](#)

We look forward to welcoming YOU on our next session!

Upcoming dates for your diary

Dentistry - Saturday 12th June

Veterinary - Sunday 20th June

Medicine - Saturday 29th May, Saturday 26th June





ALLIED
HEALTHCARE
MENTOR

The only LIVE NHS Healthcare
Careers Virtual Work Experience
in the UK run by Healthcare
Professionals!

The next NHS Virtual Work Experience date is the 6th June. This is a brilliant opportunity to take part in LIVE virtual work experience, alongside health professionals - and if you are serious about a career in healthcare, then you shouldn't miss this.

The healthcare careers that will be covered are listed below:

- **Nursing**
- **Midwifery**
- **Paramedicine**
- **Physiotherapy**
- **Occupational Therapy**
- **Dietetics**
- **Radiography**
- **Prosthetics and orthotics**
- **Speech and language therapy**
- **Osteopathy**
- **Pharmacy and now includes**
- **Podiatry too!**

**FINAL
REMINDER**



This programme is available to support all aspiring healthcare students as an alternative to in-person NHS work experience during the pandemic.

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.

You can learn more and students can register for the programme here: [Register now](#)

Students will receive certificates as evidence of having participated in the work experience programme. Places are just £10 a day to cover administrative costs and run the tech on the day.

MEDIC
MENTOR 
YOUR MEDIC FAMILY

VET
MENTOR 
YOUR MEDIC FAMILY

DENTAL
MENTOR 
YOUR MEDIC FAMILY

APPRENTICESHIP



Apprenticeships currently available at www.gov.uk



- Level 3 **Bid and Proposal Co-ordinator** Apprentice at NIS Ltd - VAC001712908 (Available through RHG Consult Ltd)
- Level 3 **Safety, Health and Environment** Apprentice at NIS Ltd - VAC001712895 (Available through RHG Consult Ltd)
- Level 3 **Maintenance Operations Engineering Technician** Apprentice at Pneumatic & Compressor Engineering Ltd. - VAC001712370 (Available through Runshaw College)
- Level 2 Apprentice **Production Chef** at Preston North End Ltd. - VAC001713193 (Available through Runshaw College)
- Level 2 **Chef** Apprenticeship at Olive Garden (Standish) Ltd. - VAC001706578 (Available through Runshaw College)
- *Most other vacancies advertised the previous week are still open for applications. Check the Google Classroom Careers Area for details of all vacancies.*
- *Don't forget you will need a CV - if you need any support with this - see Miss Berry (top office)*



Apprentice Mechanical Engineer, Hyquip, Horwich - VC0607

Apprentice Mechatronics Technician, Kadant UK Ltd., Bury- VC0600

Apprentice Sheet Metal Fabricator/Welder, Kadant UK Ltd., Bury - VC0601

Apprentice Fabricator, Abbfab Services Ltd., Bolton - VC0604

Apprentice Welder, Abbfab Services Ltd., Bolton - VC0605

Apprentice Fabricator/Welder, Airmatic Ltd., Bury - VC0598

Please note that for most of the positions above, you will spend four days a week for the first few months at the Alliance Learning building in Horwich, and just one day in the company.

Follow [this link](#) to register with Alliance. They will invite you in for a chat and explain how the apprenticeships work. They will also go through interview techniques and CV skills, so you are well prepared!

Many more apprenticeship vacancies available from Alliance Learning [here](#)



CAREER DROP-IN FRIDAY LUNCHTIME

Every Friday lunchtime in A21

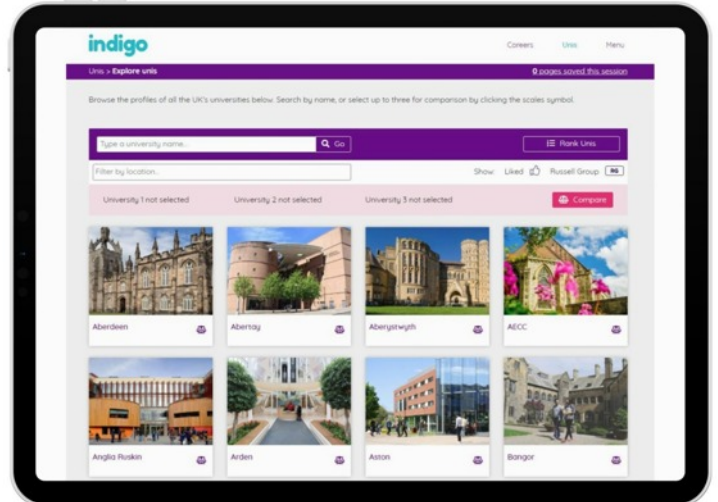
Informal drop-in session for anyone in Year 11 needing advice or support with any aspect of careers: colleges, courses, apprenticeships, application forms, interviews, CVs ... whatever you need to know, come along and ask!

