



# Personal development bulletin number 5 5.10.20

Resources	<i>Pages</i>
Character	<i>white</i>
Community	<i>blue</i>
Careers	<i>red</i>
Apprenticeships	<i>yellow</i>
University	<i>green</i>



Dig the well before you are thirsty.

*Chinese Proverb*



## ACTION CALENDAR: OPTIMISTIC OCTOBER 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**"Choose to be optimistic.  
It feels better" - Dalai Lama**



**5** Start your day with the most important thing on your list

**6** Do something constructive to improve a difficult situation

**7** Remember that things can change for the better

**1** Write down your most important goals for this month

**2** Look for reasons to be hopeful even in difficult times

**3** Take the first step towards a goal that really matters to you

**4** Be a realistic optimist. See life as it is, but focus on what's good

**12** Look for the good intentions in people around you today

**13** Put down your To-Do list and let yourself be spontaneous

**14** Do something to overcome an obstacle you are facing

**15** Look out for positive news and reasons to be cheerful today

**16** Thank yourself for achieving the things you often take for granted

**17** Share your most important goals with people you trust

**18** Make a list of things that you are looking forward to

**19** Set hopeful but realistic goals for the week ahead

**20** Find the joy in completing a task you've put off for some time

**21** Let go of the expectations of others and focus on what matters

**22** Share an inspiring idea with a loved one or colleague

**23** Write down 3 specific things that have gone well recently

**24** Recognise that you have a choice about what to prioritise

**25** Plan a fun or exciting activity to look forward to

**26** Start the week by writing down your top priorities & plans

**27** Be kind to yourself today. Remember, progress takes time

**28** Ask yourself, will this still matter a year from now?

**29** Find a new perspective on a problem you face

**30** Set a goal that links to your sense of purpose in life

**31** Think of 3 things that give you hope for the future



**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/optimistic-october](http://www.actionforhappiness.org/optimistic-october)

**Keep Calm · Stay Wise · Be Kind**

Think smarter...

## Super-curricular thinking

- Extend your knowledge beyond the curriculum...

## BBC ideas

Got a few minutes spare? Watch something interesting on BBC Ideas

*Episode of the week:* [Viewpoint: It's time to end our love affair with cars](#)

Author, academic and campaigner Andrew Simms argues we need to rethink our relationship with the car - much as we have done for smoking.

**Don't game with your  
grades...**

More time spent gaming results in  
lower exam grades...

[National Children's Bureau](#)

**Ration your time:  
switch it off & learn**

Don't game with your grades

**grade  
theft  
auto**

## drugs facts: Heroin

Heroin is a drug made from morphine, which is extracted from the opium poppy. Opium has been around for many hundreds of years and was originally used to treat pain, sleeplessness and diarrhoea. When morphine is made into heroin to be used as a medicine, it's called diamorphine, and is stronger than morphine or opium. Like many drugs made from opium (called opiates), heroin is a very strong painkiller.

'Street' heroin sold as 'brown' is sometimes now used by clubbers as a chill out drug after a big night out.

It is still just the same street heroin but some people mistakenly think it's not as addictive.

Here are some of the main effects and risks of heroin:

- A small dose of heroin gives the user a feeling of warmth and well-being, bigger doses can make you sleepy and very relaxed.
- The first dose of heroin can bring about dizziness and vomiting.
- Heroin is highly addictive and people can quickly get hooked.
- Injecting heroin and sharing injecting equipment can be very risky, as it runs the risk of the injector catching or spreading a virus, such as HIV or hepatitis C. There is also the risk that veins may be damaged and that an abscess or blood clot may develop.

<http://www.talktofrank.com/drug/heroin>



### Heroin and the law

Heroin is a class A drug, so it's illegal to have for yourself, give away or sell. Possession is illegal and can get you up to seven years in jail and/or an unlimited fine. Supplying someone else, even your friends, can get you up to life imprisonment and/or an unlimited fine.

