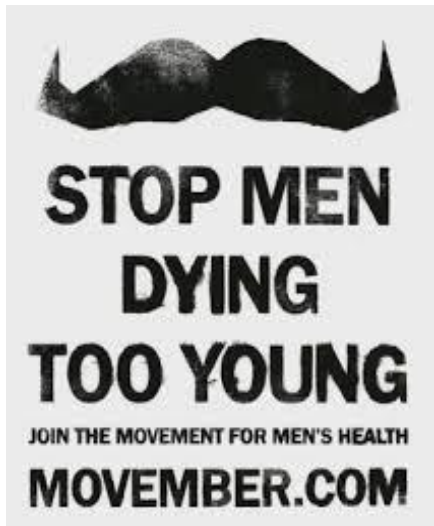




# Personal development bulletin number 8 9.11.20



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

## **Movember 2020 – Men's Health Awareness Month 1<sup>st</sup> – 30<sup>th</sup> Nov 2020**

- Our fathers, partners, brothers and friends face a health crisis that isn't being talked about. Men are dying too young. We can't afford to stay silent.
- That's why we're taking action. We're the only charity tackling men's health on a global scale, year round. We're addressing some of the biggest health issues faced by men: prostate cancer, testicular cancer, and mental health and suicide prevention.
- We know what works for men, and how to find and fund the most innovative research to have both a global and local impact. We're independent of government funding, so we can challenge the status quo and invest quicker in what works. In 13 years we've funded more than 1,200 men's health projects around the world.
- By 2030 we'll reduce the number of men dying prematurely by 25%. Help us stop men dying too young. Join the movement. We believe in taking action.
- <https://uk.movember.com/>

**War is what happens when language fails.**

*Margaret Atwood*





## 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**

**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:* **Why do we have so much stuff?**

Modern life just seems to be full of... well, stuff! But why do we have so much of it?

**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

**FIFAIL**

Ration your time: switch it off & learn



## drugs facts: MEPHEDRONE

RELATED TERMS: WHITE MAGIC, MIAOW, MEPH, MEOW MEOW, MC, M-SMACK, M-CAT, DRONE, CHARGE, BUBBLE, BOUNCE, 4-MMC.



### What is mephedrone?

- Mephedrone (sometimes called 'meow meow') is a powerful stimulant and is part of a group of drugs that are closely related to the amphetamines, like [speed](#) and [ecstasy](#).
- There isn't much evidence about mephedrone and its long term effects as it's quite a new drug but because it is similar to speed and ecstasy the long term effects may well be similar. There have been reports of people hospitalised due to the short-term effects.
- Also, you can never be entirely sure that what you're buying is actually mephedrone and not something else.

### The main effects and risks of mephedrone include:

- Euphoria, alertness and feelings of affection towards the people around you.
- Feelings of anxiety and paranoia.
- Mephedrone, or meow meow, can also overstimulate your heart and circulation; and can overstimulate your nervous system, with risk of fits.
- There have been reports that more people are injecting mephedrone. Injecting any drug, or sharing injecting equipment, runs the risk of the person injecting catching or spreading a virus such as hepatitis C or HIV. There is also the risk that veins may be damaged and that an abscess or a blood clot will develop, leading to further damage, such as gangrene.

### Mephedrone and the law

Mephedrone is a Class B drug – so it's illegal to have for yourself, give away or sell.

Possession is illegal and can get you up to five years in jail and/or an unlimited fine.

Supplying someone else, even your friends, can get you fourteen years in jail and/or an unlimited fine.

### What if you're caught?

If the Police catch you with mephedrone, 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 mephedrone. 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...The Wijsen Sisters

*No matter how old you are or where you come from, you can always lead by example. Don't wait for permission. Don't wait until you're older for someone else to make that path for you. Make your own path – and go for it!*



### **The Wijsen Sisters - @BBPB\_bali**

Melati and Isabel were just 10 and 12 when they decided that something needed to be done about the state of plastic pollution on their home island of Bali. What started off as beach clean-ups quickly turned into a petitioning of their government to ban the sale or distribution of plastic bags and the founding of the charity Bye Bye Plastic Bags.

Bali officially became plastic bag free in 2018 and the entire country of Indonesia, home to over a quarter of a billion people, will ban the use of plastic bags and all single-use plastics from 2021.

### **Activity**

Use the internet to research what happens to a piece of plastic waste thrown away in the UK.

### **Discussion Questions**

1. In the UK, we charge for plastic bags. Do you think this is a better policy than simply banning them like Bali did after intervention from the Wijsen sisters? Why?
2. What do you understand about the environmental impact of plastic waste? Explain as fully as you can.
3. Why are community initiatives like beach cleans and litter picks so important? Have you ever participated in one?



