



# Personal development bulletin number 10 23.11.20



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

**I am not what happened to me,  
I am what I choose to become.**

***Carl Jung***



## ACTION CALENDAR: NEW WAYS NOVEMBER 2020



### SUNDAY

**1** Make a list of new things you want to do this month

**8** Find out something new about someone you care about

**15** Go outside and do something playful - walk, run, explore, relax

**22** Find a new way to tell someone you appreciate them

**29** Discover your artistic side. Design your own Christmas cards!

### MONDAY

**2** Respond to a difficult situation in a different way

**9** Plan a new activity or idea you want to try out this week

**16** Look at life through someone else's eyes and see their perspective

**23** Set aside a regular time to pursue an activity you love

**30** Look for reasons to be hopeful, even in difficult times

### TUESDAY

**3** Get outside and observe the changes in nature around you

**10** When you feel you can't do something, add the word "yet"

**17** Try a new way to practice self-care and be kind to yourself

**24** Share with a friend something helpful you learned recently

### WEDNESDAY

**4** Sign up to join a new course, activity or online community

**11** Be curious. Learn about a new topic or an inspiring idea

**18** Connect with someone from a different generation

**25** Use one of your strengths in a new or creative way

### THURSDAY

**5** Change your normal routine today and notice how you feel

**12** Overcome a frustration by trying out a new approach

**19** Broaden your perspective: read a different paper, magazine or site

**26** Tune in to a different radio station or TV channel

### FRIDAY

**6** Give yourself a boost. Try a new way of being physically active

**13** Choose a different route and see what you notice on the way

**20** Make a meal using a recipe or ingredient you've not tried before

**27** Enjoy new music today. Play, sing, dance or listen

### SATURDAY

**7** Be