



Personal development bulletin number 30 17.5.21



Resources	Pages
Character	<i>white</i>
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Mental Health Awareness Week 10 – 16 May 2021

Why walk?

Being active helps reduce your risk of developing a heart or circulatory condition, as well as having a stroke, type 2 diabetes, obesity and osteoporosis.

In addition to these amazing health benefits, here are 9 great reasons to get outside and walk:

- Feel more energetic
- Get a healthier body shape and appearance
- Control your weight
- Feel less stressed
- Increase your self-confidence
- Sleep more easily
- Enjoy your surroundings
- Meet people and make new friends through walking groups
- Save money



**WALK
THIS
MAY**

**LIVING
STREETS**

**IT'S LIVING STREETS'
NATIONAL WALKING MONTH**
LIVINGSTREETS.ORG.UK/NWM

Be yourself; everyone else is already taken.

Oscar Wilde

Meaningful May 2021

SATURDAY

1 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Do something special and revisit it in your memory tonight

SUNDAY

2 Do something kind for someone you really care about

9 Notice the beauty in nature, even if you're stuck indoors

16 Look up at the sky. Remember we are all part of something bigger

23 Share a quote you find inspiring to give others a boost

30 Today do something to care for the natural world

MONDAY

3 Focus on what you can do rather than what you can't do

10 What values are important to you? Find ways to use them today

17 Show your gratitude to people who are helping to make things better

24 Recall three things you've done that you are proud of

31 Find three reasons to be hopeful about the future

TUESDAY

4 Take a step towards an important goal, however small

11 Be grateful for the little things, even in difficult times

18 Find a way to make what you do today meaningful

25 Make choices that have a positive impact for others today

WEDNESDAY

5 Send your friend a photo from a time you enjoyed together

12 Listen to a favourite piece of music and remember what it means to you

19 Send a hand-written note to someone you care about

26 Ask someone else what matters most to them and why

THURSDAY

6 Look for people doing good and reasons to be cheerful

13 Look around for things that bring you a sense of awe and wonder

20 Reflect on what makes you feel valued and purposeful

27 Remember an event in your life that was really meaningful

FRIDAY

7 Let someone know how much they mean to you and why

14 Find out about the values or traditions of another culture

21 Share photos of 3 things you find meaningful or memorable

28 Focus on how your actions make a difference for others

ACTION FOR HAPPINESS

Happier · Kinder · Together



Think of the week...

Is fantasy better than real life?

The magic of 'The Hobbit' lives on after 80 years. But why do so many people enjoy exploring the world of fantasy? Can virtual reality technology offer more than just a bit of fun?

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

Discuss your ideas.

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

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

An introduction to Parliament

<https://youtu.be/RAMblz3Y2JA>



Period Poverty...Ask for Sandy

Period Poverty is a global issue, access to sanitary products, safe and hygienic spaces to use, and the right to manage menstruation without shame or stigma is essential for all girls and women. For many this is not a reality. This is not just a health risk- it can also mean that women and girls education, well being and sometimes entire lives are affected.

Morrisons supermarkets have launched a new initiative to support this cause.

If you are in need or struggling for sanitary products please go to customer services and ask for a package that SANDY has left for you. You will be given a package with what you need, no questions asked.



📞 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

Under 19?

You can get confidential help with [self-harm](#) from ChildLine

– either over the phone or through an online chat.

How to cope with a self-harm relapse

You thought you had your self-harming under control, but now you've started hurting yourself again and you're not sure why. The Mix looks at how to cope with a self-harm relapse.



