



Personal development bulletin number 12 7.12.20

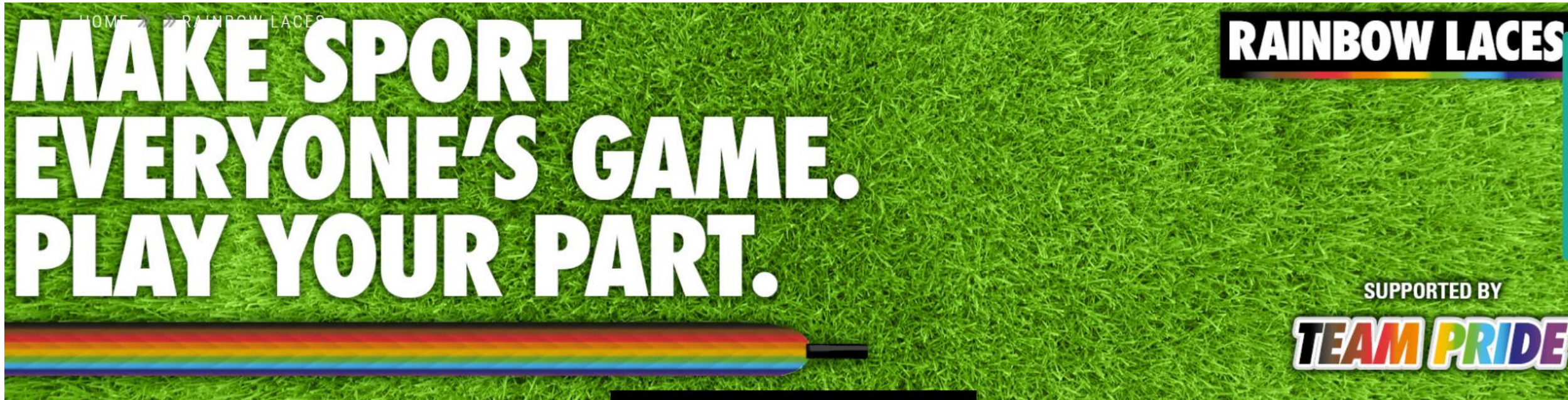


Resources	<i>Pages</i>
Character	<i>white</i>
Community	<i>blue</i>
Careers	<i>red</i>
Apprenticeships	<i>yellow</i>
University	<i>green</i>



**To be agreeable while disagreeing-
That's an art.**

Malcolm Forbes



The ‘**Rainbow Laces**’ campaign aims to raise awareness of LGBT issues and inclusion. Footballers and others will be wearing rainbow laces for their games. <https://www.stonewall.org.uk/our-work/campaigns/rainbow-laces>

62 per cent of fans (who saw last years campaign) feel they have a responsibility to stick up for LGBT fans of the teams and sports they follow, compared to 48 per cent who didn’t see the campaign.

Sport can help with some of the challenges LGBT people face

- Half (52 percent) of LGBT people experienced depression in the previous year.
- Young LGBT people (68 per cent) experienced depression in that time.
- More than a quarter (27 percent) of LGBT people said isolation was a top concern for them during lockdown. ([LGBT Foundation, May 2020](#))
- The majority of people (65 per cent) believe exercise is helping them with their mental health during the outbreak ([Sport England, April 2020](#))
- One in seven LGBT pupils (14 per cent) – including three in ten trans pupils (29 per cent) – have been bullied during school sports lessons.



KINDNESS CALENDAR: DECEMBER 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Share the Kindness Calendar with others and spread kindness	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Give kind comments to as many people as possible today	5 Make a gift for someone who is homeless or feeling lonely	6 Support a charity, cause or campaign you really care about
7 Leave a positive message for someone else to find	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Be generous. Feed someone with food, love or kindness today	12 Buy an extra item and donate it to a local food bank	13 See how many different people you can smile at today
14 Share a happy memory or inspiring thought with a loved one	15 Contact an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Practice gratitude. List the kind things others have done for you	18 Give away something that you have been holding on to	19 Buy locally and support independent shops near you	20 Contact someone who may be alone or feeling isolated
21 Appreciate kindness and thank people who do things for you	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat
28 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2021	<p>Let's look beyond our differences and help each other. Every act of kindness matters </p>		

ACTION FOR HAPPINESS

#DoGoodDecember



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/do-good-december

Keep Calm · Stay Wise · Be Kind

Exercise is good for your mental health...

