



Personal development bulletin number 24 22.3.21



**United
Nations**

International Day for the Elimination
of Racial Discrimination, 21 March

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Character	<i>white</i>
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Once you choose hope, anything's possible.

Christopher Reeve



United Nations

International Day for the Elimination of Racial Discrimination, 21 March



- “**Youth standing up against racism**” is the 2021 theme.
- It engages the public through **#FightRacism**, which aims to foster a global culture of tolerance, equality and anti-discrimination and calls on each and every one of us to stand up against racial prejudice and intolerant attitudes.
- Young people massively showed their support at the **2020 Black Lives Matter** marches, which drew millions of demonstrators worldwide.
- On the streets, groundswells of youth - mostly teens and twenty-somethings - came together to **protest against racial injustice**. On social media, they mobilized participation, calling on their peers to speak out, and to stand up for the **equal rights of all**.
- <https://www.un.org/en/observances/end-racism-day>
- [Understanding anti-racism...what it means, and what you can do](#)



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

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

**Democracy &
Authoritarian Capitalism**

<https://youtu.be/k7dTDjRnBqU>



Dealing with change...

- We've all been there, right? That moment in our life when we look around and realise that **everything is changing** and we just don't know how to handle it.
- Everyone goes through these moments in life – change happens to us all – it's just that sometimes we feel we're in control and it's totally fine, and sometimes we feel we're not and we get stressed. If this is you right now then it's time to own these changes and **de-stress yourself**.
- **You can do it!!** Exercise, regular sleep patterns, eating healthy – they may sound simple and obvious but it makes such a difference. Talk to your mates and – if you can – your family and you could even try talking to your teachers if exam nerves are the issue.
- So if you feel like changes are piling up in your life – and the stress they bring is just way too much to cope with – remember that life is full of these changes but these changes are not what define us. Just find that thing – whatever it is, art, music, running, singing – that chills you out and live it. [Don't let stress take charge.](#)



Think of the week...

Can you choose to be healthy?

Science tells us what it means to be healthy but still many people smoke, drink alcohol and have weight problems. But that's their choice, isn't it? Should the government and other health professional get involved? What about factors out of your control e.g. where you live, family finances?

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

Discuss your ideas.

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



☎ 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

Ambassador voices: The myths about eating disorders



[read article here...](#)

Helplines

[Beat](#) help people overcome eating disorders through helplines, online support and self-help groups. Call 0808 801 0677 or, if you're under 18, call their Youthline on 0808 801 0711.

[Eating Disorders Support](#) has a telephone helpline with 24/7 answer message service and email support for people with eating disorders and anyone concerned about them. Call on 01494 793223



This year's festival for Year 12 students explores how voices are amplified or suppressed, and how young people can create platforms for their voices to be heard.

The keynote speaker is journalist, podcaster and author **Yomi Adegoke**.

Joining her on the festival programme are Shout Out UK, Greenpeace, Turner Contemporary Gallery, and EcoActive.

There will also be sessions by Goldsmiths academics from the departments of: Anthropology; Law; Media, Communications and Cultural Studies; Politics and International Relations; Psychology; Sociology; and Theatre and Performance.

The event is **free** to attend and sessions take place between **4.00pm and 7.15pm**.

Year 12 students can book here:

[BOOK YOUR FREE PLACE](#)

For Students and Parents: Wednesday 24th March, 7pm

SUMMER INTERNSHIPS 2021

Live Q&A
Wednesday
24th March
7pm (GMT)



More details:

<https://investin.org/pages/parent-series>

Post 16 Unifrog newsletter...sign up now...

Students in years 12 and 13 can sign up to our new fortnightly students-only newsletter.

The newsletter will feature timely Know-how library guides, opportunities from universities and employers, and other careers and progression news that we'll carefully select. **Our aim is for every edition to be actually useful for students.**

Any year 12 or year 13 student can sign up from their homepage now.

EASTER HOLIDAY EVENTS

[BT Virtual Work Experience Day](#)

[6 April 10:00 – 15:00](#)

[Females into STEM Insight Day](#)

[8 April 10:00 – 15:00](#)

[NHS Virtual Taster Day, Mental Health Focus](#)

[15 April 10:00 -15:00](#)

Work Experience Opportunities

With the Easter holidays round the corner, it's a perfect time for students to start to think about work experience. As students identified finding placements as the biggest problem, **we've made it easy** by adding **130 virtual WEX opportunities** to the Unifrog Special opportunities tool. Here's how to find them:

1. On the **Special opportunities tool**, students first select which country they're from.
2. The tool then asks which country they're interested in searching opportunities from. To find all the virtual WEX opportunities, **select 'Online/ Worldwide'**.
3. Students then **select up to 10 subject areas** they're interested in which takes them through to the longlist.
4. From here, students pick their top placements to **create a shortlist of up to 10 opportunities**. The shortlist gives information about what to expect from the placement and how to apply for it.

[Log in to Unifrog](#)

Apprenticeships

Build
for
everyone



Create
Design
Code
Build
for
everyone

Our UK Apprenticeships are now open for applications!

We're excited to announce that applications are open for UK apprenticeships! Apprentices become an integral part of their team while at Google, and also gain Level 3 or 4 apprenticeship qualifications over the course of their work and study.

[Click to apply to Google](#)

Open Days <https://www.opendays.com/>

opendays.com

university + college open days

Opendays.com is a web site providing students with university and college open day information.

The most comprehensive open days web site in the UK.

Easily accessible listings of all university and college open days throughout the UK.



DETAILS PROVIDED

Open day dates, booking information, travel details, monthly calendars and mini prospectuses for over 300 universities and colleges in England, Scotland, Wales and Northern Ireland.

EASY TO USE

It is easy to find the information you seek either through a comprehensive search facility or browsing the open day calendar.

ONLINE BOOKING

You can also save details of open days/institutions that interest you and use our 'Online Booking System' to book your place at an open day!

ADVICE SECTION

Higher Education opportunities, What To Do At Open Days, UCAS Forms and Gap Years.

Remember our website [opendays.com](https://www.opendays.com) and tell your friends about the service.

