



Personal development bulletin number 6 12.10.20



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B:M

DIG DEEPER, LOOK CLOSER, THINK BIGGER

www.blackhistorymonth.org.uk

Black History Month

- During October the UK Celebrates Black History Month.
- The main aims of Black History Month are to celebrate the achievements and contributions of black people not just in the UK, but throughout the world and also to educate all on black history.
- During October there are many events to celebrate Black History Month, across the country special classes and celebrations are arranged within schools and African and Caribbean societies at universities put on special events and lectures. Museums and art galleries have special themed exhibits, and there are also many special themed shows about Black History Month on the TV and Radio.
- If you would like to get involved and discover more about black history, you will find a full listing of events and exhibitions taking place across the UK on the official Black History Month website www.blackhistorymonth.org.uk

New: Influential Black Britons illustrated book

The UK Parliament have made available a new **primary resource** sharing short stories of inspirational black men and women from UK Parliament's history. Each with supporting illustrations by Onyinye Iwu, they include anti-slavery activist Mary Prince and Learie Constantine, the first black peer. **Suitable for assemblies, English, History or Citizenship.**

[Go to resource](#)



A surplus of effort could overcome
a deficit of confidence.

Sonia Sotomayor



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

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

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

Learn more about this month's theme at www.actionforhappiness.org/optimistic-october

Keep Calm · Stay Wise · Be Kind

Think of the week...

Should we work five days a week?

It took hundreds of years to decide upon a five-day working week but is it still relevant in our ever-changing and increasingly digital world? Can it meet the new challenges we face in the world of work and beyond? Let's do our research...

*A question similar to those used in **Oxbridge** interviews.*

Discuss your ideas.

See more at <https://explore.org/>

Be yourself...

Video of the week...



**BE YOURSELF! IS THE
ONLINE YOU THE REAL YOU?**



📞 0808 808 4994

About www.themix.org.uk

The Mix is here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts that people under 25 have in order to give them the best support through our digital and phone services.

Our Mission is to become the first point of contact for any young person seeking help or information on any subject wherever and whenever they need it.

What is the NHS Covid-19 app?



Views 52

Understanding the “track and trace” app

Last week, the NHS launched an app for England and Wales that's designed to warn you to self-isolate if you've been near someone who has tested positive for coronavirus.

The app is often referred to as the “track and trace” app.

The app also allows you to check-in when you visit a pub, bar or restaurant by scanning a QR code. You'll get an alert, which tells you you need to self-isolate when other customers have had a positive test.

Page of the week

<https://www.themix.org.uk/trusted-information/what-is-the-nhs-covid-19-app-37769.html>

The Great Conversation...

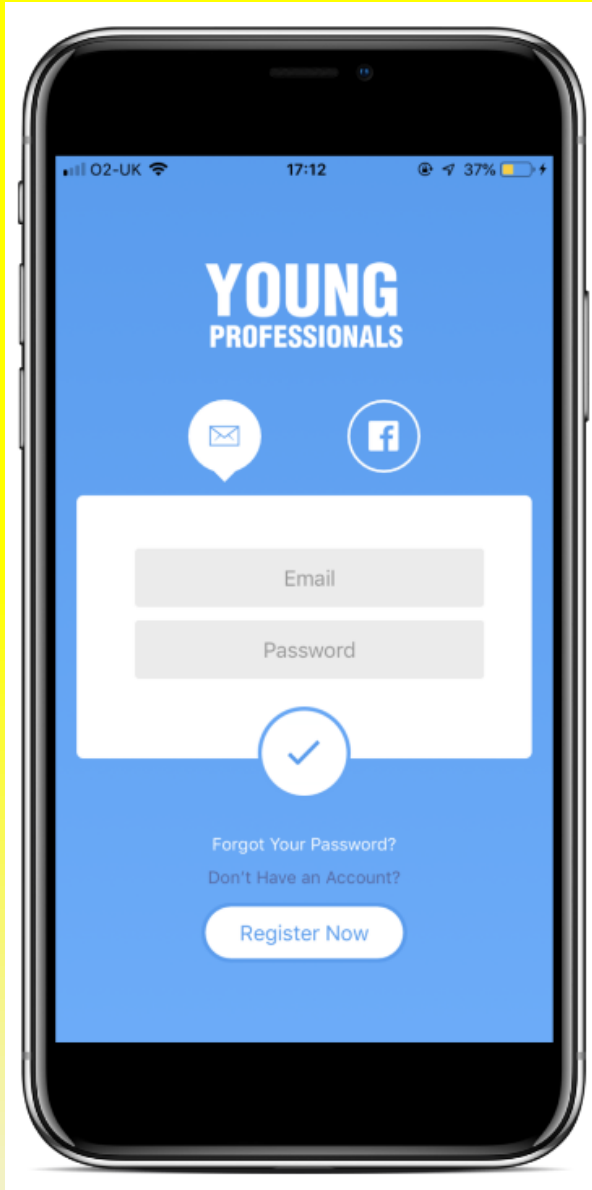
A different topic each week, to help you