creative. Cook, draw, write, paint, make or inspire

**14** Find a new way to help or support a cause you care about

**21** Learn a new skill from a friend or share one of yours with them

**28** Join a friend doing their hobby and find out why they love it



**"You never know what you can do until you try" ~ C. S. Lewis**



**ACTION FOR HAPPINESS**



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

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

**Keep Calm · Stay Wise · Be Kind**

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

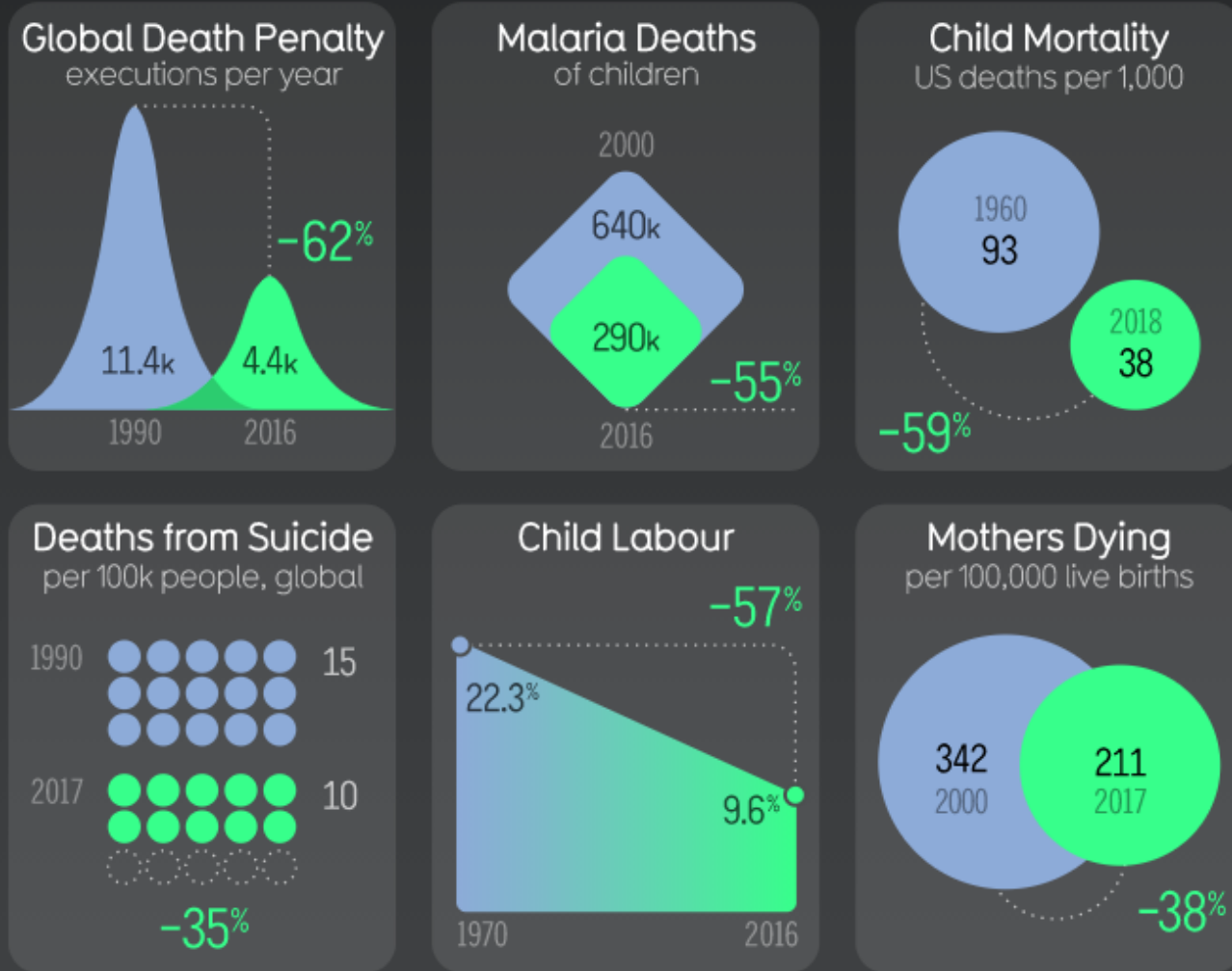


Idea of the week...

## Understanding

***Hungry Caterpillar:***  
place all of the key  
terms from a lesson or  
topic in a logical order  
to form a caterpillar.  
Write a paragraph  
underneath explaining  
how they link.

## Things Going **Down! Down! Down!** in a good way



beautifulnews

sources: UNICEF, Our World in Data, World Bank, Global Burden of Disease

## 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 Cold War

<https://youtu.be/y9HjvHZfCUI>



## In the news...

**Coercive control: 'I was 16 and thought it was normal'**

*Contains upsetting details.*

- In September, the government made learning about coercive control at school compulsory.
- The difference between a healthy relationship and an abusive one isn't always obvious - especially when the lasting impact isn't as visible as a bruise - but it can be just as damaging.

<https://www.bbc.co.uk/bbcthree/article/f2b92a97-66d8-42b5-8d70-6a38c29b82e1>

We have several **career days** for your students to take part in over the coming weeks, all from the comfort of their own homes.

Students can learn all about their chosen professions in the morning and then take part in work experience in the afternoon.

Every student obtains a personalised certificate they can use in their applications and interviews to university.

The courses are designed for your students aged 14-18 and all take place online. The schedule is as follows:

