



Personal development bulletin number 23 15.3.21



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**Whether you think you can or think you can't,
you're right.**

Henry Ford

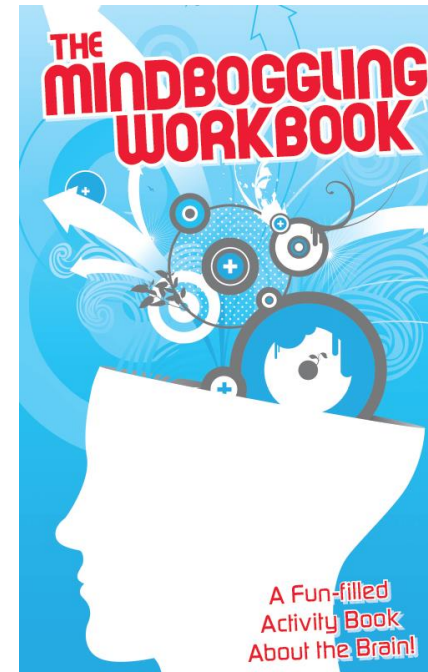
Brain Awareness Week 15 - 21 March 2021



Brain Awareness Week is the global campaign to foster public enthusiasm and support for brain science.

Resources for all years available here

<https://www.brainawareness.org/handouts-resources/#3>





ACTION CALENDAR: MINDFUL MARCH 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice five things that are beautiful in the world outside	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself. Try to use kind words	5 Take three calm breaths at regular intervals during your day	6 Bring to mind people you care about and send love to them	7 Have a 'no plans' day and notice how that feels
8 Eat mindfully. Appreciate the taste, texture & smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that need doing
15 Stop, breathe and just notice. Repeat regularly during the day	16 Get really absorbed with an interesting or creative activity	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Cultivate a feeling of loving-kindness towards others today	20 Celebrate the International Day of Happiness dayofhappiness.net	21 Listen to a piece of music without doing anything else
22 Walk a different route today and see what you notice	23 Tune in to your feelings, without judging or trying to change	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Notice when you're tired and take a break as soon as possible	27 Have a device-free day and enjoy the space it offers	28 Appreciate nature around you, wherever you are
29 Notice what is working today and be thankful that this is so	30 Mentally scan down your body and notice what it is feeling	31 Notice the joy to be found in the simple things of life	<p>"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn</p> 			

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

Happier · Kinder · Together

Feeling pressured to take drugs? Here are 10 ways to deal with it

1. **Remember that you're not alone.** It's easy to think you're the only one who's not tried drugs but, actually, most young people don't take drugs.
2. Work out where you stand on issues like sex, drugs and alcohol. **Knowing your own mind** makes it easier to stay true to yourself.
3. **Prepare yourself.** Think about how you'd like to respond when someone offers you drugs so you know what to say.
4. Try to understand who's offering you the drugs and why. **Friends should understand if you say no**, people you don't know you very well may expect something in return.
5. **Say no firmly but clearly and without making a big deal about it.** If they try to persuade you, don't feel like you have to change your mind.
6. Remember that, although they may not show it, **your mates will respect you more** if you're assertive and clear about what you do and don't want to do.
7. **Take a look around.** You'll soon see that you're not the only one worrying about what other people think of you. Try to focus on your own opinion of yourself - in the end, that's all that matters.
8. [Worried about your mates](#) being pressured? Don't keep it to yourself, talk to them, or someone you trust.
9. If you're finding it hard to be yourself within your group, **take a step back**, and think about whether it's time to find a new crowd to hang out with.
10. Before trying anything new it makes sense to **know what's what**. You can find out more about different drugs on the [Drugs A to Z](#) or call FRANK on [0300 123 6600](#) at any time, day or night.

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: [The benefits of flexible thinking](#)

Why exposing yourself to new experiences helps you think more flexibly - and enables you to cope better with life's challenges.

**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

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

Utilitarianism

<https://youtu.be/-a739VjqdSI>



Inspirational children...Bana Alabed



Millions of pieces of trash enter our oceans every year. It's ruining our oceans and that is not ok! That is why I decided to do something about it.

Ryan Hickman - @ryans_recycling

Ryan was 3 when he visited a recycling centre with his dad. Having learned how important it was to recycle, he immediately went home and started asking his neighbours to save their recycling for him. By 7, he had started a movement called Ryan's Recycling and has so far recycled almost one million cans and plastic bottles and raised over \$10,000 to protect Pacific Ocean sea life!

Activity

Ryan is proof that even the youngest children can be the change they want to see. If you could change one thing in the world right now, what would you change? Why?

Discussion Questions

1. Why do you think a visit to a recycling centre prompted Ryan to go on the journey that he has done since?
2. Do you recycle in your own home? Do you think recycling is an important endeavour or a pointless waste of time? Explain your answer.
3. What do you understand about how trash ends up in the ocean? Can you explain what happens?

You're invited to a UCAS/Discovery Day!

Last year, over 700,000 students applied to university. Traditionally many would have first met their university or college at their local UCAS exhibition.

While we work on getting these back up and running this summer, we've teamed up with Dr Alex George, along with hundreds of universities, colleges, and employers to create an alternative opportunity for your students, [UCAS/Discovery Days](#). An exciting online experience to kickstart their research and explore a world of possibilities after school or college.

ESCAPE
STUDIOS

V THE FESTIVAL X2021

GAMES, ANIMATION,
VFX AND MORE

March 16 and 18 2021

#VFXFestival

A community for creativity

The **9th annual VFX Festival** is back!

The **VFX Festival EDU**, has been designed for **school and college students** who want to learn more about a **career in the creative industries**.

This will be a chance to explore knowledge and hear experts' **advice and tips on starting a career** in VFX, animation, and games during our **panel discussions**.

The VFX Festival EDU events



16/03/21



18/03/21



Online

[Sign up now](#)


Apprenticeships

<https://successatschool.org/jobscourses>


Jobs & Courses

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


Search and apply for the latest work and study opportunities




BT Security Power Engineer
Advanced Apprenticeship | Greater London
Application deadline: Ongoing




BT Customer Service Associate - Future Service
Intermediate Apprenticeship | Nationwide
Application deadline: Ongoing




BT - Technical Support...
Advanced Apprenticeship | East...
Application deadline: Ongoing




School and College Leaver...
School Leaver | Nationwide
Application deadline: Ongoing




BT Network Engineer (Degree)
Degree Apprenticeship | South ...
Application deadline: Ongoing




IBM Technology Futures...
Gap Years | Nationwide
Application deadline: Ongoing




PwC Virtual Insight Week
Work Experience | Nationwide
Application deadline: 14/03/2021



School and College Leaver...
School Leaver | Nationwide
Application deadline: Ongoing



BT Field Support Technician
Advanced Apprenticeship | Nati...
Application deadline: Ongoing



BT - Network Engineer
Higher Apprenticeship | South ...
Application deadline: Ongoing



BASE BRITISH ARMY
SUPPORTING
EDUCATION



Careers in the Army offer financial support through school and university

After National Careers Week, students may be considering their path to a successful future, including university. The costs of higher education can be daunting, but the Army has many ways to help students get the funding they need.

With over 70 different job roles, there are opportunities for learning and development for everyone in the Army, including degree-level qualifications before or during a career.

To find out more about university funding, we're hosting a live webinar on 31st March at 6pm for you and your students. Book your place for free below.

[Register here](#)