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

The Enlightenment

<https://youtu.be/NnoFj2cMRLY>





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!



Software Engineer Apprenticeships

London: £24,385

Manchester: £22,086

At the UK Intelligence Agencies, we protect the UK from a range of threats, including terrorism and espionage. It's fascinating work with real purpose. But to create the next generation of technology, we need the next generation of thinkers. That's where our degree apprenticeship comes in.

We offer individuals the chance to work with advanced software tech – earning while they learn. With a passion for tech, this course is perfect for someone coming straight out of secondary school or college. Based in either London or Manchester, apprentices will be surrounded by supportive, like-minded people. They could even be offered a full-time role at the end of the apprenticeship. So, if you know someone with a real passion for tech, we'll teach them the rest.

To find out more and apply, please [click here](#).

Labour Market Information...
Where are the most jobs in each area?

Labour Market Information

*LMI obtained from the Office for National Statistics and Gov.uk. Poster last updated August 2020

** Data used in this poster covers the period April - June 2020 and includes furloughed workers

National
Careers
Service

Derby, Derbyshire, Nottingham, Nottinghamshire LEP

Amber Valley, Ashfield, Bassetlaw, Belper, Bratton, Chesterfield, Derby City, Derbyshire Dales, Erewash, Gedling, High Peak, Mansfield, North East Derbyshire, Nottingham City, Rushcliffe, South Derbyshire, Newark & Sherwood



Employment

UK - 76.4%
LEP - 75.5%



Unemployment

UK - 3.9%
LEP - 3.8%

16-64 year old population = 1,383,100
Total population = 2,207,500

Full-Time Salary



UK Average - £30,414
LEP Average - £29,895

Self-Employment



151,000 people in the region
are self-employed

Apprenticeships

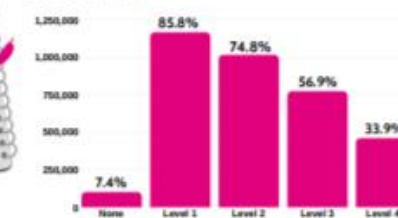
There are approximately 718 live vacancies within a 40 mile radius of Nottingham, including...

- Science Technician
- Project Coordinator
- Customer Service
- Furniture Manufacturing
- Health & Safety Officer
- Accounts & Payroll Assistant
- Telecoms Engineer
- Teaching Assistant
- Laser Cutter
- Software Development

Plus many more! Find local opportunities on
www.apprenticeships.gov.uk/

Qualification levels

1,018,800 people have at least a level 2 qualification such as GCSEs or an NVQ.



Where do people work right now?