1.20 - 2.00

If you haven't yet logged into Indigo, then why not do so this weekend?

It's an easy to navigate website that showcases hundreds of different careers, with videos and case studies, as well as showing the top employers, whether a job is in high demand, what sort of salary you could expect and much much more.

There is the option to explore universities all over the country: what kinds of courses they offer, what students think of them and the qualifications you might need to take a certain degree.



If you have lost or forgotten your Indigo username or you'd like to log in for the first time, email Miss Berry for a reminder. You can use Indigo on a PC, tablet or phone, at school or at home. Check it out!

<https://indigo.trotman.co.uk/default/>

CAREER of the WEEK

Naturopaths encourage clients to achieve optimal health and wellbeing through the use of natural therapies which promote and stimulate the body's own ability to improve and thrive.

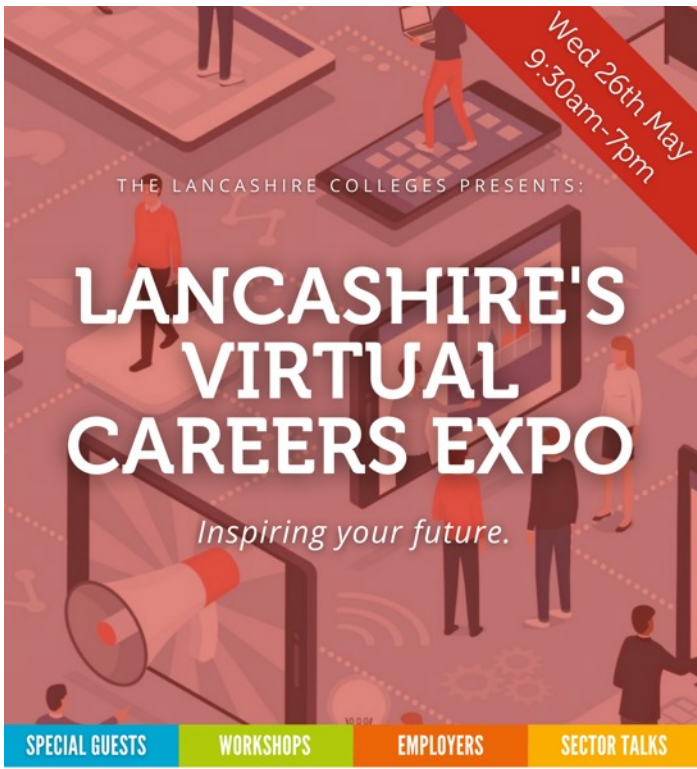
A naturopath is a natural health practitioner who specialises in nutritional therapy, osteopathy, homeopathy, acupuncture, or herbal medicine. As a naturopath, you'll use an approach to healthcare which blends modern scientific knowledge with traditional, natural forms of treatment.

You'll base your practice on the belief that the body has an instinctive ability to heal itself and that symptoms can be treated with non-conventional, complementary therapies. You'll focus on addressing the underlying cause of illness and disease rather than simply suppressing the symptoms.

Naturopath



<https://careeroftheweek.wordpress.com/>



Each year group has a Careers section within Google Classroom, with various resources available.

