



# Personal development bulletin number 26 19.4.21



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# Earth Day

## 22 April 2021

<https://www.earthday.org/>



**Earth Day** is an annual event that aims to inspire awareness of and appreciation for our environment. There are two different observances of Earth Day, both held annually during spring in the northern hemisphere. The United Nations celebrates Earth Day each year on the vernal (March) equinox; while a global observance in many countries is held each year on 22 April.

### Facts about Earth

- **Age:** 4.6 billion years old (Life as we know it, has only existed on the planet for the last 150 million to 200 million years)
- **Position:** 3rd planet from the sun.
- **Size:** 5th largest planet in our solar system.
- **Diameter:** The Earth has an average diameter of 12,742 kilometers. (7,926 miles)
- Earth is the only planet in the Solar System to have water in its three states of matter: as a solid (ice), a liquid (sea, rain, etc.) and as a gas (clouds).
- The length of time it takes for Earth to orbit the Sun is 365 and a quarter days. To make up this extra quarter which isn't counted at the end of a year, we have an extra day every four years on 29th February.
- Earth travels through space at 66,700 miles per hour.
- The centre of the Earth, its core, is molten. This means that it is liquid rock which sometimes erupts onto the surface through volcanic eruptions. This core is 7,500°C, hotter than the surface of the Sun!
- Earth is the only planet in the Solar System not to be named after a mythical God.
- Only 29% of the surface is actually 'earth.' The rest of the planet's surface (71%) is made up of water.

**Never doubt that a small group of thoughtful,  
committed citizens can change the world;  
indeed, it is the only thing that ever has.**

*Margaret Mead*

## Active April 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>5</b> Eat healthy and natural food today and drink lots of water	 <b>6</b> Turn a regular activity into a playful game today	 <b>7</b> Do a body-scan meditation and really notice how your body feels	<b>1</b> Commit to being more active this month, starting today	 <b>2</b> Listen to your body and be grateful for what it can do	<b>3</b> Spend as much time as possible outdoors today	<b>4</b> Have a day free from TV or screens and get moving instead
<b>12</b> Set yourself an exercise goal or sign up to an activity challenge	<b>13</b> Move as much as possible, even if you're stuck inside	<b>14</b> Make sleep a priority and go to bed in good time	<b>8</b> Get natural light early in the day. Dim the lights in the evening	<b>9</b> Give your body a boost by laughing or making someone laugh	<b>10</b> Turn your housework or chores into a fun form of exercise	<b>11</b> Be active outside. Dig up weeds or plant some seeds
<b>19</b> Have a 'no screens' night and take time to recharge yourself	<b>20</b> Spend less time sitting today. Get up and move more often	<b>21</b> Focus on 'eating a rainbow' of multi-coloured vegetables today	<b>15</b> Relax your body & mind with yoga, tai chi or meditation	<b>16</b> Get active by singing today (even if you think you can't sing!)	<b>17</b> Go exploring around your local area and notice new things	<b>18</b> Make time to run, swim, dance, cycle or stretch today
 <b>26</b> Try a new online exercise, activity or dance class	<b>27</b> Take an extra break in your day and walk outside for 15 minutes	<b>28</b> Find a fun exercise to do while waiting for the kettle to boil	<b>22</b> Regularly pause to stretch and breathe during the day	<b>23</b> Enjoy moving to your favourite music. Really go for it	<b>24</b> Go out and do an errand for a loved one or neighbour	<b>25</b> Get active in nature. Feed the birds or go wildlife-spotting
			<b>29</b> Meet a friend outside for a walk and a chat	<b>30</b> Become an activist for a cause you really believe in		

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:* [What would a world without vaccines be like?](#)

Thanks to vaccines, many of us have grown up without fear of contracting diseases such as polio and diphtheria. Do we take them for granted?