Most jobs

- Wholesale & Retail - 150,000 (16.2%)
- Health & Social Care - 132,000 (14.3%)
- Manufacturing - 125,000 (13.5%)
- Education - 89,000 (9.6%)
- Administration - 70,000 (7.6%)

Fewest jobs

- Real Estate - 14,000 (1.4%)
- Financial & Insurance - 12,000 (1.3%)
- Electricity, Gas & Air - 7,000 (0.8%)
- Water, Sewerage & Waste - 7,000 (0.8%)
- Mining, Quarrying & Utilities - 1,250 (0.1%)

Growth Sectors

- Transport
- Health and Social Care
- Wholesale and Retail
- IT and Cyber Security
- Energy

There are many other sectors that will grow in your region

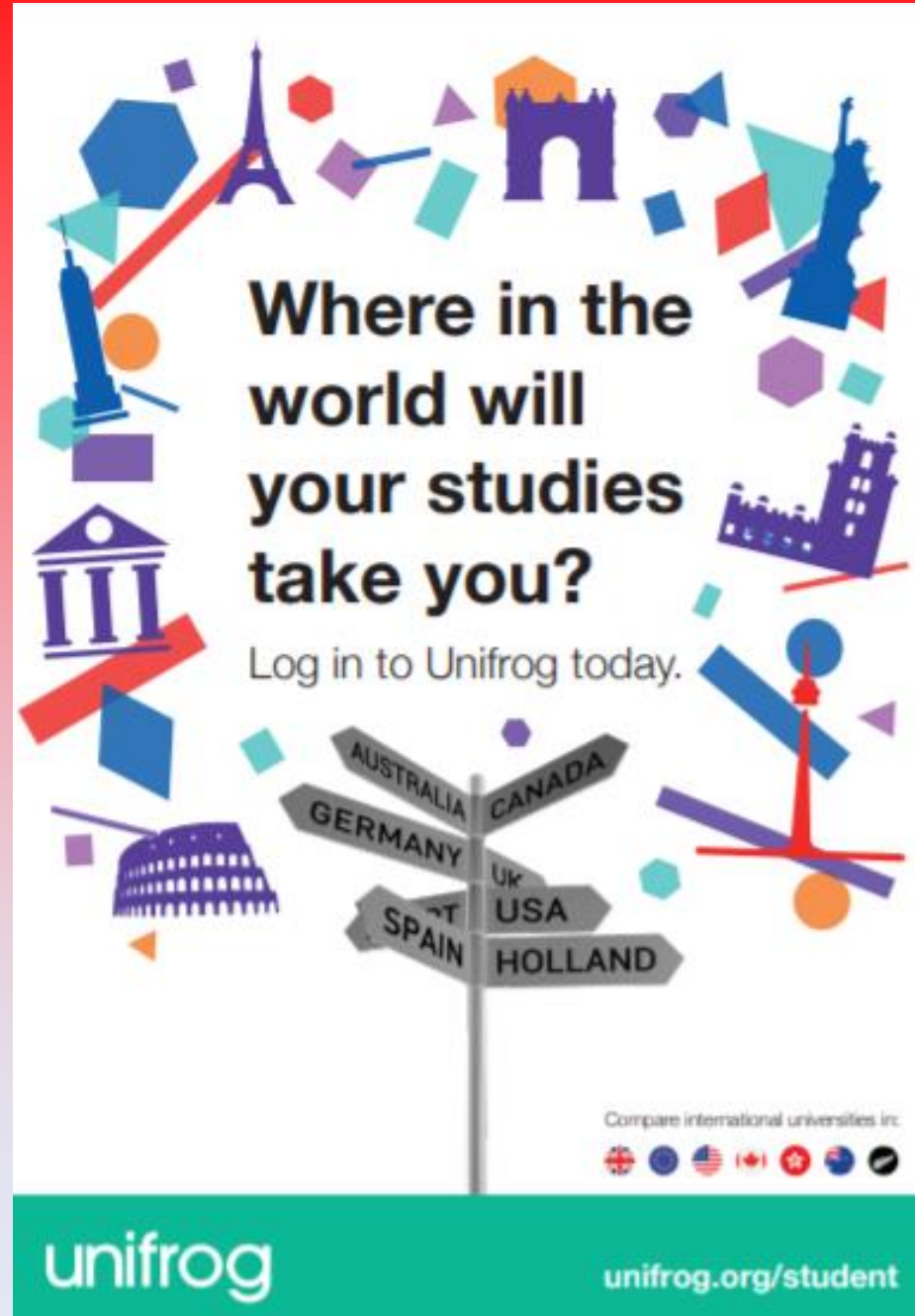
What are some of the region's big name employers?



