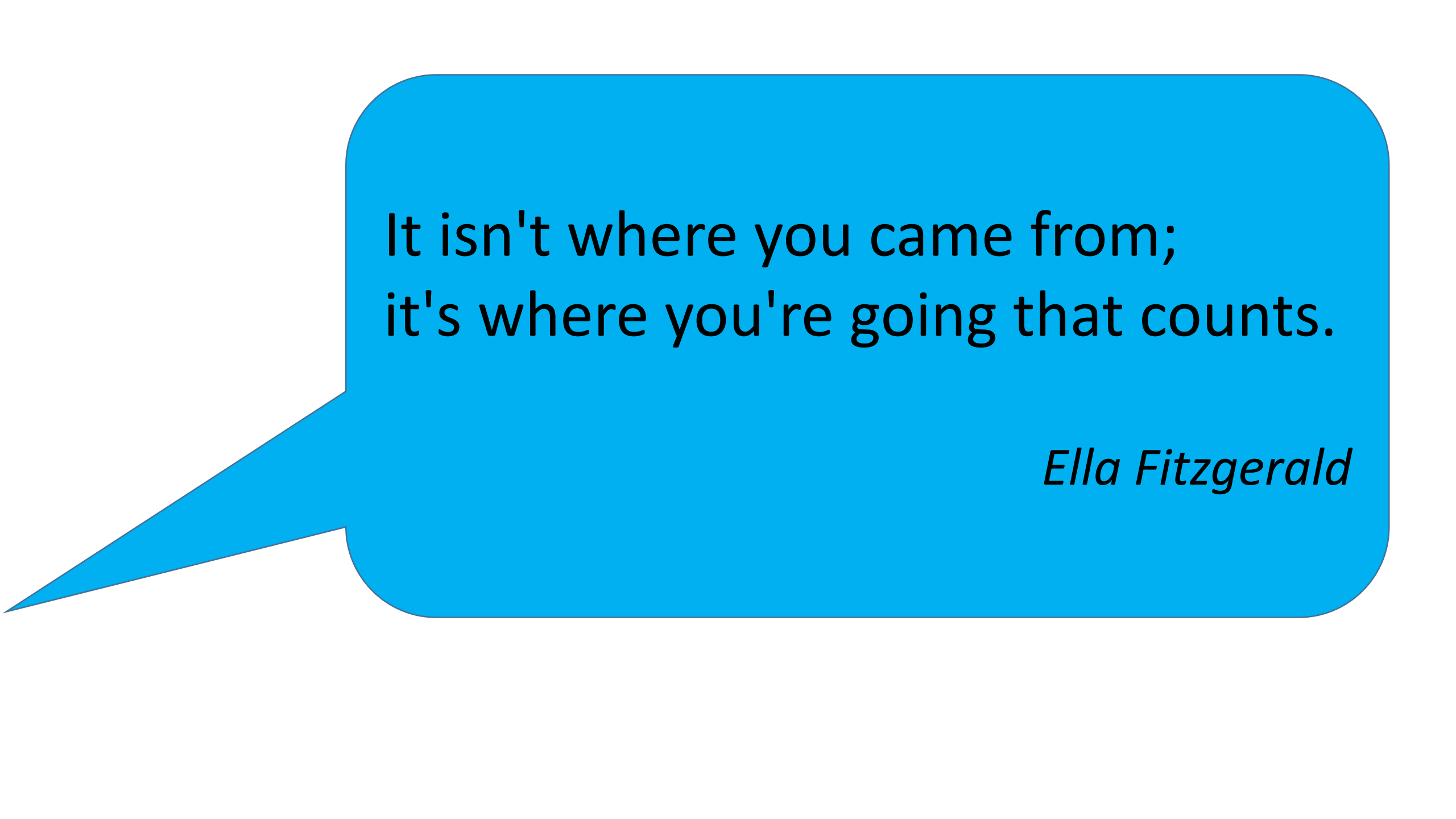




Personal development bulletin number 28.9.20

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



It isn't where you came from;
it's where you're going that counts.