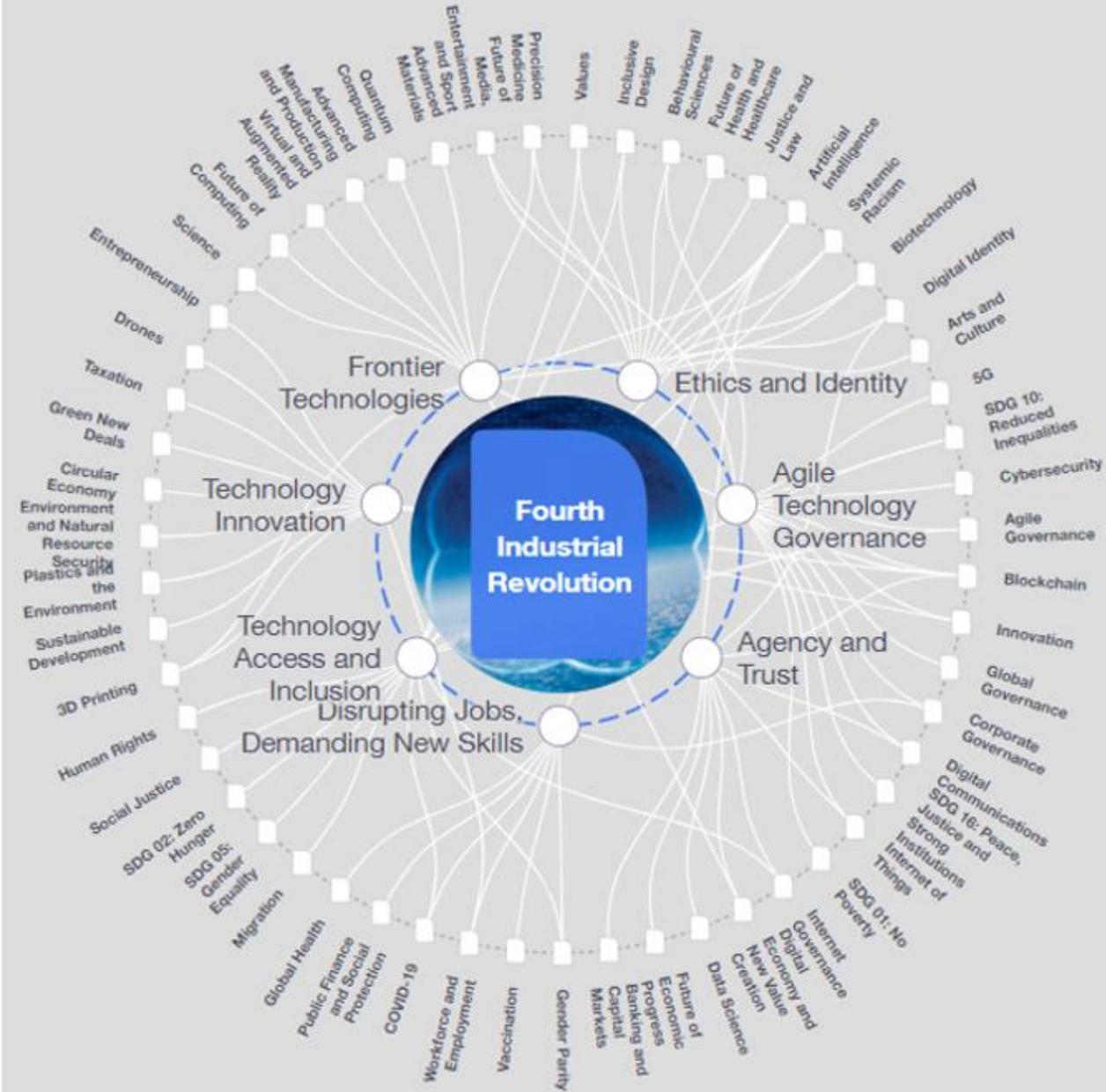
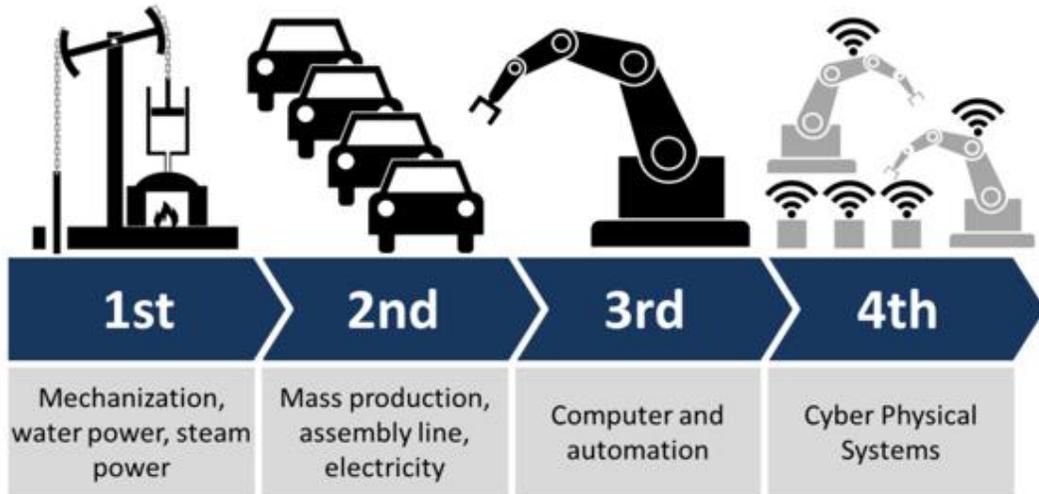
Views 128,120

Why am I self-harming again?

Self-harming again after not doing it for a while isn't anything to be ashamed of. You haven't suddenly become weak, you haven't lost your will-power, and you haven't let yourself – or anyone else – down. Self-harm is often used as a coping mechanism, and there could be a number of reasons you've had a self-harm relapse. Whatever the reason, know that you're not alone and we're here for you.

Key Changes that are transforming the workplace

Industrial revolutions



Unifrog: Apprenticeships panel and CV writing webinars

On 25th and 26th May we're running a **webinar featuring a panel of apprentices at top employers**, and a **CV and Covering letter masterclass**.

