

# Personal development bulletin number 20 22.2.21



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**Ever tried. Ever failed. No matter.  
Try again. Fail again. Fail better.**

***Samuel Beckett***

# LGBT+ History Month February 2021



## Stonewall resources:

- This LGBT History Month, we're focussing on the lives and work of some courageous LGBT women.
- Whether children and young people are learning in the classroom, digitally at home or with paper based resources, there's something for them.
- Our LGBT History Month Packs are tailored to different ages from Primary to Post-16, as well as different learning needs.
- <https://www.stonewall.org.uk/resources/lgbt-history-month-packs-2021-reception-post-16>



## ACTION CALENDAR: FRIENDLY FEBRUARY 2021



### MONDAY

**1** Send someone a message to say how much they mean to you

**8** Share what you're feeling with someone you really trust

**15** Smile at the people you see and brighten their day

**22** Give sincere compliments to people you talk to today

### TUESDAY

**2** Ask a friend how they have been feeling recently

**9** Thank someone and tell them how they made a difference for you

**16** Check in on someone who may be struggling and offer to help

**23** Be gentle with someone who you feel inclined to criticise

### WEDNESDAY

**3** Do an act of kindness to make life easier for someone else

**10** Look for the good in people, even when they frustrate you

**17** Respond kindly to everyone you talk to today, including yourself

**24** Tell a loved one about their strengths that you value most

### THURSDAY

**4** Organise a virtual 'tea break' with colleagues or friends

**11** Send an encouraging note to someone who needs a boost

**18** Appreciate the good qualities of someone in your life

**25** Thank three people you feel grateful to and tell them why

### FRIDAY

**5** Show an active interest by asking questions when talking to others

**12** Focus on being kind rather than being right

**19** Share a video or message you find inspiring or helpful

**26** Give positive comments to as many people as possible today

### SATURDAY

**6** Get back in touch with an old friend you've not seen for a while

**13** Send a friendly message of support to a local business

**20** Make a plan to connect with others and do something fun

**27** Call a friend to catch up and really listen to them

### SUNDAY

**7** Make an effort to have a friendly chat with a neighbour

**14** Tell your loved ones why they are special to you

**21** Actively listen to what people say, without judging them

**28** Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS



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

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

Happier · Kinder · Together

## DRUGS ON THE BRAIN: COCAINE <https://www.talktofrank.com/>

### Physical health risks

- Cocaine is risky for anyone with high blood pressure or a heart condition, but even healthy young people can have a fit, heart attack or stroke after using the drug.
- The risk of overdose increases if you mix cocaine with other drugs or alcohol.
- Over time, snorting cocaine damages the cartilage in your nose that separates your nostrils. Heavy users can lose this cartilage and end up with one large nostril and a misshapen nose.
- Taking cocaine when pregnant can damage your baby, cause miscarriage, premature labour and low birth weight.
- Regularly smoking crack can cause breathing problems and pains in the chest.
- Injecting cocaine can damage veins and cause ulcers and gangrene. Sharing needles or other injecting equipment can spread HIV and hepatitis infections too. It's also easier to overdose from injecting cocaine.
- Speedballing (injecting a mixture of cocaine and heroin) can have fatal results. A form of heroin called white heroin, is easily mistaken for cocaine and people have died or been hospitalised after snorting it thinking it was cocaine.

### Mental health risks

- Regular use of cocaine can make people feel:
- depressed
- run-down
- anxious
- paranoid
- Cocaine can bring previous mental health problems to the surface too, and if a relative has had mental health problems, there might be an increased risk for you.

### Social risks

- Frequent users find they begin to crave more of the drug – so it can become an expensive habit to keep up with.

### Environmental risks

- Cocaine doesn't just damage the people who take it. It wrecks the communities that it's grown in and leads to deforestation. [Find out more about how cocaine wrecks communities.](#)

### What is cocaine cut with?

- The purity of cocaine goes up and down depending on the market.
- A wrap of cocaine powder can be cut with many things, such as sugar or starch, but benzocaine is the most common.
- Benzocaine is a local anaesthetic that produces a numbing effect similar to cocaine, but without the cocaine high.

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:* [Five simple ways to sharpen your critical thinking](#)

The world can feel very polarised and confusing at times. Here are five strategies to boost your critical thinking skills.

