



# Personal development bulletin number 15 11.1.21



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

**Courage is the discovery that you may not win,  
and trying when you know you can lose.**

***Tom Krause***



17<sup>th</sup> January 2021

World Religion Day is celebrated every January on the third Sunday of the month.

- The six major religions of the world are Christianity, Buddhism, Islam, Hinduism, Judaism and Sikhism.
- Nearly seventy-five per cent of the world practices one of these six religions.
- World Religion Day seeks to emphasise the similarities between these religions, and the role religion has played in uniting people across the planet.

	Buddhism	Christianity	Hinduism	Islam	Judaism	Confucianism
Followers Worldwide (estimated 2001 figures)	362 million	2 billion	820 million	1.2 billion	14.5 million	6.3 million
Name of Deity	The Buddha did not teach a personal deity.	God	Three main gods: Brahma, Vishnu, Shiva	God (Allah)	God (Yahweh)	Confucius (viewed by many as a god)
Founder	The Buddha	Jesus Christ	No one founder	Muhammad	Abraham	Confucius
Holy Book	No one book—sacred texts, including the <i>Dhammapada</i>	Bible	No one book—sacred texts, including the Vedas, the Puranas	Qur'an	Hebrew Bible, including the Torah	the <i>Analects</i> , the Five Classics
Leadership	Buddhist monks and nuns	Priests, ministers, monks, and nuns	Guru, holy man, Brahmin priest	No clergy but a scholar class called the ulama and the imam, who may lead prayers	Rabbis	No clergy
Basic Beliefs	<ul style="list-style-type: none"><li>• Persons achieve complete peace and happiness (nirvana) by eliminating their attachment to worldly things.</li><li>• Nirvana is reached by following the Noble Eightfold Path: Right views; Right resolve; Right speech; Right conduct; Right livelihood; Right effort; Right mindfulness; Right concentration.</li></ul>	<ul style="list-style-type: none"><li>• There is only one God, who watches over and cares for his people.</li><li>• Jesus Christ was the son of God. He died to save humanity from sin. His death and resurrection made eternal life possible for others.</li></ul>	<ul style="list-style-type: none"><li>• The soul never dies, but is continually reborn.</li><li>• Persons achieve happiness and enlightenment after they free themselves from their earthly desires.</li><li>• Freedom from earthly desires comes from a life-time of worship, knowledge, and virtuous acts.</li></ul>	<ul style="list-style-type: none"><li>• Persons achieve salvation by following the Five Pillars of Islam and living a just life. These pillars are: faith; prayer; almsgiving, or charity to the poor; fasting, which Muslims perform during Ramadan; pilgrimage to Mecca.</li></ul>	<ul style="list-style-type: none"><li>• There is only one God, who watches over and cares for his people.</li><li>• God loves and protects his people, but also holds people accountable for their sins and shortcomings.</li><li>• Persons serve God by studying the Torah and living by its teachings.</li></ul>	<ul style="list-style-type: none"><li>• Social order, harmony, and good government should be based on strong family relationships.</li><li>• Respect for parents and elders is important to a well-ordered society.</li><li>• Education is important both to the welfare of the individual and to society.</li></ul>



## ACTION CALENDAR: HAPPIER JANUARY 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

4 Write a list of things you feel grateful for in life and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

1 Find three good things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help to brighten their day

11 Switch off all your tech 2 hours before bedtime

12 Connect with someone near you - share a smile or chat

13 Be gentle with yourself when you make mistakes

14 Take a different route today and see what you notice

15 Eat healthy food which really nourishes you today

16 Get outside and notice five things that are beautiful

17 Contribute positively to a good cause or your community

18 Focus on what's good, even if today feels tough

19 Get back in contact with an old friend you miss

20 Go to bed in good time and give yourself time to recharge

21 Take a small step towards an important goal

22 Try out something new to get out of your comfort zone

23 Plan something fun and invite others to join you

24 Put away digital devices and focus on being in the moment

25 Decide to lift people up rather than put them down

26 Say hello to a neighbour and get to know them better

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Use one of your personal strengths in a new way

30 Count how many people you can smile at today

31 Write down your hopes or plans for the future

ACTION FOR HAPPINESS



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

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

Happier · Kinder · Together

Think of the week...

## Do humans need religion?

For many people across the world, religion plays an important part in their daily lives and identities. While others lead happy lives without believing in a god(s). Why do some of us feel the 'need to believe'?

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

*Discuss your ideas.*

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



How to deal with unhelpful thoughts...