Video of the week...





☎ 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.

Page of the week <https://www.themix.org.uk/bullying-support>

Bullying: Support and information

If you're experiencing bullying, or if you have been accused of bullying behaviour, you're not alone and we can help. This page has lots of information on what bullying is, how to cope and how we can provide non-judgemental support.



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

Drought and Famine

<https://youtu.be/Sgae8SA-rcI>



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, Bolsover, Broxtowe, 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...

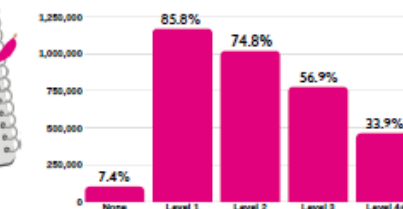
- Science Technician
- Project Coordinator
- Customer Service
- Furniture Manufacturing
- Health & Safety Officer
- Accounts & Payroll Assistant
- Telecoms Engineer
- Teaching Assistant
- Laser Cutter
- Software Development

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?



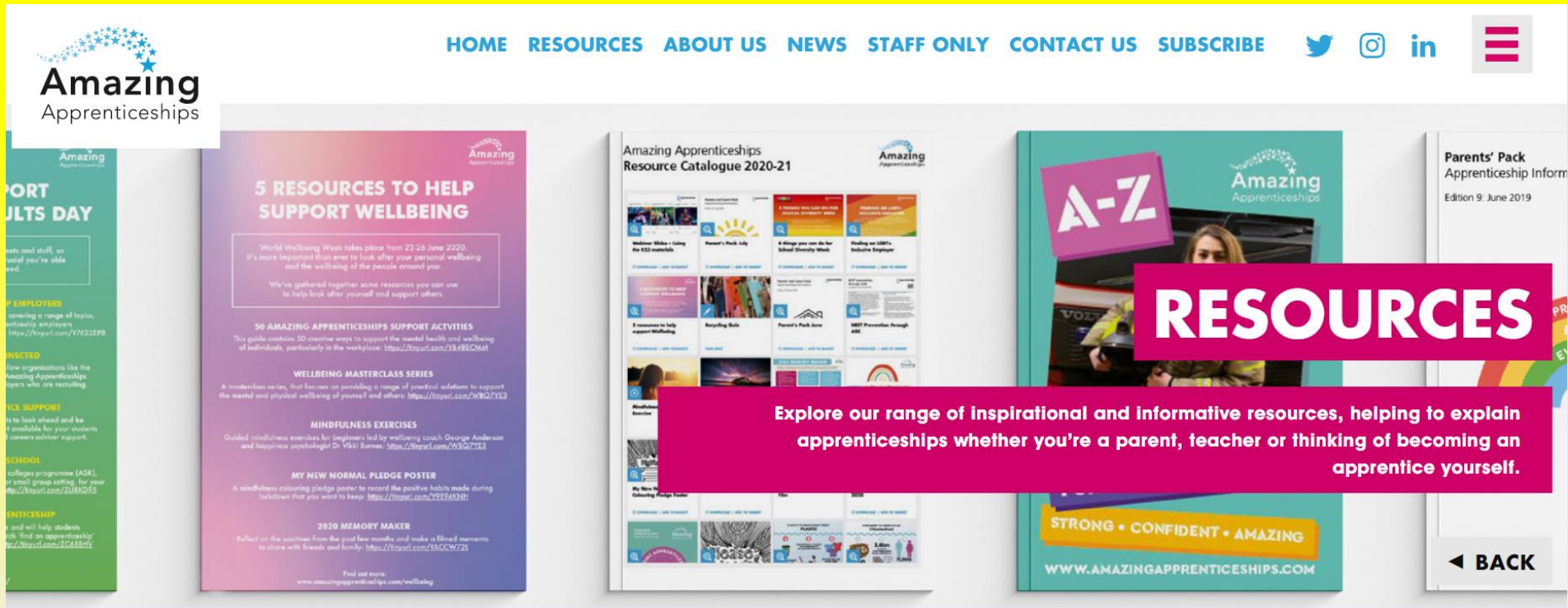
Need careers advice? Call us on 0800 100 900, contact us [online](#), or find us on Facebook, Twitter and The Student Room.