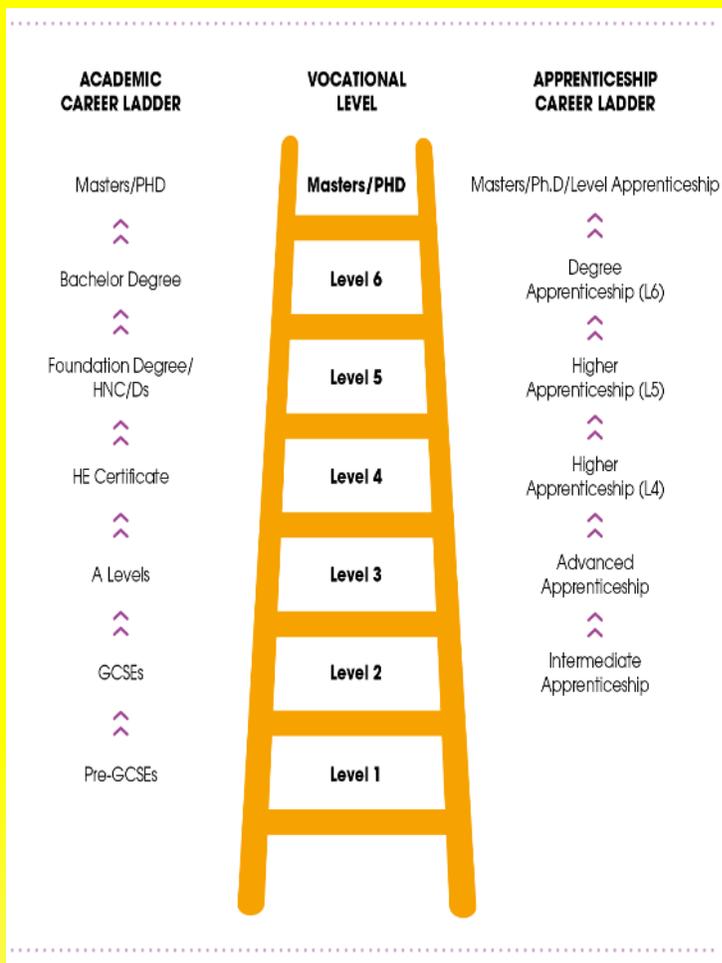
The apprenticeships event will feature apprentices at Google and Morgan Stanley talking about what it's like to do an apprenticeship remotely.

The CV and Covering letter masterclass features two career experts teaching students how to make their applications stand out.

These events are open to any year group.

> More info and students sign up [here](#)

Apprenticeships



What is an apprenticeship?

An **apprenticeship** is a skilled job with training. Every apprentice is **guaranteed a minimum wage** linked to their age. They're available at all academic levels - whether you're leaving school without GCSEs or completing your A-levels. There are apprenticeships in industries like engineering, health and accountancy - plus **a host of careers you'd never think of**. And 9 in 10 apprentices stay in work after completing their course.

Higher apprenticeships

A **higher apprenticeship** is your ticket to a high-skilled job. You'll usually need at least 2 A-levels to start one, and you'll come out with qualifications equivalent to a foundation degree or higher - with any tuition fees paid by your employer! Higher apprentices can earn between £300-500 per week (although you may start lower). You could **train to be a solicitor** or a lab scientist, and even learn how to design sweets with a confectionery apprenticeship!

Degree apprenticeship

Degree apprenticeships guarantee you a university degree, as well as on-the-job training for a high-skilled job. You'll spend 30 hours a week learning from experienced colleagues at work, and the equivalent of one day studying towards a bachelor's or master's degree at uni or college. It gives you the kudos and academic grounding of a degree along with sought-after employability skills employers say graduates don't have. And 8 out of 10 parents think it's better than an Oxbridge degree!

Find an apprenticeship

Search the "find an apprenticeship" service for apprenticeships in England. You don't need an account to search, but if you do create an account you can apply for apprenticeships, get email and text alerts about new apprenticeships and track your applications.

Visit: www.gov.uk/apply-apprenticeship

Tweet: www.twitter.com/apprenticeships

Explore the world of business

People say time goes quicker the older you get, and it couldn't be more true! Just like that, it's time to start **thinking about your next steps**.

It's **natural to have lots of questions** – what course do I want to study? Do I want to live away from home? What are the career prospects in that industry?

You can **explore the world of business** and have your **questions answered** in the [brand-new interactive digital guide](#) from Pearson Business School.

Nottingham University Hospitals

If any of your students are interested in a career in physiotherapy, occupational therapy or dietetics the Therapy Services Team at Nottingham University Hospitals NHS Trust will be hosting another of their successful webinars on **Monday 24 May 2021, 6pm-9pm**. If any of your students are interested in attending the webinar please ask them to register their interest at:

sfh-tr.nottsworkeexperiencehub@nhs.net

I'm a Medic is an online, student-led enrichment activity for schools in Nottinghamshire. Students can learn about the diversity of job roles in the NHS and see how science and healthcare is relevant to them. The Primary Care Zone is running in **June 2021**. Please visit <https://imamedic.uk/> for more information.