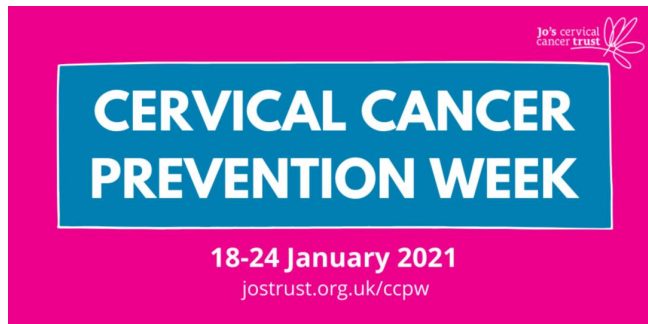


# Personal development bulletin number 16 18.1.21



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



**The time is always right to do what is right.**

***Martin Luther King Jr.***

# CERVICAL CANCER PREVENTION WEEK

18-24 January 2021

[jostrust.org.uk/ccpw](http://jostrust.org.uk/ccpw)

- **Cervical cancer** is the most common cancer in women under 35 years old. A virus called human papillomavirus (HPV) causes most cases of cervical cancer, there are many types of HPV and not all cause cancer some cause genital warts. HPV is an extremely common sexually transmitted infection that around 4 out of 5 people (80%) will have 1 type
- For younger women, the **HPV vaccination** can help prevent 7 out of 10 cases of cervical cancer (70%). The vaccine also protects girls against 90% of genital wart cases. The vaccine, along with **cervical screening** when women turn 25, makes cervical cancer one of the most preventable cancers.
- **The HPV vaccine** In schools, girls and boys aged between 11 and 13 will be offered the HPV vaccine. They can have the vaccine up to the age of 25 through their GP. If they have the vaccine, it will protect them against:
  - HPV 16 and 18, which cause most cervical cancers (70%) and some other cancers
  - HPV 6 and 11, which cause most **genital warts** (90%).

## Let's talk about cervical cancer

You might know about smear tests. They can stop cervical cancer from ever developing.

**You're invited regularly from 25 to 64**



You might find going for smear tests hard (especially at the moment).

**So make sure you know the symptoms:**

- Vaginal bleeding that is unusual for you
- Changes to vaginal discharge
- Pain or discomfort during sex
- Pain in your lower back or pelvis



**The earlier cervical cancer is found, the easier it is to treat.**



So whether you're up to date with your smear test, are waiting for a test, or have never been, if you have any of these symptoms then call your GP as soon as possible.

Your GP has measures in place to keep you **safe from coronavirus**.



**For further information and support**

Call our helpline: **0808 802 8000**

Find us online: **[jostrust.org.uk](http://jostrust.org.uk)**





## 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



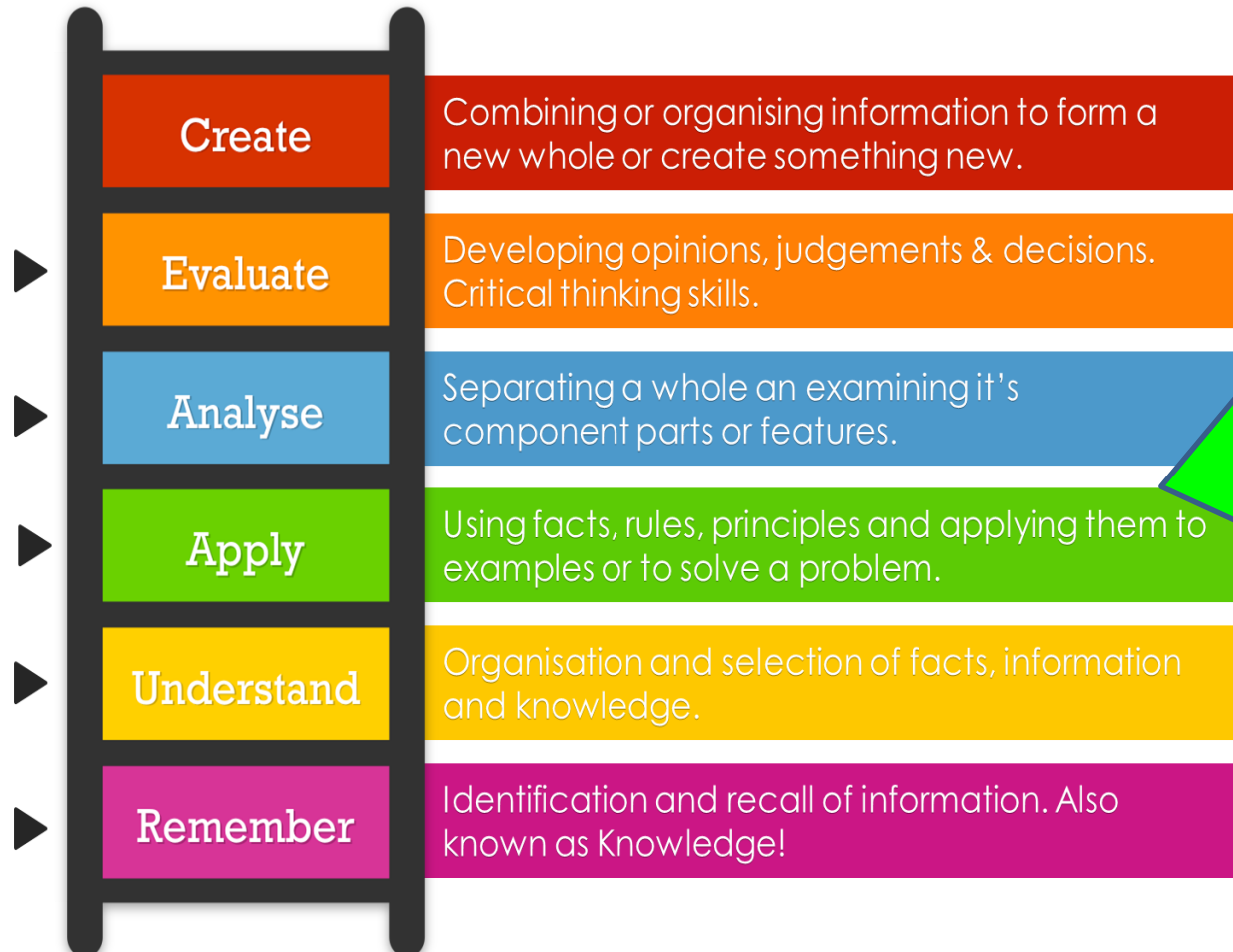
[www.actionforhappiness.org](http://www.actionforhappiness.org)