## How can I stop my friend taking lots of drugs?

- You can't force your friend to do anything they don't want to do, but you still might be able to help.
- Start by encouraging your friend to stay away from the places where they'd normally take drugs (like the pub or a mate's house), and suggest other activities.
- You can also remind your friend of the potential dangers involved in taking lots of drugs and tell them where they can get accurate information about what they're using. Whatever happens, make sure your friend knows you're around and happy to talk – that you're there to help and not judge.

## What should I do?

- Worrying about a friend's drug use is stressful, and how you choose to deal with it is up to you. You might try to help your friend, you might decide to put up with it and not say much, or you might decide to step back and not offer much support.
- There are pros and cons to each of these choices, and it's essential you think of your own wellbeing when you decide on which approach to take. It may be that you need support and/or professional help yourself too.
- You can find out more about different drugs on the [Drugs A to Z](#) or call FRANK on [0300 123 6600](tel:03001236600) at any time, day or night.

**What does “wider reading” mean?**

[Here's the guide on the Unifrog blog](#)

## 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

### Discrimination

<https://youtu.be/RsldtV4jWA0>





## Inspirational children...Nikki Lilly

*Life isn't always unicorns and rainbows. To get to a rainbow, you have to go through the rain.*

*I'm just doing all that I can to help people feel a little less dark.*



**Nikki Lilly - @nikkilillyy**

Nikki was just 8 years old when she set up a YouTube channel to share her experiences of life living with a 'visible difference.' She now has over 1 million subscribers, and has presented her own TV show on CBBC (Nikki Lilly Meets...) where she interviews celebrities and politicians. She has won a Pride of Britain Award, was crowned Junior Bake Off Champion, received an International Emmy, written a book and became the first teenager to win the BAFTA Special Award.







### Activity





You are about to launch your own YouTube channel! What will your content focus on? Write the script for your first video.

### Discussion Questions

1. Why do you think Nikki Lilly chose YouTube as a platform to share her story?
2. Some people might call Nikki brave? Others might say calling her brave is patronising. What side of the fence are you on? Why?
3. What does Nikki mean when she says she wants to help people feel a little less dark? Do you think this is an important goal?

## Work experience opportunities

 <b>Insurance</b> <a href="#">London, Birmingham and Scotland</a> dates <a href="#">View all dates</a>	 <b>STEM</b> <a href="#">Manchester, Sheffield and Warwick</a> dates <a href="#">View all dates</a>
 <b>Law</b> Network with key legal professionals <a href="#">29 April (2pm)</a>	 <b>Advertising &amp; Marketing</b> Network with Ogilvy <a href="#">11 May (10am)</a>
 <b>Masterclass</b> <a href="#">London and Birmingham and Glasgow</a> dates <a href="#">View all dates</a>	 <b>Finance &amp; Tech</b> Work experience on <a href="#">26 May</a> and <a href="#">9 June</a> <a href="#">View all dates</a>

 <b>STEM</b> Network with key cyber security experts <a href="#">13 July (10am)</a>	 <b>STEM</b> Find out about working on a revolutionary London project <a href="#">28 April (2pm)</a>
	 <b>Law</b> Masterclass for students looking to apply for ACCESS <a href="#">13 May (10am)</a>
	 <b>Property</b> Meet real estate professionals + workshops <a href="#">27 May (10am)</a>

More details...

<https://uptree.co/students/>

## Want to be an entrepreneur? Read *The Enterprise Guide*



### Finding the right path for you

Join Simon Squibb to discuss the various pathways you could take, the importance of work experience in discovering what you're interested in and how it will aid your future success.

Thursday 22nd April, 2:00 PM – 3:00 PM

[Find out more](#)



### From passion to profit

Have you ever thought about turning a passion into a future job? Join Lucas and Natalie, co-founders of fashion forecasting company All Eyes to discuss how you can use your hobbies to shape your career.

Tuesday 27th April, 1:00PM – 2:00PM

[Find out more](#)



### Building your personal brand

Building your personal brand is vital to set yourself apart from the crowd in an increasingly competitive job market! Explore what's important when building your brand and how it will benefit you in your future interviews.

