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

Logistics is the transportation of goods from the source to the final customer. It is a huge and growing industry!

Take the Find Your Future quiz to see which roles in logistics suit you.



LISTEN TO

The Careers Podcast aims to help young people understand more about opportunities and how to prepare for them.

This episode takes you through six essential skills to stand out.



READ

This step-by-step guide gives you top tips to prepare for and be successful in a phone interview.

This advice comes from a training provider who helps prepare people for apprenticeships.



WATCH

How do Numeracy skills help in the workplace?

Watch this video to see how people use Maths in a range of industries including: Gaming, Care and Construction.



SPOTLIGHT ON A...



UNIVERSITY

University of Southampton's **mission is "to create an inclusive university community** where you feel welcome, supported and valued."

Students and staff can join groups that share backgrounds or characteristics, including: Disability and Neurodivergence, LGBTQ+ network and parents and carers.

Data, feedback and reports are written every year to measure the progress of the university's mission. Read more about the support on offer for students here.

EMPLOYER

GXO are an international logistics company and is a recognised Disability Confident Employer.

This means the way they work is inclusive, adjustments can be made at every stage of the application process and there is a guaranteed interview for people who meet the job criteria and disclose a disability.

One of their values is 'Be Inclusive.' Read more about this and their other values 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

Flexitime

A system in which employees are required to work a certain number of hours but are allowed to choose their own times for starting and finishing work.

A FACT ABOUT EMPLOYMENT

"The Office for National Statistics reports on a range of data about employment.

A recent report shows that, in July 2026, the average amount of money people in Great Britain earned every week was £756."

Source

SUCCESS STORIES

"Dan received a diagnosis of autism at 17. He struggled with school and getting a diagnosis helped him access additional support.

Finally having a word and a reason to describe why I found certain things so hard felt like it changed everything for me.

Dan had to get used to asking for and accepting the help he was entitled to. "

"This included Disabled Students' Allowance (DSA) and a range of adjustments, including remaining in the same student halls throughout his degree.

Dan's advice would be to view your diagnosis as a tool to understand yourself, help others understand you, and that can unlock support to help you succeed and lead a happy life."

Read the full blog here.

OPPORTUNITY'S CALLING...

Looking for an apprenticeship and not sure what to expect?
Sign up for this webinar from Amazing Apprenticeships on 12th November, 3:30-4:15, to learn more about each step of the application process.

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