Need careers advice? Call us on 0800 100 800, contact us online, or find us on Facebook, Twitter and The Student Room

Unifrog has details of


- university courses in the UK and beyond
- live apprenticeship vacancies

The graphic features a central text area surrounded by various icons representing different countries and universities. At the bottom, there is a signpost with arrows pointing to Australia, Canada, Germany, UK, USA, Spain, and Holland. The Unifrog logo and website URL are at the bottom.

Where in the world will your studies take you?

Log in to Unifrog today.

Compare international universities in:



unifrog

unifrog.org/student

How to be Super-curricular...

Geek out on Unifrog

Use the “Subjects Library” tool to search for a subject your interested in.

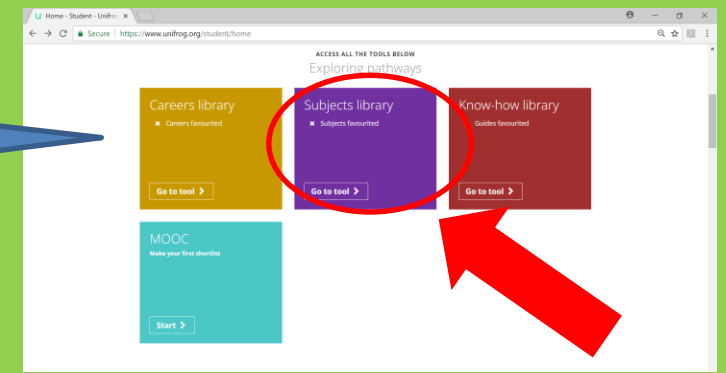
Scroll down to the “Geek guide” for super-curricular ideas to extend your knowledge and develop your passion for the subject.

The guides include:

- Hot topics
- Cross-curricular ideas
- Influential academics
- TED talks
- Podcasts
- Important books
- Relevant films

Geek out on...Maths

<https://www.unifrog.org/student/subjects/keywords/mathematics>



Mathematics



Adam Spencer: Why I fell in love with monster prime numbers

They're millions of digits long, and it takes an army of mathematicians and machines to hunt them down, so what's not to love about monster primes? Adam Spencer, comedian and lifelong math geek, shares his passion for these odd numbers, and for the mysterious magic of math.



Geoffrey West: The surprising math of cities and corporations

Physicist Geoffrey West has found that simple, mathematical laws govern the properties of cities and that wealth, crime rate, walking speed and many other aspects of a city can be deduced from a single number: the city's population. In this mind-bending talk from TEDGlobal he shows how it works and how similar laws hold for organisms and corporations.



Marcus du Sautoy: Symmetry, reality's riddle

The world turns on symmetry - from the spin of subatomic particles to the dizzying beauty of an arabesque. But there's more to it than meets the eye. Here, Oxford mathematician Marcus du Sautoy offers a glimpse of the invisible numbers that marry all symmetrical objects.



Jean-Baptiste Michel: The mathematics of history

What can mathematics say about history? According to TED Fellow Jean-Baptiste Michel, quite a lot. From changes to language to the deadliness of wars, he shows how digitized history is just starting to reveal deep underlying patterns.

Interesting articles

How mathematicians are storytellers and numbers are the characters