### What if you're caught?

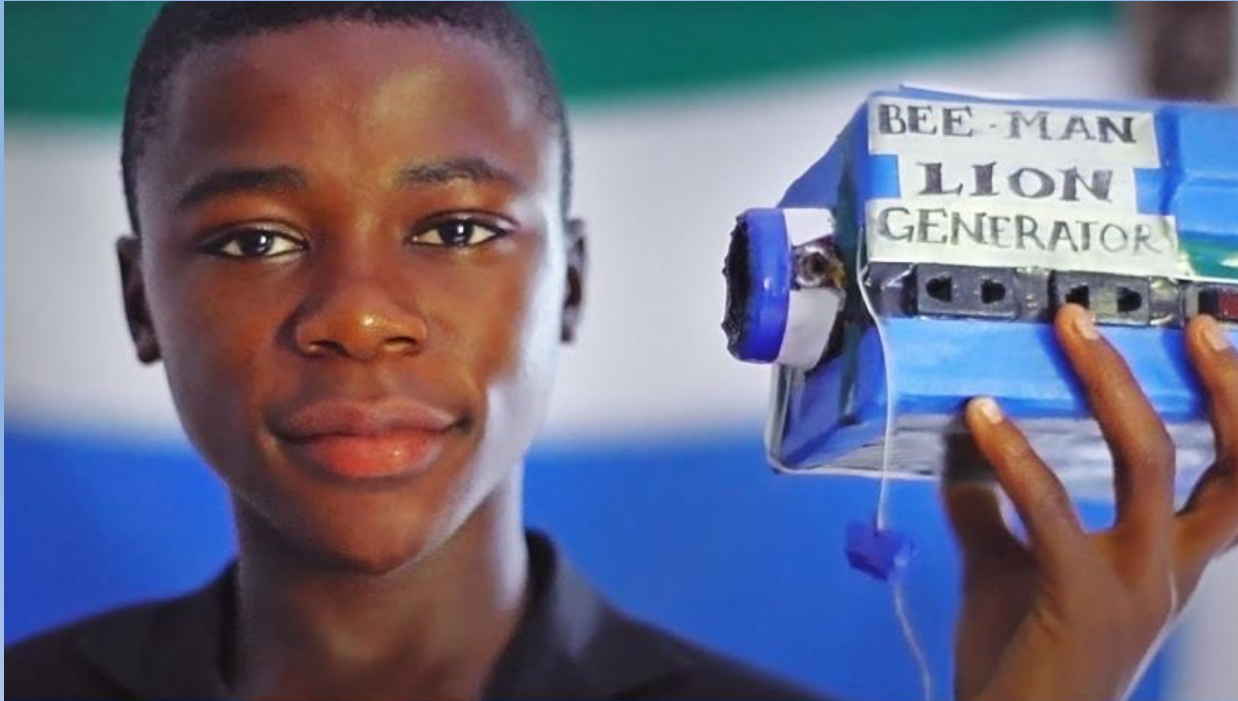
If the Police catch you with heroin, they'll always take some action. This could include a formal caution, arrest and prosecution. A conviction for a drug-related offence could have a serious impact. It can stop you visiting certain countries – for example the United States – and limit the types of jobs you can apply for.

### Did you know?

Like drinking and driving, driving when high is illegal - and you can still be unfit to drive the day after using heroin. You can get a heavy fine, be disqualified from driving or even go to prison. Allowing other people to supply drugs in your house or any other premises is illegal. If the police catch people supplying illegal drugs in a club they can potentially prosecute the landlord, club owner or any person concerned in the management of the premises.



## Inspirational children...Kelvin Doe



*Creativity is universal, and can be found in places where one does not expect to find it.*

*Perseverance and passion are essential to nurturing that creative ability.*

### **Kelvin Doe - @Kelvinbdoe**

Kelvin was born into extreme poverty in one of the poorest countries in the world, Sierra Leone. Age just 10, he started work on a fix for the rolling blackouts suffered in his neighbourhood. He began collecting scrap metal and taught himself electronics and engineering. By 13, he had developed a home-made battery using tin cups, acid, soda and scrap metal and was able to power the houses in his neighbourhood. He then used recycled parts to build an electricity generator and radio transmitter, setting up a community radio station from which he broadcast as DJ Focus!

## Inspirational children...Kelvin Doe

### Discussion Questions

1. Of the things that you have read and heard about Kelvin, which do you think is the most impressive? Why?
2. Imagine that we suffered rolling blackouts and lack of access to electricity in this country. What would you find most difficult?
3. Do you think access to electricity should be considered a basic human need, like food, water and shelter? Explain your opinion.

### Extension:

Imagine you had access to a scrapyard. What would you collect and what would you like to build?



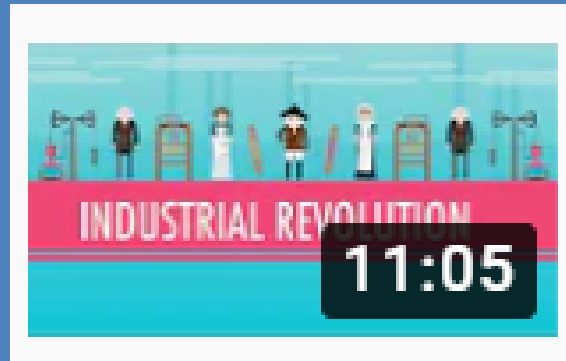
## The Great Conversation...