Ella Fitzgerald

ACTION CALENDAR: SELF-CARE SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28 Accept your mistakes as a way of helping you make progress	29 Write down three things you appreciate about yourself today	30 You matter. Remember that you are enough, just as you are		Self-care is not selfish. You can't pour from an empty cup		

ACTION CALENDAR: OPTIMISTIC OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
"Choose to be optimistic. It feels better" - Dalai Lama			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
5 Start your day with the most important thing on your list	6 Do something constructive to improve a difficult situation		8 Make progress on a project or task you have been avoiding	9 Avoid blaming yourself or others. Just find the best way forward	10 Take time to reflect on what you have achieved this week	11 Focus on a positive change that you want to see in society
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

Nothing to do?
Use the *Thinking Ladder* and
become more **resourceful...**



Idea of the week...

Remember

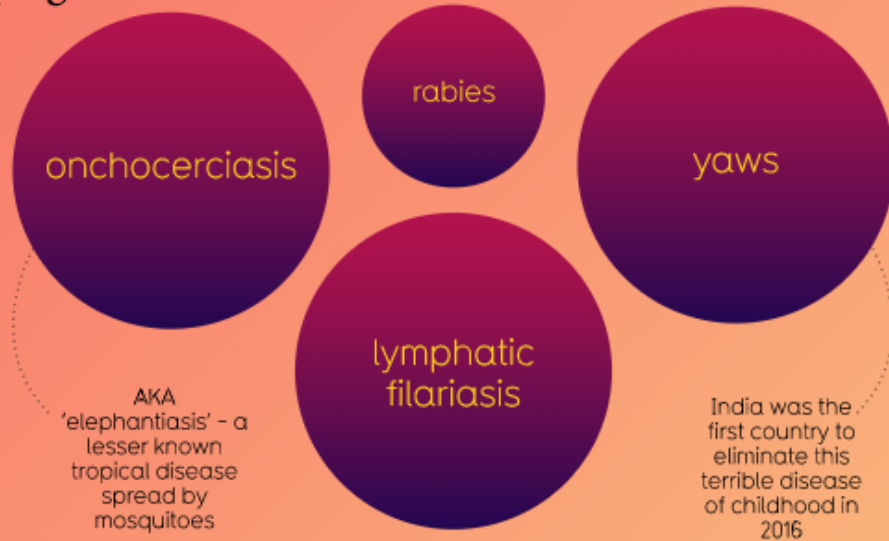
Write everything
you know about a
topic in 10 key
bullet points

10 Diseases We've Nearly Controlled or Eradicated

on our way



progress!



nearly...