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

Happier · Kinder · Together

# Character

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



Idea of the week...

## Application

**Think about the topic  
and explain it using a  
cartoon character, TV  
character or celebrity.**

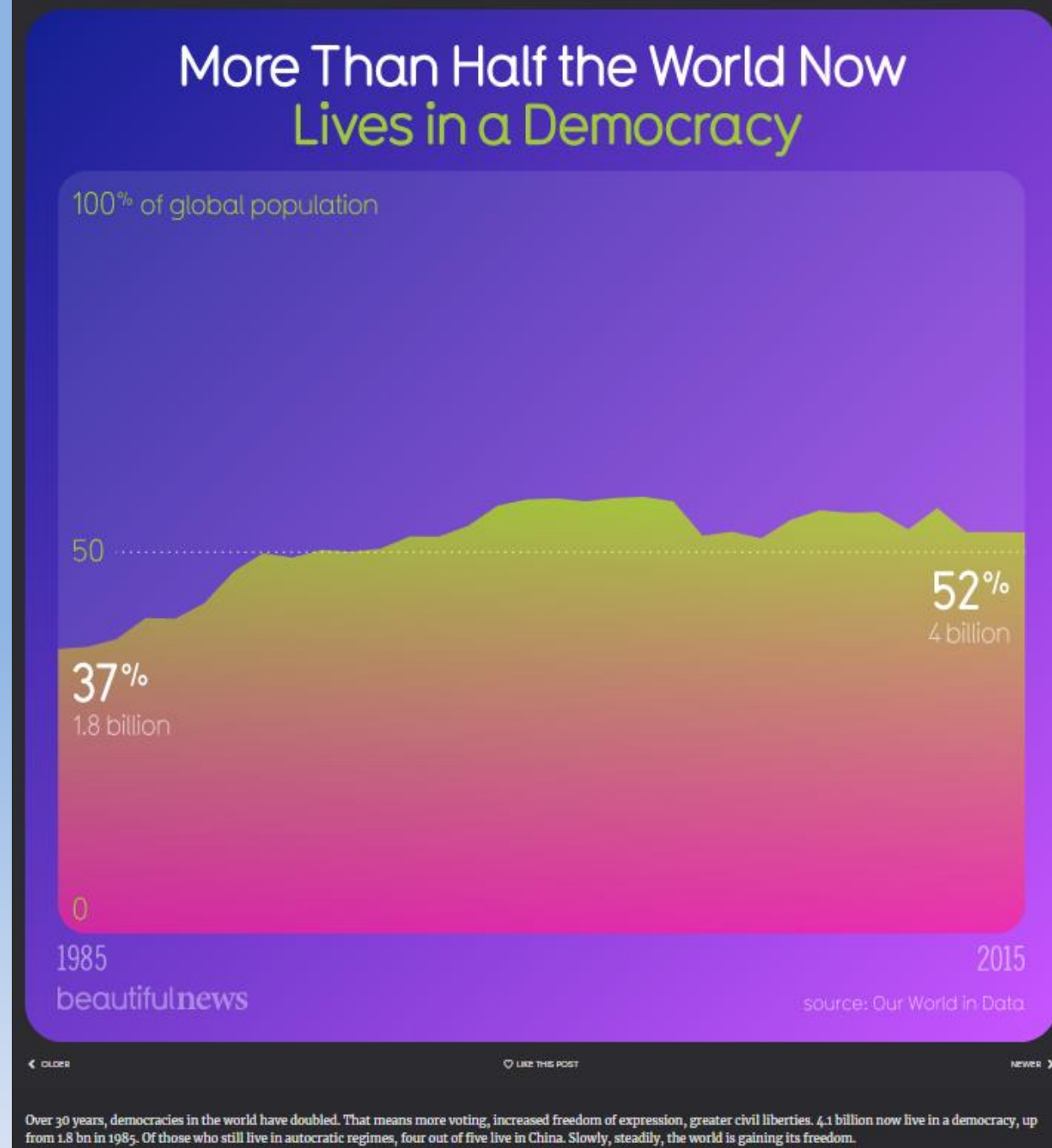
## How to stick to a budget



Unifrog gives some handy tips on how to stick to a budget.

[Go to guide](#)





<https://informationisbeautiful.net/beautifulnews/65-living-in-democracy/>

## In the news...

### UK leading the way in use of language-learning apps

- The popularity of language-learning apps has boomed around the world during the coronavirus lockdowns, and the UK has, somewhat surprisingly, led the way.
- For a country not renowned for its population's skill or enthusiasm at learning a foreign language, the Covid-19 pandemic appears to have seen many more Britons try their hand at becoming at least a bit bilingual.
- With lockdowns limiting what we can otherwise do with our leisure time, people have been downloading apps to swap their "hellos" for a "buenos días", "bonjour" or "guten tag".

<https://www.bbc.co.uk/news/business-55562267>



## 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

### Nationalism

[https://youtu.be/Nosq94oCl\\_M](https://youtu.be/Nosq94oCl_M)



## PwC Flying Start degree Programmes...apply by 29th January

- If you want to go to university but are also keen to begin your career, our Flying Start degree programmes offer the best of both worlds.
- You'll get to work with world-class clients and be part of our highly skilled teams. Studying at university you'll get to experience the full-time student lifestyle but with integrated paid placements at PwC, you'll have some money to enjoy it too. You'll gain a degree, and hopefully impress us enough to secure a graduate job with us after you graduate.