Midwifery - Saturday November 21st 2020

Law - Saturday November 28th 2020

Dentistry - Saturday November 29th 2020

Medicine - Saturday December 5th 2020

Psychology - Saturday December 5th 2020

Career Choices Day- Saturday December 12th 2020

Aviation - Saturday December 12th 2020

Business - Saturday December 19th 2020

Performing Arts - Saturday January 23rd 2021

Veterinary Medicine - Saturday January 30th 2021

**Students just need to visit [www.careerdays.co.uk](http://www.careerdays.co.uk) to enrol on any course.**

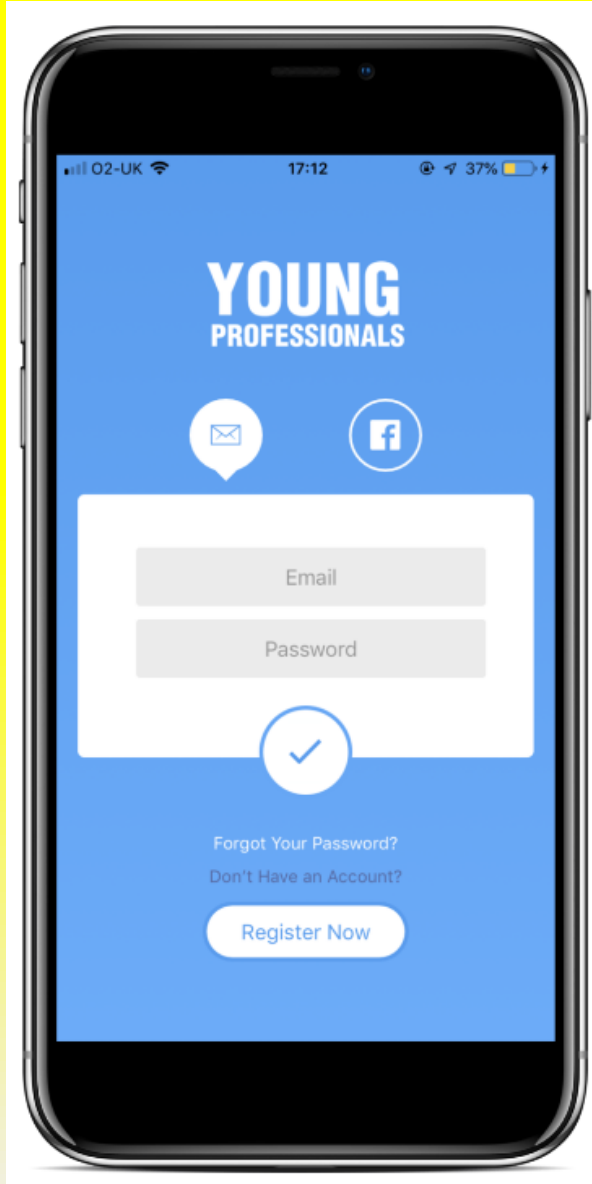
## STEM Summer Internships

[Ages 15-18](#) OR [Ages 12-14](#) | London 2021

Architecture | Computer Science | Engineering | Investment Banking | Medicine | Psychology

Some bursary places available, see your careers leader for details.

- **Medicine:** work experience in a top London teaching hospital. Experience emergency theatre; examine real patients; shadow doctors on a ward round.
- **Engineering:** enter the Airbus headquarters; tear down a supercar engine; build aerofoil with a Rolls Royce engineer
- **Computer Science:** visit some of the fastest-growing tech firms in Europe; design Artificial Intelligence; develop autonomous vehicles
- **Psychology:** meet patients in hospital; coach a professional sports team; forensically assess a suspected criminal
- **Investment Banking:** trade stocks live at the London Stock Exchange; visit hedge funds and private equity giants; work on a FTSE 100 M&A deal
- **Architecture:** conduct site visits with architects; design buildings and get feedback; use 3D visualisation software
- <https://investin.org>



### 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!

## Apprenticeship Pathways Notices

CEIAG

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**Students meet the visual effects industry with ACCESS:VFX  
Webinars this week: free tickets available now**

ACCESS:VFX are running a series of free webinars to help 15-18 year olds understand more about careers in VFX, Animation and Games.

Students will hear from professionals at PlayStation, Industrial Light & Magic, Union VFX, Moonraker VFX, MPC Advertisign, The Mill.

**> [Details and book tickets here](#)**

# Free university taster sessions

At the University of Sheffield, there are a number of (completely free) opportunities for Y13 pupils within your schools to join us for our online subject specific **Taster sessions**. A few examples are shown, there are many more.