A different topic each week, to help you

- Develop your debating skills
- Wow in an interview/seminar
- Write better essays
- Grow in confidence

### The Industrial Revolution

<https://youtu.be/zhL5DCizj5c>





## EARLY-YEARS TEACHER

Early-years teachers, also known as nursery teachers, are specialists in early childhood development.



**Salary\***  
£18,000  
to £30,000



### Skills

- sensitive & understanding
- patience & ability to remain calm
- ability to work well with others
- excellent verbal communication



### Subjects

A great job if you love psychology or English.



### Jobs

4% more jobs nationally by 2023

\* In 2018 the national average salary was £29,000. Remember, this figure will go up or down, depending on where you live.



- ➔ View information on 800+ jobs.
- ➔ Assess your skills using the Skills Map.
- ➔ Use the Course Search or Start with a Subject.

**CAREERPILOT.ORG.UK**

CAREERPILOT IS A ONE-STOP, IMPARTIAL CAREERS WEBSITE FOR 11-19 YEAR OLDS IN THE SOUTH OF ENGLAND. THE SITE IS FREE TO USE AND IS CO-FUNDED BY 20 UNIVERSITY AND NCOP PARTNERS.

## Getting Dreams Done

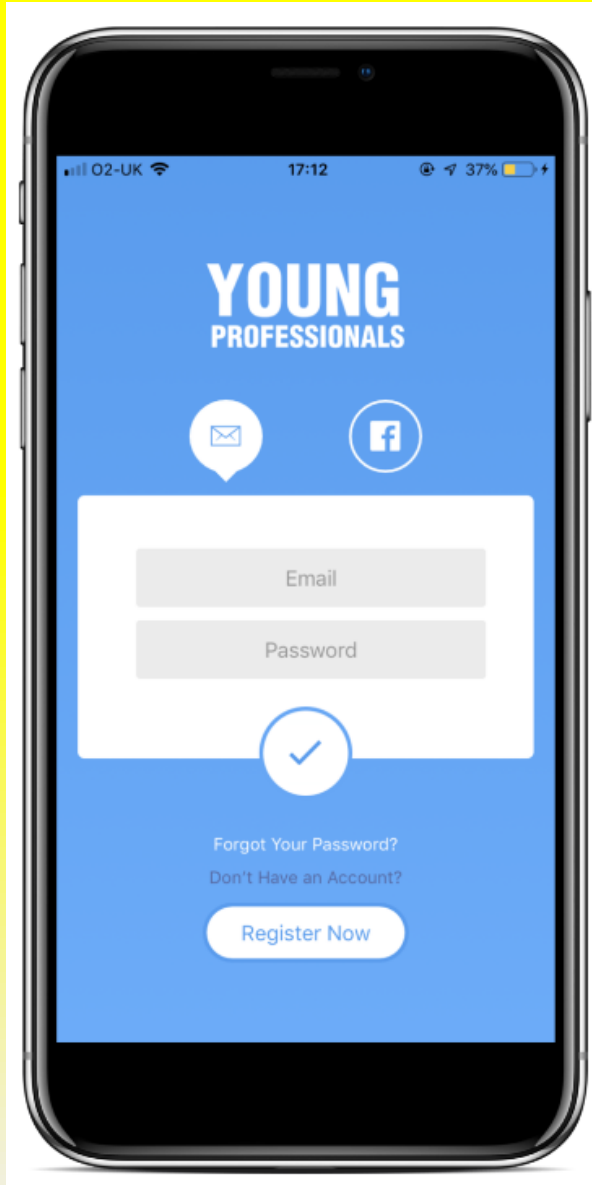
**There's a big difference between a dream and a goal.**

A dream is something you imagine happening. A goal is something you take actions towards. Here is a good way of distinguishing between them. Make a list of your hopes for the future, and then put them into one of the following columns:

When your table is full, look at the following:

- What percentage of your hopes have you acted on? What chance have you got of the hope becoming reality?
- How much action have you taken? Has it been repeated, determined action? Or has it been one action, taken some time ago?
- What further actions can you take? Success is much more to do with determination than talent.

Pure fantasy and pipe dreams	Daydreams and conversations	Goals
Here, list the things you would one day like to be or do... but that you have never ever talked about. It's never been verbalised at all – it's just in your head.	Here, list the thing you would one day like to be or do – that you've talked about with a friend. You've admitted them, and started exploring and discussing them.	Here, list the things you would like to do that you've taken action about. What was the action? When did you take it? What did you do when things got difficult? Record this here.