- <https://www.pwc.co.uk/careers/student-careers/school-careers/our-programmes/flying-start-degrees.html>

### Accounting

- Newcastle University, University of Manchester, University of Nottingham and University of Reading
- At least a 136 UCAS tariff
- 4 year degree
- 12/15 ICAEW exams completed during degree
- Degree from a leading University
- Paid work experience in Audit
- Join after University as a 3rd year on our graduate programme
- Graduate job in Audit

### Technology

- University of Birmingham, University of Leeds and Queen's University Belfast
- Please visit the website for specific entry details
- 4 year degree in Computer Science or Software Engineering
- Degree apprenticeship
- Degree from a leading University
- Paid work experience in a range of technology teams
- Join after University as a 2nd year on our graduate programme
- Graduate job in Technology

# Apprenticeships

## Apply Now for Opportunities at Top Companies

We've put together the latest school/college leaver jobs and apprenticeships at leading employers across the UK. [Click to apply below.](#)



### BT

Higher, Intermediate, Advanced & Degree Apprenticeships

**Deadline:** Ongoing

**Location:** Nationwide

**Salary:** Competitive

[View jobs](#)



### PwC

School Leaver Programmes, Degree Apprenticeships

**Deadline:** 29 January 2021

**Location:** Nationwide

**Salary:** Competitive

[View jobs](#)



### IBM

Gap Year internship programs

**Deadline:** Ongoing

**Location:** Nationwide

**Salary:** Starting from £18,000

[View jobs](#)