**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

**grade  
theft  
auto**

Ration your time: switch it off & learn



## 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

**Money and Debt**

<https://youtu.be/94BtOtGVqLw>





## Inspirational children...Bana Alabed

*The world can be better and kinder to refugees. We are innocent. Refugees need homes, jobs and education. Without education, our future is lost and we can't grow up to make the world better from what we've learned.*



### **Bana Alabed - @AlabedBana**

Bana was just 7 years old when the city she lived in, Aleppo in Syria, became the centre of a civil war. With her dad's help, she used Twitter to share her experiences of life in a warzone with people all around the world. She eventually escaped Syria as a refugee and, by the age of 9, she had written a book – Dear World: A Syrian Girl's Story of War and Plea for Peace!

### Discussion Questions

1. What do you know about refugees?
2. Why do you think countries end up at war? Is there a better way to solve problems and disagreements?
3. Bana was brave to speak out but she certainly wasn't the first person to do so. Why do you think the world listened to a child?

### Activity

Write a tweet to share with the world something you care passionately about.

# Careers

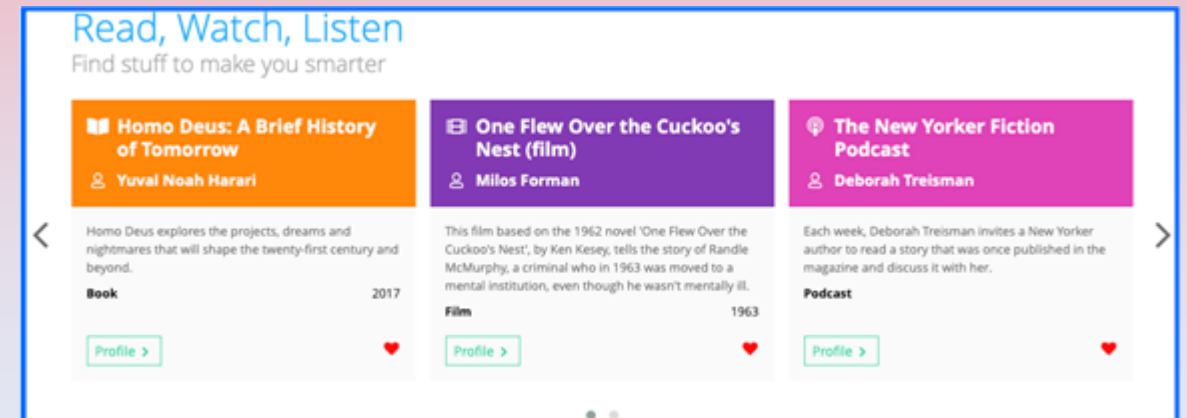
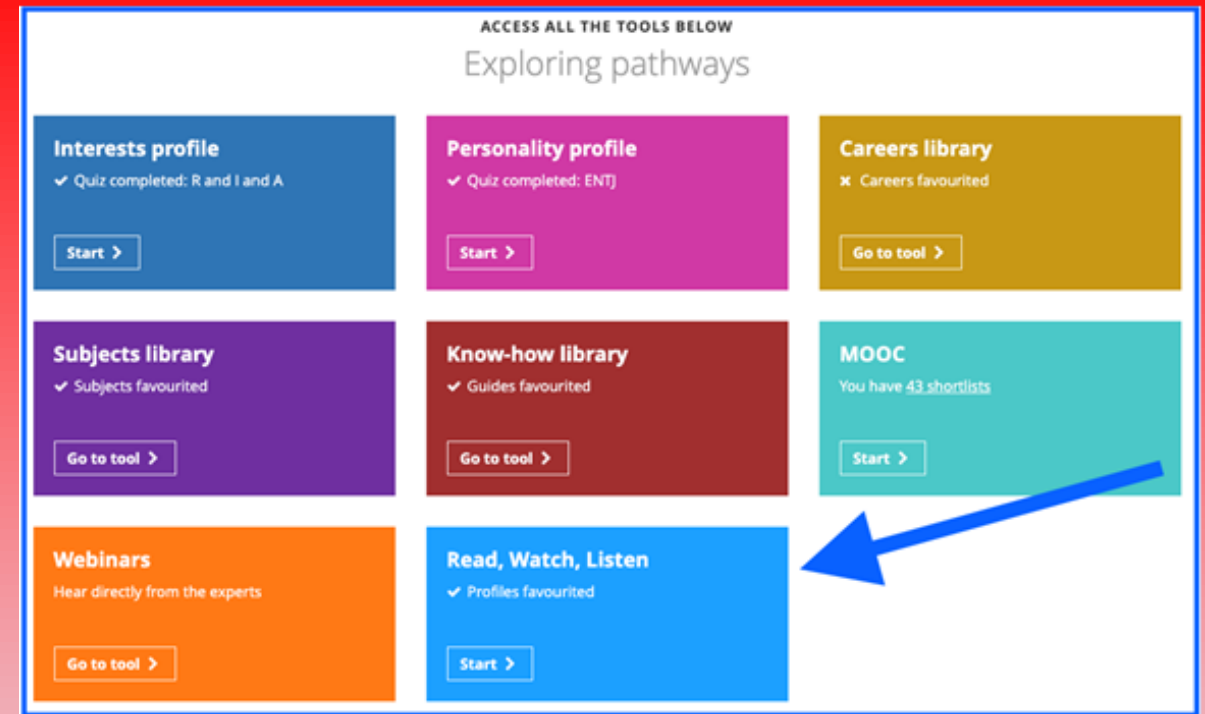
## New on *Unifrog*: Read, Watch, Listen tool