Amazing Apprenticeships

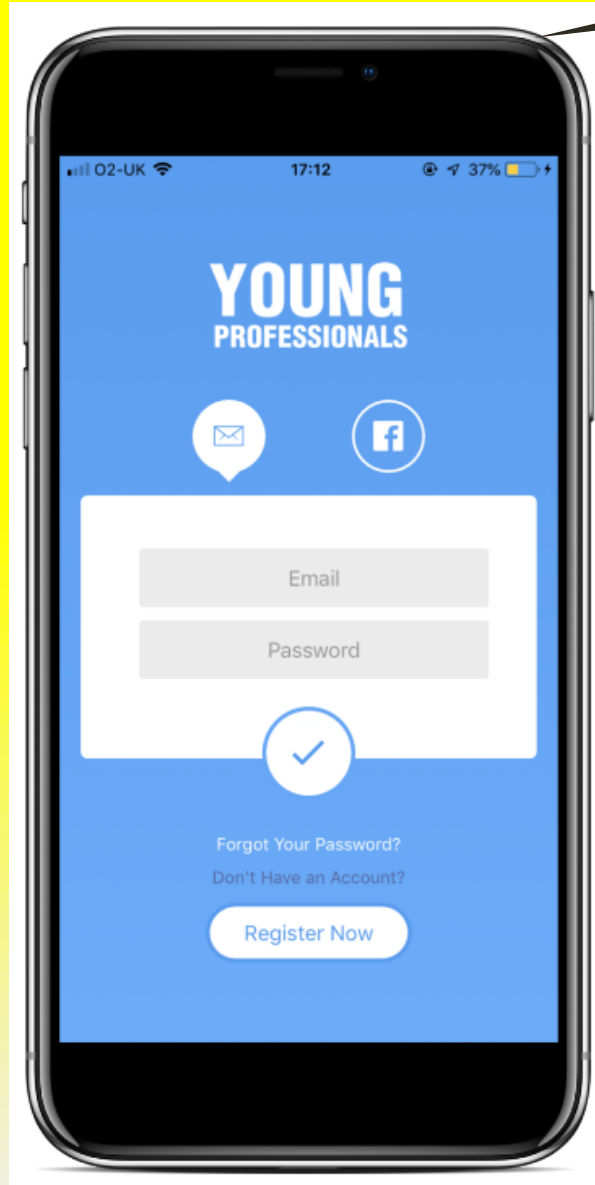
AMAZING APPRENTICESHIPS

A leading organisation in the education sector, founded to tackle misconceptions about apprenticeships and promote the benefits.

<https://amazingapprenticeships.com>



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!

Apprenticeships


Apprenticeships
and trainee
positions at top
companies

[https://successatschool.org/
jobsourses](https://successatschool.org/jobsourses)


Jobs & Courses

Location ▾ Career Zone ▾ Deadline ▾ Type ▾ Date Posted ▾


Search and apply for the latest work and study opportunities




PwC Flying Start degree programmes - University of Leeds
Degree Apprenticeship | North
Application deadline: Ongoing




BT Electronics Technician (Scotland)
Advanced Apprenticeship | Scotland
Application deadline: Ongoing




School and College Leaver...
School Leaver | Northern Ireland
Application deadline: 11/12/2020




PwC Accounting Flying...
Degree Apprenticeship | North ...
Application deadline: Ongoing





BT Software Engineer...
Degree Apprenticeship | Nation...
Application deadline: Ongoing




BT Power Planner
Advanced Apprenticeship | Nati...
Application deadline: Ongoing









University resources & opportunities

Personal statement library - free access for all

On this website students, parents and teachers alike get free access to a personal statement library of hundreds of annotated past personal statements. While finalising their final drafts of their statement, it can be really helpful to look at others for inspiration and guidance. You can access it here (no login required) here: <http://purepotential.org/personal-statements/> for statements from accounting to zoology.

Studying in the USA - opportunity to visit the USA with Fulbright

Applications are now open for the [Sutton Trust US Programme 2021](#). The Sutton Trust US Programme helps state school students from across the UK explore US study and access leading universities through support, advice, UK residentials and a one-week trip to visit a variety of US universities. Year 12 (England and Wales), S5 (Scotland) and Year 13 (Northern Ireland) students can now apply to be part of the tenth cohort.

It is free to take part in the programme. The student application deadline is 11:59 pm on Sunday 17 January 2021. Have a question about the programme, the application or eligibility? You may find that it's covered in the [FAQs](#). If not, you can email the team on suttontrust@fulbright.org.uk.