**UNHELPFUL THOUGHTS**



Essential support for under 25s

☎ 0808 808 4994

About [www.themix.org.uk](http://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

[Feeling bored? Here are 10 fun things you can do at home](#)

## Feeling bored? Here are 10 fun things you can do at home



## 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

### Capitalism and Socialism

<https://youtu.be/B3u4EFTwprM>





**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



### Leicester & Leicestershire LEP

Melton, Charnwood, NW Leicestershire, Leicester, Blaby, Harborough, Hinckley & Bosworth, Oadby & Wigston



#### Employment

UK - 76.4%  
LEP - 77.7%



#### Unemployment

UK - 3.9%  
LEP - 3.4%

16-64 year old population = 667,700  
Total population = 1,053,500

#### Full-Time Salary



UK Average - £30,414  
LEP Average - £27,305

#### Self-Employment



8.5%

64,000 people in the region are self-employed

#### Apprenticeships

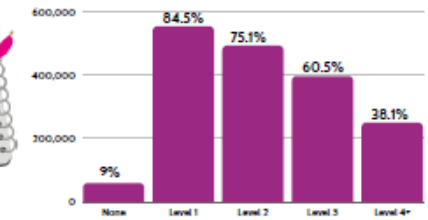
There are approximately 1,006 live vacancies within a 40 mile radius of Leicester, including...

- Estate Agent
- Business and Administration
- Digital Marketing
- Building Services Engineer
- Pharmacy Assistant
- Electro-mechanics Engineer
- Equine Care/Groom
- Software Tester
- IT & Infrastructure Support
- Mortgage & Insurance Adviser

Plus many more! Find local opportunities on [www.apprenticeships.gov.uk/](http://www.apprenticeships.gov.uk/)

#### Qualification levels

494,100 people have at least a level 2 qualification such as GCSEs or an NVQ.



#### Where do people work right now?

##### Most jobs

- Wholesale & Retail - 75,000 (15.9%)
- Manufacturing - 59,000 (12.5%)
- Health & Social Care - 53,000 (11.2%)
- Education - 47,000 (10%)
- Administration - 41,000 (8.7%)

##### Fewest jobs

- Arts & Entertainment - 11,000 (2.3%)
- Electricity, Gas & Air - 6,000 (1.3%)
- Real Estate - 6,000 (1.3%)
- Water, Sewerage & Waste - 2,500 (0.5%)
- Mining, Quarrying & Utilities - 2,000 (0.4%)

##### Growth Sectors

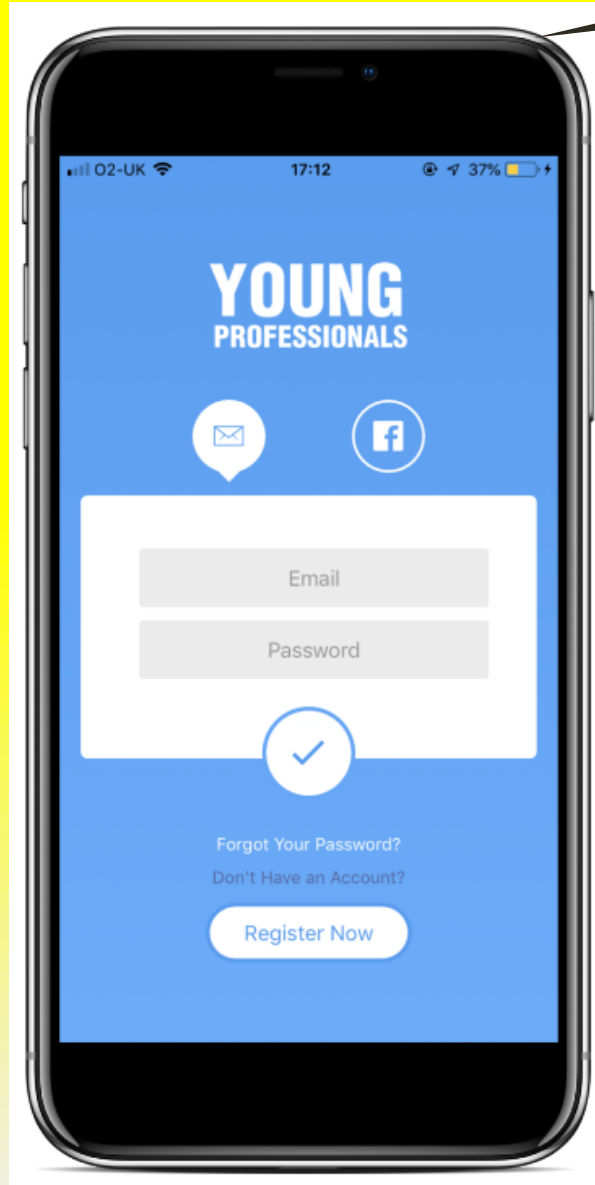
- Health & Social Care
- Care Workers
- Logistics & Distribution
- Wholesale and Retail
- Professional & Financial Services

There are many other sectors that will grow in your region.