This new tool - already live for every student - is made up of thousands of recommendations for students to explore to help them with their extracurricular learning.

Here's how this new tool works.....

### Start page

At the top is the Favourites section, with the colour of the tile representing whether it's something you **read**, **watch** or **listen** to. You can search by keyword or by school subjects, plus we show which recommendations are particularly relevant that week...



## Financial & Investment Apprenticeship Webinar

Top global financial investment company, **Fidelity International** are hosting a apprenticeship webinar on Wednesday 3rd March, 4:30-6pm. The event is open to Year 12/13 students, their parents/guardians and careers leads. Come and learn about apprenticeships in a leading sector!

Explore a day in the life of an apprentice

Insight on how to succeed in the recruitment process

Q&A with current apprentices

<https://go.mykindafuture.com/l/832393/2021-02-04/43wp4>

# Apprenticeships

More details...

<https://successatschool.org/jobscourses>

Willis Towers Watson

Willis Towers Watson

Higher & Advanced Apprenticeships

Deadline: 28 February 2021

Location: Nationwide

Salary: Competitive

[View jobs](#)



BT

Higher, Intermediate, Advanced & Degree Apprenticeships

Deadline: Ongoing

Location: Nationwide

Salary: Competitive

[View jobs](#)



PwC

Tax & Audit School & College Leaver programmes

Deadline: Ongoing

Location: Nationwide

Salary: Competitive

[View jobs](#)



National Audit Office

Accountancy Apprenticeship

Deadline: 8 March 2021

Location: London & Newcastle

Salary: £18,766 - £24,450 p.a

[View jobs](#)



Pearson College London

Degree Apprenticeship

Deadline: 28 February 2021

Location: London

Salary: Competitive

[View jobs](#)

# Apprenticeships

## **Law Apprenticeship Webinar**

Mischon de Reya are hosting a webinar on Tuesday 23rd February 4:00-5:30pm. If you are in Year 12/13 and considering a career in law, you won't want to miss this chance to find out more about their prestigious apprenticeship opportunities. Sign up below.

[https://docs.google.com/forms/d/e/1FAIpQLSe-qKtfRabNnnNtner-Eea9uVk\\_bt9UKeFFh\\_N6jhamslUExg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSe-qKtfRabNnnNtner-Eea9uVk_bt9UKeFFh_N6jhamslUExg/viewform)

## **Cisco Degree Apprenticeships**

Check out this great video made by Cisco introducing their second year apprentices, who offer an introduction to Cisco and their degree apprenticeship programme. In addition, applications are open for Cisco's Degree apprenticeship programmes for roles in Feltham and Manchester. This 3-year rotational programme offers an experience tailored to your interests & goals, and focused on career growth via mentoring and regular support. Applications close on 28th Feb. [Apply here](#) and to find out more, [click here](#).

# Apprenticeships

## **Lloyd's Apprenticeships**

The Lloyd's apprenticeship programme is an exciting alternative for those don't wish to go to university. We run three schemes: Insurance, Business & Operations.