Thursday 29th April, 2:00PM – 3:00PM

[Find out more](#)

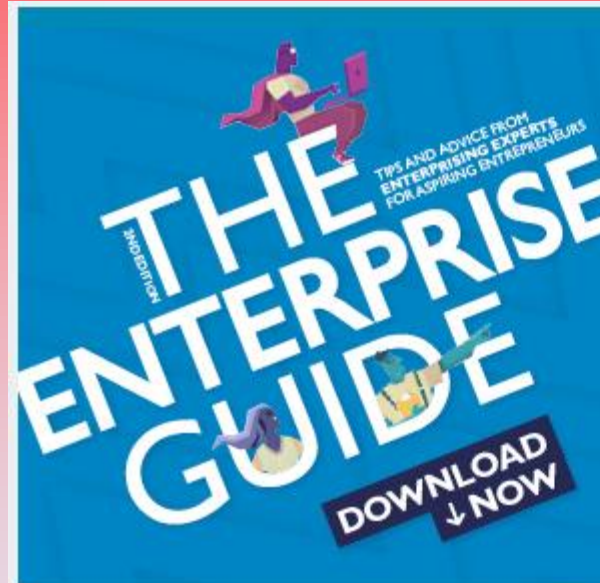


### How much could you earn?

Taking the leap onto a specific path can be both daunting and challenging. Our experienced panel of industry professionals will be sharing their own experiences and some of their top tips on how to make those crucial steps towards your future goals.

Tuesday 4th May, 1:00PM – 2:00PM

[Find out more](#)



### The Enterprise Guide

Hot off the press: Our BRAND-NEW Enterprise Guide is here!

Jam-packed with:

- Advice from current entrepreneurs (featuring well known YouTuber JMX!)
- The good, the bad and the ugly of life as an entrepreneur
- The steps to setting up a business

But we won't give it all away... **download now** to become an expert in entrepreneurship!















[Download your guide](#)



# Apprenticeships

More details...

<https://successatschool.org/jobscourses>

 <p><b>School and College Leaver programmes in Tax with PwC</b> School Leaver   Nationwide Application deadline: Ongoing</p>	 <p><b>IBM Business Futures Placement</b> Gap Years   Nationwide Application deadline: Ongoing</p>		
 <p><b>School and College Leaver...</b> School Leaver   Nationwide Application deadline: Ongoing</p>	 <p><b>WTW - Insurance Apprenticeship</b> Higher Apprenticeship   Greater... Application deadline: 02/04/2021</p>	 <p><b>BT Software Engineer...</b> Degree Apprenticeship   Nation... Application deadline: Ongoing</p>	 <p><b>IBM Technology Futures...</b> Gap Years   Nationwide Application deadline: Ongoing</p>
 <p><b>BT - Cyber Security - ...</b> Higher Apprenticeship   Norther... Application deadline: Ongoing</p>	 <p><b>BT Network Engineer</b> Degree Apprenticeship   Greate... Application deadline: Ongoing</p>	 <p><b>BT Customer Service Associate...</b> Intermediate Apprenticeship   N... Application deadline: Ongoing</p>	 <p><b>BT - IT Infrastructure...</b> Degree Apprenticeship   Midlands Application deadline: Ongoing</p>
 <p><b>BT Security Software...</b> Degree Apprenticeship   Nation... Application deadline: Ongoing</p>	 <p><b>BT - Customer Support...</b> Intermediate Apprenticeship   N... Application deadline: Ongoing</p>	 <p><b>IBM - Digital &amp; Technology...</b> Degree Apprenticeship   Midlands Application deadline: Ongoing</p>	 <p><b>WTW - Pensions Administration...</b> Advanced Apprenticeship   Sout... Application deadline: 02/04/2021</p>

## Interested in Medicine? Look at the entry requirements

The Medical Schools Council is the representative body for UK medical schools.

The council is made of the heads of UK medical schools and meets in order to shape the future of medical education in the UK.

[View their web site](#)

Watch a video from UEA Medical School about applying for medicine when you have had little/no chance of in-person work experience. The guidance will be similar for all the medical schools.

[Watch video](#)