## 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

**Non-Violence and Peace Movements**

<https://youtu.be/eP-mv5ljFzY>



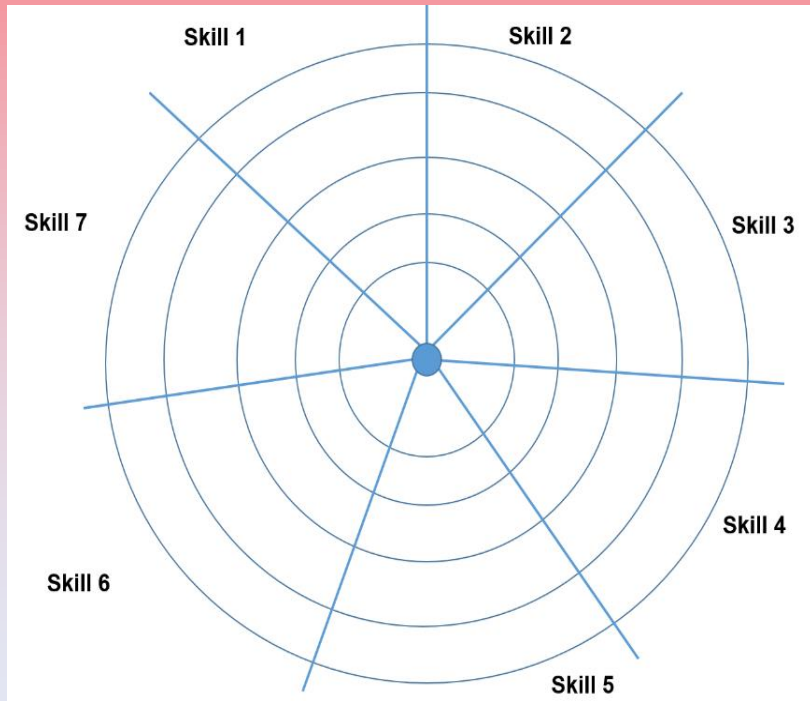


In light of the pandemic, and current education and financial landscape, it's no surprise that **80% of students<sup>1</sup> are worried about how they will manage financially moving forwards.**

With the cost of university and other forms of further education acting as a barrier for many, **the Army can help fund students' futures both before and after starting their Army career.** Through scholarships and undergraduate bursaries, we can offer your students financial awards for degree-level qualifications in medicine, nursing, music and more.

[\*\*FIND OUT MORE\*\*](#)

## Getting your grades



### Know the Skills

It's close to impossible to practice the component skills of a subject if you don't know what those skills are.

Once you know, you can put them into a target diagram like the one below. Target diagrams like this are used by sports psychologists – e.g. with football players to discuss 'first touch', 'reading the game', 'passing' and so on.

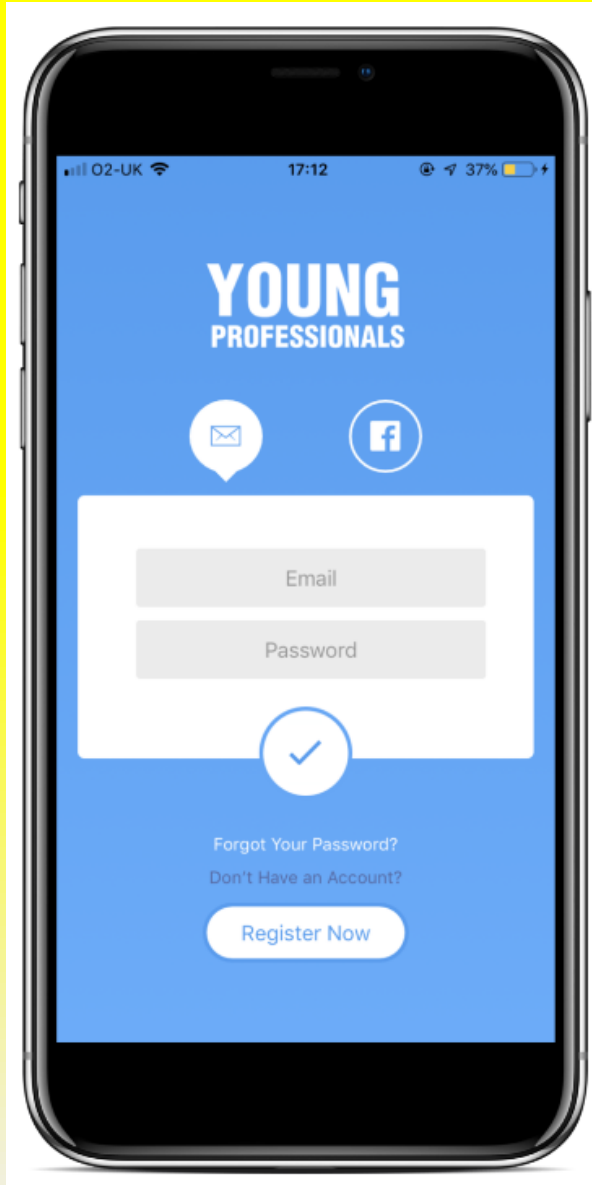
The slice of the target diagram is coloured in depending upon how confident and practised you feel with a particular skill – a full coloured-in slice for a skill that you feel is fully developed, and a totally empty slice for a skill that needs a lot of work.

### Identifying the skills

Meet your teachers and ask them – 'What are the seven skills I need to master to get an A\* or a Distinction\*?'