<https://lloydsemergingtalent.com/emerging-talent>

**KPMG** have recently opened applications for two exciting apprenticeship programmes aimed at those who have, or about to complete A-Levels (or equivalent). Gaining practical work experience and building key skills, KPMG apprentices work towards professional qualifications and accreditations. Applications work on a rolling basis so we recommend applying asap!

<https://www.kpmgcareers.co.uk/apprentice>

## **Dentsu Apprenticeships**

Ready to start your career in the most incredible industry of creative communications, working with the world's biggest brands and coming up with innovative ideas that make a difference? Join us at Dentsu international: we are in 145 countries, working with 89 of the top 100 advertisers! Multiple roles in London are now available. Find out more here; [Client Creation Executive](#) and [Marketing Executive](#)

# Apprenticeships

## BT Apprenticeship Opportunities

Here at BT, we're on the lookout for apprentices. At a time when the world has never been more connected, there's never been a better time to join us.

We like to think we don't offer just any ordinary career. We don't offer run of the mill, routine or commonplace. We prefer to feed your creativity – encouraging and empowering you to contribute to a global communications and technology business. For us, it's all about coming up with fresh ideas, and reshaping the future with ground-breaking technology.

### Our Apprenticeships

But that's enough about us, you want to know about the jobs we have available. Well we've a whole host of roles in customer service, supporting our business customers.

[Customer Service Associate - Business Customer Support](#)

[Customer Service Associate - Future Service](#)

[Customer Service Associate - Wholesale Service & Support](#)

[Customer Service Associate – Wholesale](#)

But that's not all. We've also got roles available as a Field Support Technician, Security Power Engineer, Sales Specialist and in Cyber Security – among others.

[Field Support Technician](#)

[Security Power Engineer](#)

[Power Planner](#)

[Power Technician](#)

[Sales Specialist](#)

[Cyber Security – Managed Services](#)

Whatever it is you fancy, we're sure we'll have something that catches your eye.



# University Interview questions (from Manchester University)

A useful tip is to practice by preparing three bullet points for each (relevant) question to help you focus in the actual interview.

## A) General Questions

1. Tell me about yourself?
2. How would you describe yourself?
3. What are you best at?
4. What are your main interests?
5. What are your strengths and your weaknesses?

## B) Interest, motivation and commitment to the subject

1. What have you enjoyed most about your current studies?
2. Why have you chosen to study [degree course]?
3. What aspect of the course interests you most?
4. What skills do you have that will make you a successful students on [degree course]?
5. What do you hope to accomplish by studying [degree course]?
6. Can you give an example of a recent 'topical' development in this field of study that you may have seen in the media recently and do you have a view on this?
7. What are you reading at the moment that is of interest?

## C) Independent study

1. Can you give an example of when you have studied or learned something by yourself? Why did you study this by yourself? How did studying by yourself affect how you learned?
2. Have you completed a project or some other study by yourself? What was good and bad about this?
3. Have you completed any extra study/ projects? Tell us about this.

CONTINUED...

# University Interview questions (from Manchester University)

CONTINUED...

## D) Working with others

1. We're interested in finding out about your experiences of working alongside others. What do you enjoy most about working with others or being part of a team?
2. Do you belong to any teams, clubs or groups?  
If yes, what do you like the most/least about this?  
If no, can you give an example of working alongside others?
3. Can you give an example of a time when you have worked with others to complete an activity? What did you like the most/least about this?
4. When you make decision, what importance do you give to the opinions of others?
5. As part of university study, students often attend seminars. This is an opportunity for you to discuss your current work in small groups. What would you hope to gain from such discussions?

## E) Ability to manage time effectively

1. Can you tell us something about how you organise your time when you are studying?
2. Can you tell us something about how you organise your time between study and other activities?
3. Can you give us an example of when you had to have something ready for a certain date? How did you organise your time to make sure you met the deadline?

## F) Interest in specific university

1. What has attracted you to studying [degree course] at The University of .....?
2. Given that [degree course] is offered by lots of different universities, what is it about studying at The University of ... that appeals to you?
3. Given that [degree course] is offered by lots of different universities, what is about this course that appeals to you?
4. What contribution do you feel you would make to the student community at the University of ...?