All of the activities are completely free of charge and will provide pupils with a good insight into their chosen subject or area of interest at university.



<b>Aerospace Engineering</b>	Aerospace Engineering: from Kites to Satellites	Monday 7 December 2020, 4:30pm - 6:00pm
<b>Architecture</b>	Architecture Design Review	Wednesday 9 December 2020, 4:00pm - 5:00pm
<b>Automatic Control and Systems Engineering</b>	Robotics: How to control robots and how they will shape our future?	Monday 30 November 2020, 10:00am - 11:00am
<b>Biomedical Science</b>	Cancer - Where do cancer cells go wrong?	Tuesday 8 December 2020, 4:30pm - 5:45pm
<b>Chemistry</b>	Analysing and modelling aspirin	Monday 7 December 2020, 4:15pm - 6:00pm
<b>Computer Science</b>	Try it Session with the MiRo Robot	Tuesday 24 November 2020, 4:00pm - 5:30pm
<b>Economics</b>	Discussing inequality in an unequal world	Wednesday 16 December 2020, 4:00pm - 5:30pm

## Unifrog Subject Discovery webinars

### Free webinar series starts on Monday

We are running webinars on Liberal Arts & Sciences, Business & Management, Hospitality, Engineering, Psychology, Law, Creative Arts & Design, Computer Science, and Medicine. At each webinar students will hear from admissions staff and academics regarding what it's really like to study the subject at university.

The hospitality webinar is on Friday 27 November, 4-5pm (UK).

It features EHL, which for the second year in a row has been ranked top by QS World University Ranking for Hospitality and Leisure Management.

The other three universities joining the webinar are Sommet, University College Birmingham and University of Essex.

If you have students who might be interested in any of the Subject Discovery webinars, here's more information for them including details on how to sign up for free:

> [Subject Discovery pdf](#)

*Students can book upcoming and watch past webinars in the new 'Webinars' tool on the student homepage.*

# 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/>

### Engineering:

- <https://www.admissions.eng.cam.ac.uk/information/reading>
- Guide to applying: <https://www.admissions.eng.cam.ac.uk/guide>
- Mathematics enrichment with engineering focus: <https://nrch.maths.org/6466>
- Underground Mathematics website: <https://undergroundmathematics.org/>
- Most comprehensive enrichment website for the subject: <http://i-want-to-study-engineering.org/>
- Videos of public interest talks by faculty staff:  
<https://www.admissions.eng.cam.ac.uk/information/video>
- See also the Stamford and M.I.T. websites mentioned above.
- Online library and Engineering web forum: [www.engineering.com/](http://www.engineering.com/)
- [More Details](#)

# Oxbridge Thinking skills question...

<https://www.ox.ac.uk/admissions/undergraduate/applying-to-oxford/tests/tsa>

Click for answer

- 10 While it is a woman, Ada Lovelace, who is often credited with originating the concept of software, today's computer tech-related jobs are held mostly by men. The tech sector must continue to work against factors that inhibit gender equality within it. One such factor appears to be prejudice about women's abilities to write computer programming code. A recent study of a program-sharing and development website analysed the rates by which suggested code changes were accepted by website users according to the gender of the user contributing the changes. In cases where the contributor's gender was not made clear on the website, 72 per cent of the suggestions made by women were accepted. In cases where the contributor's gender was revealed to be female, the acceptance rate fell to 63 per cent.

Which one of the following, if true, most weakens the above argument?

- A Over the time period the website was studied, more female users than male users rejected suggested code changes overall.
- B Leading firms in the tech sector have undertaken a variety of high-profile initiatives to encourage more women to pursue computer programming careers.
- C No meaningful differences existed between the code changes suggested by female users who revealed their gender on the website and those who did not.
- D Even by modern standards, Ada Lovelace received an extensive education in mathematics and the sciences.
- E Male contributors to the website experienced a similar drop in their code change acceptance rates when their gender was revealed.