Read your syllabuses and look at the assessment objectives (AOs), which are the skills the examiner is looking for.

Then begin a regular self-assessment of those skills.



### 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!



### **1. Financial Services Degree Apprenticeships**

Calling all talented school leavers and Year 13s looking for a degree level apprenticeship within the financial services sector starting in September 2021. Smith and Williamson are offering an exciting route into a qualified financial career as part of their exclusive trainee programme. Roles are located in London, Bristol, Southampton, Birmingham, Salisbury and Guildford. 112 UCAS points from your top 3 qualifications. Assessment centres in November.

[Find out more](#)

### **2. Range of apprenticeships advertised at:**

<https://successatschool.org/jobsourses>

# How universities have helped improve everyday life...

Made at Uni



## NORWICH UNIVERSITY OF THE ARTS

### ***Supporting the Samaritans in East Anglia***

Two design students at Norwich University of the Arts have produced an advertising campaign for the Samaritans in East Anglia to raise awareness of the mental health support available in their local region.

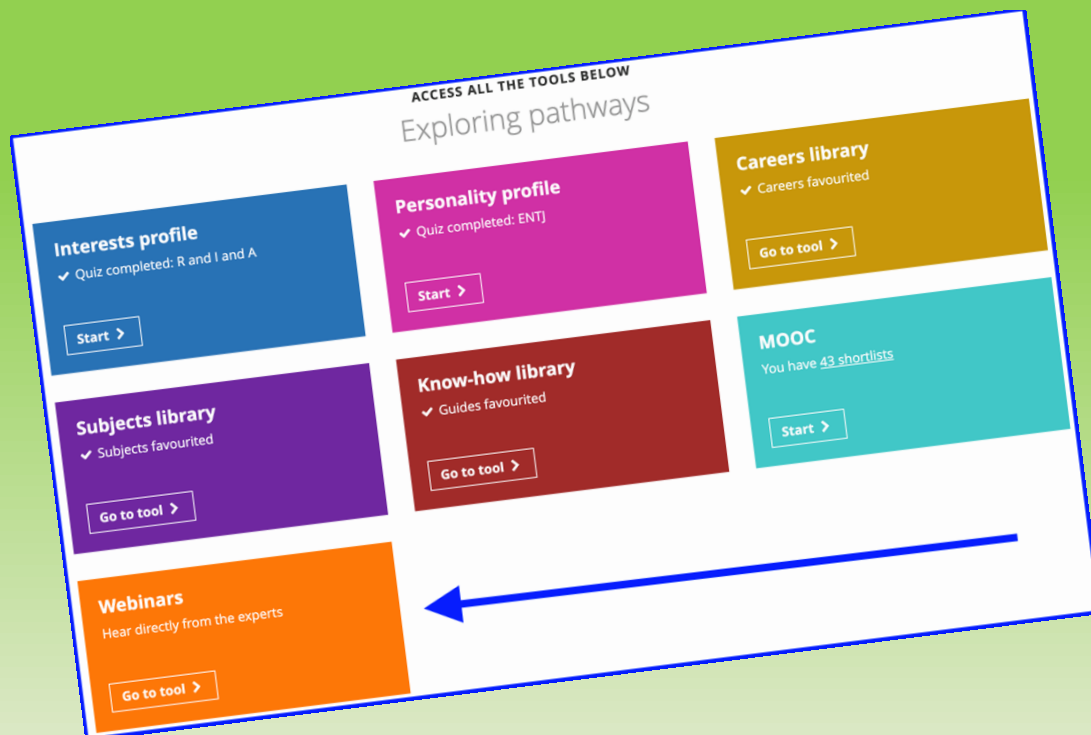
The two students now regularly volunteer with the charity to promote the services provided by the Samaritans and encourage others to support its work.



THEMES

COMMUNITY

## NEW Unifrog webinars



## Subject Discovery: student webinars

unifrog

### Wondering what subject to apply for at university?

If you're in Year 11-12 / Grade 10-11 and starting to think about what you want to study when you leave school or college, this series of free Subject Discovery webinars is for you! Academics and university admissions staff from the most shortlisted subjects on Unifrog will explore what it's really like to study that subject at university level. They'll also discuss potential career pathways, and how to know whether a subject is a good fit for you.

Sign up now via the shiny new [Webinars tool](#) on your Unifrog homepage.

<b>Liberal Arts &amp; Sciences</b>	Monday 23 November 4-5pm	<b>Law</b>	Tuesday 24 November 4-5pm
<b>Business &amp; Management</b>	Wednesday 25 November 4-5pm	<b>Creative Arts &amp; Design</b>	Thursday 26 November 4-5pm
<b>Hospitality</b>	Friday 27 November 4-5pm	<b>Computer Science</b>	Monday 30 November 4-5pm
<b>Engineering</b>	Tuesday 1 December 4-5pm	<b>Medicine</b>	Wednesday 2 December 4-5pm
<b>Psychology</b>	Thursday 3 December 4-5pm		

### What is a webinar?

Unifrog webinars are free online presentations that take place on Zoom. When you join, your camera and microphone will be turned off.