"sleeping sickness" spread by the tsetse fly

African trypanosomiasis

polio

guinea worm disease

terrible affliction spread by contaminated drinking water

eradicated

smallpox

size = global impact of disease

beautifulnews

sources: World Health Organisation, Our World in Data

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 Renaissance

https://youtu.be/Vufba_ZcoR0



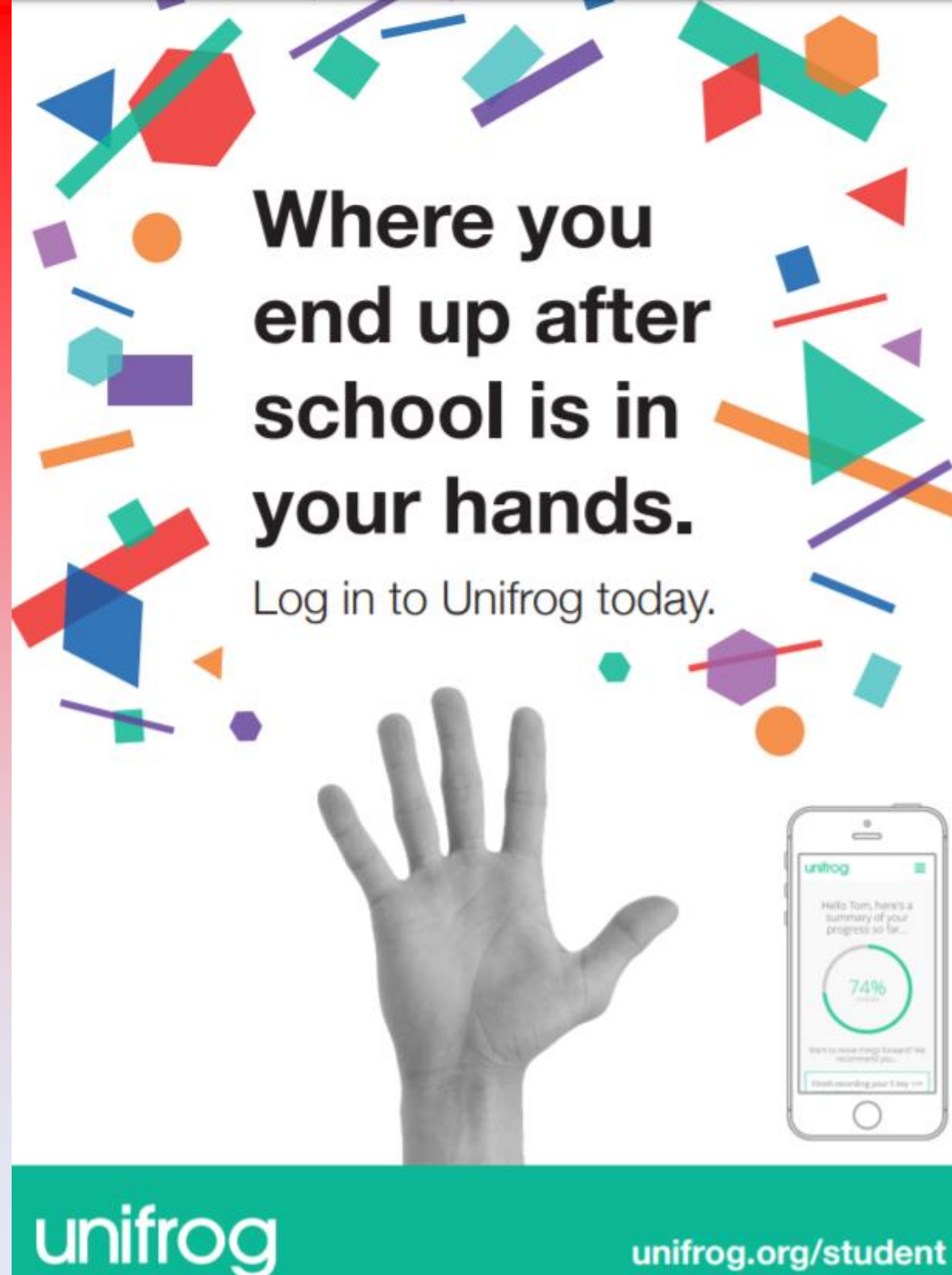
In the news...

Women in computing - there is good news and bad

The good news: a major university has doubled the number of women arriving to study computer science in the space of a year.

The bad: the latest GCSE figures show the number of girls getting any kind of computing qualification at school continues to decline.

<https://www.bbc.co.uk/news/technology-54204833>



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Completed

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Why should you choose nursing?

In nursing, no two days are the same. During your studies, you'll be surrounded by a talented team, working with patients, specialists and senior staff to help equip you for your future career.



But that's not all:

- It's more than a job, it's a lifelong career – 94% of nursing students secure a job within the NHS upon graduating.
- You'll receive world-class training and practical, hands-on experience.
- You'll make a real and lasting difference to people's lives.
- As a standard, you'll work 37.5 hours a week and enjoy 27 days of annual holiday (plus Bank Holidays).

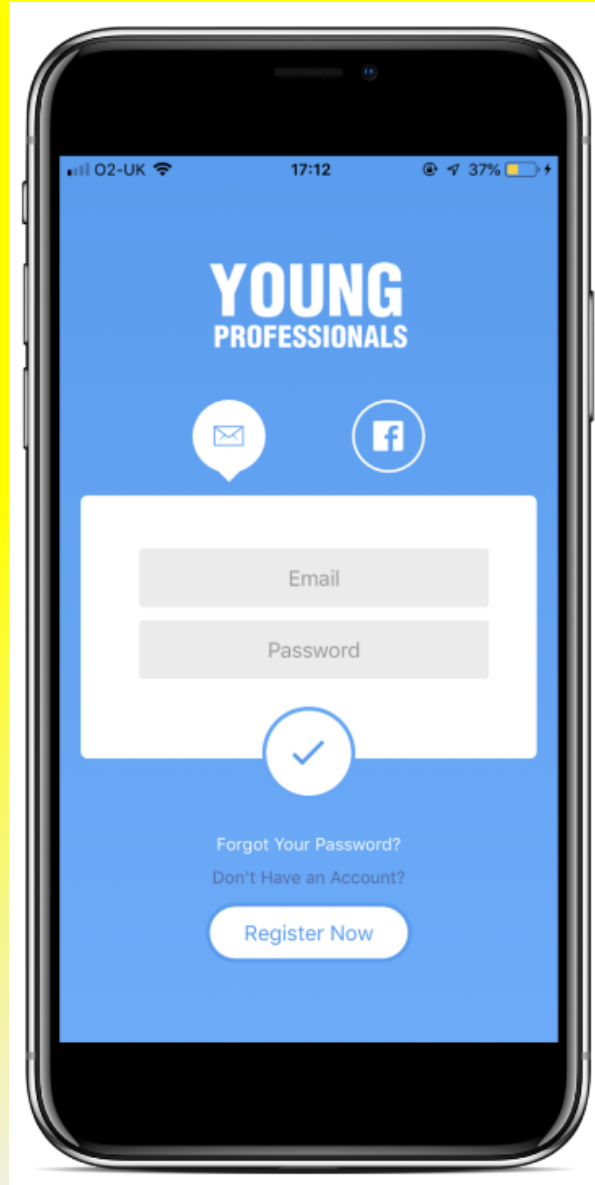
You can find out more about all the benefits of a nursing career with our helpful guide.