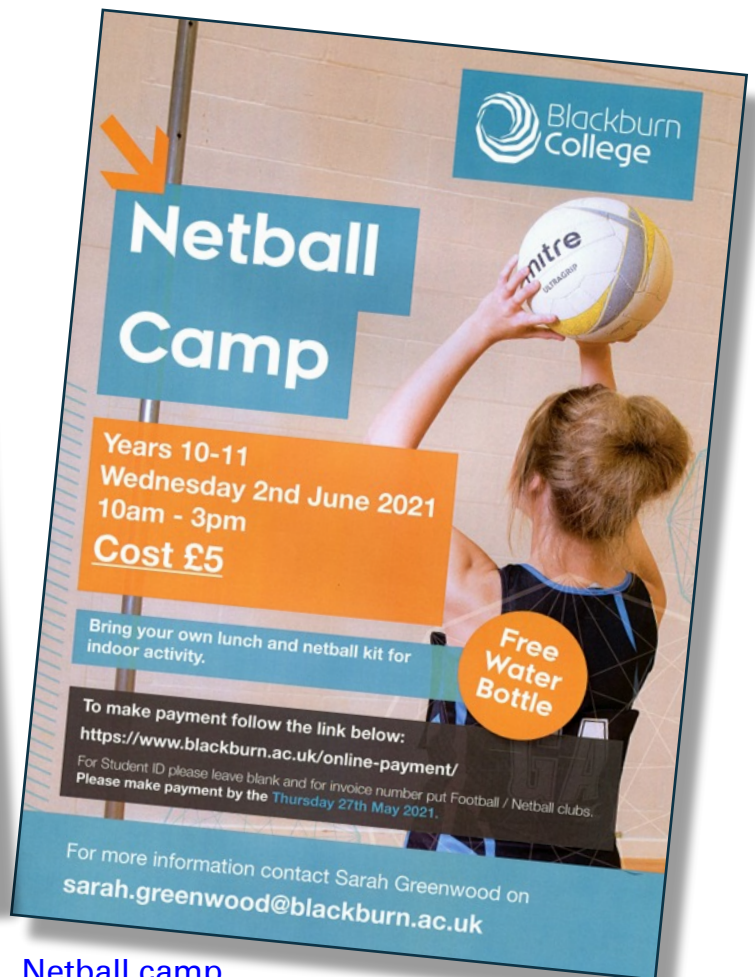
We will add to this throughout the year, but if there is anything you would like to see, please let us know!

It is never too soon to start thinking about your future - and the more effort you put in now, the more confident you will feel when it comes to leaving school and moving on to the next stage.

Make sure you have a regular look at Indigo and the LearnLive page on the website, as these are updated constantly. There is a Live Jobs tab on the LearnLive page - [check it out here](#)

Register at

www.inspiringyourfuture.vfairs.com



[Football camp](#)



[Netball camp](#)

The
Parent
Perspective
podcast

THE NEW CAREERS PODCAST SERIES FOR PARENTS AND CARERS

The Parent Perspective podcast

- Are you ready to support your child with their next big decision?
- How much do you know about apprenticeships, traineeships, T-Levels, degree apprenticeships, University and gap year options?
- Is your child looking to you for help and guidance when it comes to their career options?

Amazing Apprenticeships and NGTU have teamed up to arm parents with knowledge, keep them informed and make sure they are best placed to help their child with their next steps.

How? We are bringing together **parents** who will share their own experiences, challenges and perspectives of supporting their child with their career aspirations, **experts** to offer advice on the newest career opportunities and the steps needed to get to them and **role models** that will give the inside scoop on what taking these steps is really like.

The most important part? It's all about the **parent** perspective. What parents need, what parents are (or will be) experiencing and what parents need to know to best **support** their child.

Join us for an 8 part podcast starting in June.

Subscribe now via your favourite podcast platform using the button below!

[**SUBSCRIBE NOW**](#)

NGTU
NOT GOING TO UNI

**Amazing**
Apprenticeships

VIRTUAL ENROLMENT VIA MICROSOFT TEAMS



Please see below a copy of an email that has been sent to all applicants who have accepted their place at Cardinal Newman, with their appointment date and time.

Dear Applicant,

Due to the current situation, we have decided that enrolment will take place online through Microsoft Teams this year.

We want to ensure that you are able to enrol safely and as smoothly as possible, whilst still providing you with the opportunity to ask questions and make changes where necessary.

Your virtual appointment will take place on:

Date at Time:

You will need to accept this appointment to confirm that you are able to attend by Friday 9th July 2021. We will then send you the relevant information and links so that you can access your enrolment appointment. You must accept your appointment in order to be sent the relevant link to attend.

Accept Your Enrolment Appointment >>

Your login details are:

Username:

Password: the word *newman*, followed by your date of birth e.g. *newman01012005*

If this appointment time is not suitable, please email Debbie Davenport on ddavenport@cardinalnewman.ac.uk and she will make an alternative appointment for you.

After this deadline has passed, you will need to contact the College if you wish to attend your enrolment appointment.

We look forward to welcoming you to the Cardinal Newman College Community.

Best wishes,

The Admissions Team



Learner

Stories

If ever we were lacking learning motivation, FutureLearner Reuben is here to bring it straight back! Reuben is a health student and has completed not ten, not twenty, but SEVENTY FutureLearn courses - and he's not stopping there.

So, out of those seventy courses, we were keen to know which he enjoyed the most? "Health Systems Strengthening!" says Reuben. "I am a health student and want to help the health sector of my country, Nigeria".

Developed by the Nossal Institute and UNICEF, Health Systems Strengthening explores how we can build better health systems. Reuben says he enjoyed learning "how the government and individuals can contribute to better the health sector."