### Young Professionals App

#### One Simple Platform

One brilliant app that will allow you to unleash your career potential. Search for your ideal job, employer and key location quickly and easily

#### Kick Start Your Career

View hundreds of job opportunities from leading employers who will help you turn your first job into a rewarding career

#### Personal Profile

Create your own profile to showcase you to potential employers! Take your video, upload your skills and get yourself discovered!

# How universities have helped improve everyday life...

Made at Uni



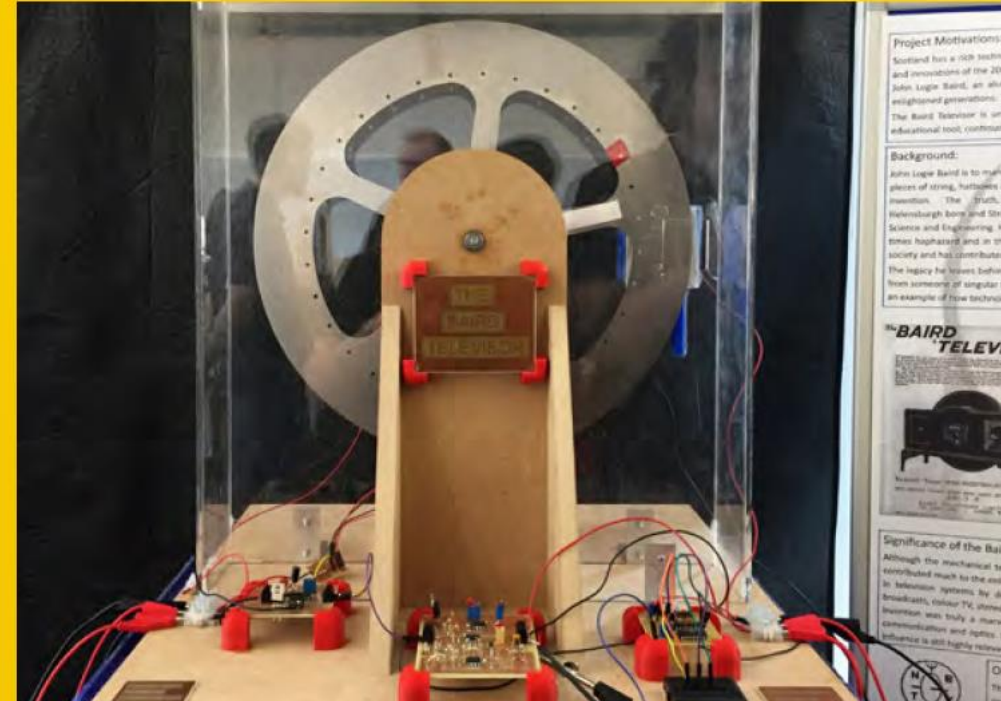
## UNIVERSITY OF STRATHCLYDE



### *The invention of television*

Television was the technological achievement of John Logie Baird, alumnus of Strathclyde University's precursor, the Royal Technical College, where he studied for a Diploma in Electrical Engineering.

His early experiments led to the broadcast of a static image in 1924, which gained international fame after its screening in 1926. By 1928, Baird Television Company Ltd had made the first transatlantic television transmission – from London to New York – and produced the first broadcast for the BBC.



THEMES

TECHNOLOGY



# Careers in the Creative Industries

## Calling all creators

Please pass this information onto your students who are interested in a career in the creative industries.

This **future-proof sector** is growing at **5 times the rate of the UK economy**, so it's no wonder there's a huge demand for talent.

Join our **October Open Day** to discover our **connections with leading studios**, meet our **expert tutors** and chat to inspiring students.

## Online Open Day



17/10/20



10:00 AM



Online

**Book now**

# Unifrog Global HE Week (5-9 October)

This year our is supported by international applications consultants, The University Guys. As part of this, we're running a series of webinars:

Student webinars [Student webinars sign up here](#)

Each of these one-hour sessions will feature speakers from **top international universities**:

- **United States** - Monday 12 October, 5pm
- **Canada** – Tuesday 13 October, 5pm
- **The Netherlands** – Wednesday 14 October, 5pm
- **Ireland** – Thursday 15 October, 5pm
- **The rest of Europe #1** – Monday 19 October, 5pm
- **Australia** – Tuesday 20 October, 5pm
- **The rest of Europe #2** – Wednesday 21 October, 5pm