[Get your guide to nursing](#)



Financial support for your studies

For each year of your degree, you'll receive a minimum of £5,000 to help support you through your studies. Plus, if you choose a specific area of study or have special circumstances, there's up to £3,000 in extra funds available. The best part is, you won't have to pay any of it back.



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!

Super-curricular knowledge

Subject-Specific Resources

The following resources are grouped by Cambridge subject. As is the nature of our courses, every academic interest is covered, but they might not always be under the heading you would expect. For guidance about our courses and the subjects they cover, see the individual course pages on our website:

<https://www.undergraduate.study.cam.ac.uk/courses/>

Asian and Middle Eastern Studies:

- See the course website (resources tab) for subject-specific guidance based on your interests: <https://www.undergraduate.study.cam.ac.uk/courses/asian-and-middle-eastern-studies>
- British Museum introductory reading list: http://www.britishmuseum.org/about_us/departments/middle_east/reading_list.aspx
- SOAS Summer Schools (London): <https://www.soas.ac.uk/widening-participation/outreach/sixth-form/summer-schools/> (see also their other free events)

Sutton Trust: Pathways programme?

Pathways provides information, guidance and hands on experience to students interested in studying at university and exploring a career in Law, Banking and Finance, Medicine or Engineering. Pathways looks to help you develop the skills you'll need to navigate higher education and the workplace. Pathways includes

- A programme of events run by our university partners
- The opportunity to apply to a work experience placement with a leading organisation in the field
- The chance to attend a summer residential packed with talks, skills sessions and workshops
- All costs including travel, accommodation, food and activities are covered by the Trust and our partners which means it is completely free of charge for students to attend.

Click [here](#) to watch a promotional video of our Pathways programme.

This year we have adapted our programmes to adjust for the ongoing Covid-19 situation. This means the 2020-2022 Pathways programme will likely consist of a combination of face-to-face and digital delivery. More information about this can be found on our [website](#)

How can students apply?

- To apply for the programme, students must:
- Attend, and have always attended, a state-funded, non-fee-paying school/college
- Be in Year 12 at the start of the programme
- Live within a reasonable commuting distance of the university you are applying to. This will normally be one hour's travel time each way.
- More information about eligibility, and the application form, can be found on our [website](#).

Deadlines for each university programme differ so please check our website to find out when each programme closes for applications. We are unable to accept any late submissions so please do encourage your eligible students to apply soon.

Click [here](#) to apply now.

Thinking skills quiz...

- 4 Young people are becoming ever more responsible. They are less likely to take drugs or drink than past generations. Very few have serious problems with alcohol or drugs. It is people in their forties who are most likely to be admitted to hospital for drinking-related problems. The latest figures on drug addiction show that 39% of heroin addicts are now over the age of forty, up from 19% in 2006. Fewer than ever are under the age of twenty-four. The number of young adults in prison is falling, but our overcrowded prisons are increasingly home to the older generation: between 2002 and 2013, the number of middle-aged men locked up increased by 130%. The same is true of suicide rates: on both sides of the Atlantic fewer young people but more middle-aged men are killing themselves.

Which one of the following can be drawn as a conclusion from the above passage?

- A Young people have far fewer health problems than older generations.
- B Some social problems are increasingly problems of middle-aged people.**
- C People who drink are more likely to engage in criminal activity.
- D Drink, drugs and suicide are the biggest killers of middle-aged people.
- E Young people are likely to develop harmful behaviours later in life.

Click for answer