CAREERS NEWSLETTER

This newsletter aims to support you when thinking about your future and provide you with access to resources that will help you to learn more about different industries and pathways. Please use the links included to read more information. Links are underlined.

SOMETHING TO...



DO

Sainsburys are running a series of Virtual Career Experience Days, as part of their KickStarter Experiences, taking place during the October half-term.

LISTEN TO

Welcome to The Balanced Student Podcast where you as a student can learn to achieve your ambitious academic goals whilst also staying healthy and maintaining a good study-life balance.

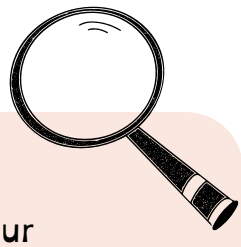
READ

These handy posters show you which Springpod industry programmes link well to which T Level subject, allowing you to try the industry before signing up to the T Level course.

WATCH

Struggling to get your CV noticed? The Essex Apprenticeship Hub's free online session will show you exactly what to include, and what to leave out.
Wed 11 Nov | 6:15PM – 7:00PM | Online

SPOTLIGHT ON A...



UNIVERSITY

"UCL is an inclusive learning environment, and we aim to enable all students to study as independently as possible during their time here. This section of our website provides information on the support available for students who are disabled or have a long-term health condition, this includes mental health and other neurodivergent conditions."

Find out more about Student Support here.

EMPLOYER

"At BAE Systems, we want our employees to feel safe, respected and valued at work. We work with our leadership and employees on a range of initiatives to improve inclusion in our workplaces, focusing on ethnicity, gender, disability, neurodiversity, LGBTQ+ and veteran status. Our aim is to create an environment where everyone feels empowered to contribute their best, regardless of background or life experience."

Read more here.

If you see a word you don't understand, you can use this jargon buster to search and find out what it means. If you can't find the word on there, you can use the internet to research the meaning or speak to a teacher.

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WORD OF THE WEEK

Tutorial

Like a seminar, these are classes where smaller groups of students, guided by a tutor or lecturer, talk about topics they are studying in lectures.

A FACT ABOUT EMPLOYMENT

"From April 2027, eligible Young People are set to benefit from fully funded jobs as the government continues to tackle the UK's persistently high disability employment gap, as NEET Young People who report having a disability have doubled in the past decade."

Source

SUCCESS STORIES

At the start of his second year at Oxford, Conor was diagnosed with ADHD.

He was unable to organise himself in the less structured environment and felt utterly overwhelmed. And even worse for his mental health, it felt like everyone else around him was excelling. So he received support from various sources at the University and college levels.

"Oxford support has been a lot like my ADHD medication; it has brought things from impossible to possible, but it hasn't made it easy. The support is just that: support. It can help you with the hard stuff, but can't do it for you.

While having ADHD at Oxford is certainly not easy, the University provides a wealth of support to students who are struggling."

Read more here.

OPPORTUNITY'S CALLING...

This session from My Great First Job takes place on 20th. October and will show you how to really stand out on an applicant list... Whether you are having an interview for an Apprenticeship or a place at University!

If you feel ready to speak about your future and have any questions or need support to plan your next steps, please contact Hazel.veryard@preston.mnsp.org.uk