You might be wondering what's left for Reuben to study next? Thankfully, there's plenty more courses on FutureLearn; next on his list is Computer Programming for Everyone by the University of Leeds and Institute of Coding.

See below for more of Reuben's favourite courses. They're all 100% online and ready to join now!

[Join a course](#)



Reuben

The FutureLearn logo, featuring a white staircase icon on a pink background to the left of the text "FutureLearn" in a bold, white, sans-serif font.

Study Smarter! Top Tips to Help You Prepare for Assessments

What a year it has been! Whether you are about to sit your final assessments, or general classroom assessments here are some tips and tricks from the globalbridge team to help you get through it.

We've all been there countless times before yet it never gets any easier; finding the motivation to study when you're just not in the mood is tough! There are a million and one things that you'd rather be doing with your time but you know that you have assessments looming!

So, what do you do?

Well, for a start, you begin reading this post and then afterwards, you pick up your textbook and your pen and you stop looking for excuses, because after reading this, you'll have all the study motivation you'll need to get started!

1. Break it Down into Small Steps

Okay, open your book, switch on your device, pens and paper ready!

Sounds simple, right? Well, that's all it takes to start studying. All you need to do is get into the right frame of mind. Rather than thinking of your studying as a whole assignment, think of it as a series of smaller tasks that when completed, will enable you to spend your time however you like.

'The secret to getting ahead is getting started.'

As you start to complete all of the smaller tasks on your list, you'll start to feel like you're making progress, which not only makes time pass quicker, but helps you retain information better. As you start ticking off all those tasks, your motivation for studying will gradually increase as the finish line starts getting ever so closer. Have a reward ready, a chocolate bar, an episode of your favourite programme.

2. Chew some gum!

Can't sit still while revising? Studies have found that chewing gum can improve your ability to concentrate for long periods. People who chewed gum performed better and more accurately on longer tasks than those who didn't. So why not give it a try next time you revise? Just maybe don't try it in an exam!!

3. Change Up Your Fonts

Balonku
Rolleto
Oaku
Regular

Reading through your notes can be relentless. Especially when you realise you haven't remembered a thing. But don't worry! Research has shown that a harder to read font can help your brain retain information more easily. It has been researched that students who studied in fonts like comic sans did better than those who didn't. Scientists think this is because it gets us to actually think about the information as opposed to just reading it. So, next time you're typing up notes why not do it in impact?

4. Switch Up Your Study Space

Don't just stick to studying in your room or at the library! Switching up where you study can actually help you remember things better. In one study, university students who memorised a list of words in two different places did better on tests than those who memorised in one room. By studying the same material in different places, your

brain forms different memories of the same thing. Which makes it easier to remember!

5. Test Yourself

Honestly this does actually work! Setting yourself small self-tests throughout a period of time can mean you will perform better on the big exams. Don't just do it once! Research shows that if you repeat the same test over a few weeks the easier it will be to remember the information.

6. Go Old School

These days a lot of our note taking is done on our tablets or laptops. But we don't want to throw handwriting out the window just yet. Writing down your notes by hand can help your brain understand heavy concepts. While your computer is fine for simple facts, handwriting can help you remember the bigger questions like "What are the themes of Shakespeare's Macbeth?"

7. Stay Hydrated

Even being a tiny bit dehydrated can decrease your ability to perform simple tasks and form memories. Don't think you can't get away with just drinking tea or fizzy drinks! Water is the best way to keep up your fluid levels. Keep a bottle next to your desk, and try to keep drinking it throughout the day.

8. Listen to Some Tunes



You've probably heard the old tale that classical music can help you concentrate, it is partly true. Music can help you focus. But the good news is, it only works with music you like! Researchers have found that people who listen to their favourite music can concentrate for longer periods than those who don't. So don't worry, you can ditch the Beethoven for now!!

9. The Egg Timer Method

Once you have all your study materials ready to go, set yourself a specific time period that you will study for without stopping. We recommend setting yourself twenty minute periods as research has shown that the average human adult can sustain their concentration level for a maximum of twenty minutes.

'Never do tomorrow what you can do today!'

Next, you need to get your egg timer (or stopwatch, or mobile phone) and set yourself twenty minutes to study. You'll be amazed at how much you can achieve when you're completely focused on one thing for a set amount of time.

If this method works for you, then take a 5-10 minute break between each twenty minute period and before you know it, you'll have dedicated a whole hour to studying.

I hope this has given you some useful tip and tricks. Why not give one or two a try?