#### What are some of the region's big name companies?



## 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

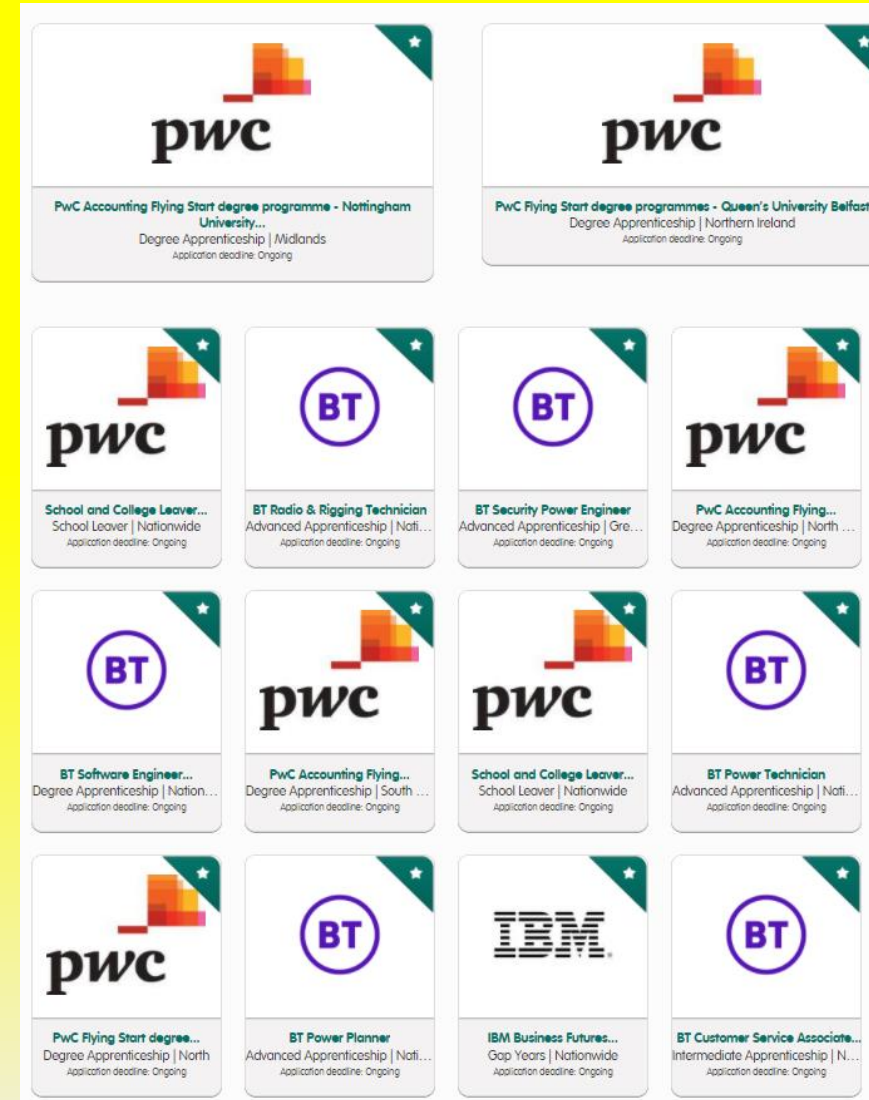
Create your own profile to showcase you to potential employers! Take your video, upload your skills and get yourself discovered!

## Opportunities

Students can still apply for apprenticeship and school leaver programmes to start in the Autumn.

We have added a host of new programmes from BT, PwC and BT to our jobs and courses page for you to share with your students now:

<https://successatschool.org/jobscourses>



## Medicine opportunity

Back by popular demand, we've a new series of [Dr OJ'S Thursday surgery](#) for students to enjoy, taking place every Thursday in January. Dr OJ and friends will give you an interactive experience of the Emergency Department, Obstetrics and Gynaecology, Paediatrics & Psychiatry.

Every Thursday in January - 6pm - 8pm.

Students can enrol below and will receive a certificate for their participation

<https://www.premedprojects.co.uk/dr-ojs-thursday-surgery-live-every-thursday>

## Study in the USA

### 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](mailto:suttontrust@fulbright.org.uk).