### Pearson College London

Degree Apprenticeship

**Deadline:** 26 February 2021

**Location:** London

**Salary:** Competitive

## Here are 4 top tips that will help you stand out from the crowd in job applications...

1. **Social Networking** - This is about more than just LinkedIn (although LinkedIn is a great place to start!) Use all social media platforms to network, and source opportunities to meet people who could help get you that all-important foot on the ladder. This is a long game - share their posts, reply, engage in conversation, the aim is for them to remember your name.
2. **Blogging & Vlogging** - This will work better for some careers more than others, but by dedicating time to a blog or vlog, showcasing your passion for a particular field, can help you to stand out. Employers know that it takes time and dedication to set up a successful blog or vlog, so they know that you're serious, and it'll elevate your application.
3. **Get Creative!** - The name of the game is standing out from the crowd. Going for a role in marketing, film, or another creative field? Create a video pitch that highlights what makes you different, and what you've got to offer. Want to work in sales? Why not send your CV attached to a box of doughnuts and follow up with a phone call, introducing yourself as "The One With The Doughnuts".
4. **The Old-Fashioned Way** - Sometimes, you can't beat a printed CV and cover letter sent straight to the source of the job. Sure, emailing it works too- but believe me when I say, most inboxes are FULL of unread emails. Someone who's taken the time to write a custom CV and cover letter then printed it off, bothered to physically post it with the correct address – that's someone who's committed to working for you! It might just get you noticed.



# Sutton Trust Summer Schools

## Applications for Sutton Trust Summer Schools now open!

We are looking for high achieving students (at least five grade 6's at GCSE) from less-advantaged backgrounds\* at state-funded schools to apply.

The Sutton Trust is a leading social mobility charity and our flagship [UK Summer Schools](#) will give your students an insight into university by spending a week with one of 13 leading UK universities and meeting like-minded students from across the UK.

Our new [Apprenticeship Summer School](#) will allow students to explore degree-level apprenticeships as an alternative to university by attending interactive skills sessions and networking with top employers.

While the upcoming months seem uncertain, we are confident that with our new digital platform, [Sutton Trust Online](#), we can continue to provide outstanding experiences. Whether the summer schools are delivered in-person or online, we will offer your students ongoing support and high-quality resources at a time they need it most.

Summer school students gain confidence and the skills to navigate the Higher Education system and make informed choices about their future. Over 6,000 young people benefitted from our Summer Schools last summer and we want your students to be next.

**Applications close at midday on Tuesday, March 2<sup>nd</sup>.**

- \*Would be in the first generation of your family to attend university/Have been eligible for free school meals at any point during your secondary schooling/Attend a school or college with a below-average A-level or Higher point score and/or a low rate of progression to higher education/Live in a neighbourhood with a low rate of progression to higher education and/or a high level of socio-economic deprivation
- \*The more criteria you meet, the more likely you are to secure a place. **Not meeting all of these will not disqualify you.** There is room on the application form and teacher verification to explain any extenuating circumstances that might impact your application
- **\*If you are (or have been) looked after, accommodated or in care, you only need to meet the age, school and academic requirements.**

# 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/>

### Human, Social and Political Sciences:

- See the course website: <https://www.undergraduate.study.cam.ac.uk/courses/human-social-andpolitical-sciences>
- Preparatory reading guide:  
<https://www.hsps.cam.ac.uk/prospectivestudents/subjects/pdfs/HSPSSUGGESTEDREADING/view>
- <http://www.myheplus.com/subjects/sociology>
- Sociology BBC Radio 4 series Thinking Aloud: [www.bbc.co.uk/programmes/b006qy05](http://www.bbc.co.uk/programmes/b006qy05)
- British Sociological Association: [www.britsoc.co.uk/](http://www.britsoc.co.uk/)
- British Journal of Sociology: <http://www2.lse.ac.uk/BJS/home.aspx>
- <http://www.myheplus.com/subjects/politics>
- Oxford Politics microsite: <https://blog.politics.ox.ac.uk/>
- Political Studies Association: [www.psa.ac.uk/](http://www.psa.ac.uk/)
- Social Science Space website: <https://www.socialsciencespace.com/#>
- Talking Politics podcast: <https://www.talkingpoliticspodcast.com/>
- Discover Anthropology: <https://www.discoveranthropology.org.uk/>
- Medium articles: <https://medium.com/this-cambridge-life/the-anthropologist-exploring-ethicalquestions-about-humans-and-horses-255f6b89623f>

[More Details](#)

# Oxbridge Thinking skills question...

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

Click for answer

- 19 The table below shows the amount of waste recycled each year, in thousands of tonnes, over a three-year period in 20 countries.

country	recycling year 1	recycling year 2	recycling year 3
Ambrosia	52	64	65
Buranda	60	72	80
Carbonda	20	27	40
Elbonia	32	34	40
Friponia	36	39	45
Grandia	20	35	60
Hoollasia	50	56	60
Ishlapia	33	41	44
Jackaran	36	44	48
Killumpa	40	55	70
Lateralia	50	57	60
Moodle	80	98	90
Nalpha	32	44	48
Oritan	72	81	90
Phillim	66	69	70
Quaratus	80	90	100
Rutalia	75	76	90
Samalam	88	96	99
Tuddle	50	56	60
Ukliam	50	56	60

What is the biggest percentage increase in recycling in the table from year 1 to year 3?

- A 50%
- B 75%
- C 100%
- D 150%
- E 200%