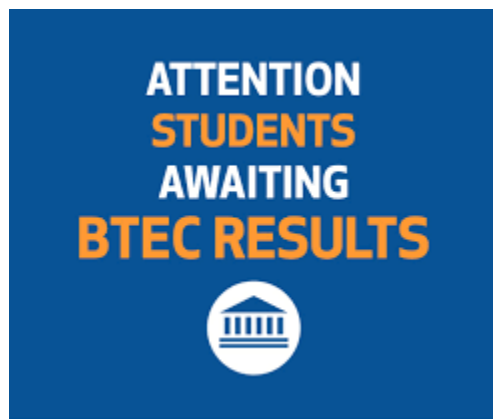




Royal Wootton Bassett Academy Sixth Form Weekly Newsletter #142 15 March 2024



BTEC results collection next week during iLearn
Thursday 21st March. These are from the
January exams.

Students please register with your Tutor and
then come to **SF05** to collect your results.



Year 13 assembly today was focussing on the
final preparation required before they leave
school.

**Students have 25 school days left in school
before the exam season starts.**



Leavers arrangements are being finalised and will be published
next week.

MAKE EVERY MOMENT COUNT

SKILLS FOR LIFE

This week saw our Skills for Life day focus on communication and particularly oracy.

Students had asked for experience and opportunities to practice the art of listening and speaking in a public forum. They recognise that this is often something that students are reluctant to do and needed a safe space to develop their confidence.



Both Year 12 and Year 13 students took part in an interactive presentation to demonstrate the value of listening and importance of communicating. Listened to the TED talk from Celeste Headlee and then students were keen to practice their skills.



https://www.ted.com/talks/celeste_headlee_10_ways_to_have_a_better_conversation?hasSummary=true&language=en

RWBA Sixth Form sports students were asked to become team managers for the day, supporting Year 7 dodgeball teams. They were fantastic at coaching, managing and inspiring the younger students and even helped out on court where needed.



WHAT GREAT LISTENERS ACTUALLY DO

JACK ZENGER, JOSEPH FOLKMAN

1 ASK QUESTIONS THAT PROMOTE DISCOVERY and INSIGHT

TWO WAY DIALOG

CONSTRUCTIVE

2 INTERACTIONS THAT BUILD SELF ESTEEM

↓

CREATE A SAFE ENVIRONMENT

TO OPENLY DISCUSS ISSUES/DIFFERENCES

3 A CO-OPERATIVE CONVERSATION

FEEDBACK FLOWS IN BOTH DIRECTIONS

CHALLENGE/DISAGREE WITHOUT MAKING OTHER PERSON DEFENSIVE

4 MAKE SUGGESTIONS SKILLFULLY

↓

THAT OPEN UP ALTERNATIVE PATHS

GOOD LISTENER IS NOT A SPONGE THAT ABSORBS BUT A TRAMPOLINE TO BOUNCE IDEAS OFF!

LEVELS OF LISTENING

- 1** CREATE A SAFE ENVIRONMENT TO DISCUSS
- 2** CLEAR AWAY DISTRACTIONS AND MAKE EYE CONTACT
- 3** UNDERSTAND THE SUBSTANCE ASK QUESTIONS, CONFIRM
- 4** OBSERVE NON-VERBAL CLUES
↳ 80% OF COMMUNICATION
- 5** UNDERSTAND EMOTIONS & FEELINGS ABOUT TOPIC
↳ EMPATHIZE
- 6** HELP OTHER PERSON TO SEE ISSUE IN DIFFERENT LIGHT



WELLCOME GENOME CAMPUS

On the 6th of March, students from Y10 and Y12 took part in a trip to the Your Genome Campus to have an in depth investigate the incredible work they do

there. My group was led by Cindy Smidt, who used to dissect mosquitoes and conduct experiments and research into malaria, and the absolute passion she showed was inspirational. Our day started with a general introduction to the field of genomics, which currently is dominating the field of biological research.

Genomics is the study of the structure, function, evolution, and mapping of genomes (The complete set of genetic instructions required to build and maintain an organism.) The Your Genome campus

uses this science to study and conduct research into a few things including cancer and effective treatment of it, parasites (like those that cause malaria), and gene sequencing of diseases (like COVID-19). Your Genome campus was where many positive COVID-19 samples went for sequencing to discover different variants and how best to treat

them! We then listened to a talk and presentation on organoids. Organoids are artificially grown cells that replicate the formation and growth they would take in the body; they resemble organ cell structures (hence the name). We learnt about the difficulty in cultivating self-sustaining organoids but also the tremendous rewards they reap. They are incredible for reviewing and trialling treatments for illnesses, for example, cancer, and they also erase the need for animal models/testing, which we learnt are not as useful as believed. The process of deriving organoids is complex as it needs cells to be extracted from tissues then fed and cared for as they grow. Only about 20% (estimate given by speaker) of organoids successfully grow to be self-sustaining, this takes from 6-9 months! Fully sustainable organoids are then frozen and shipped to a non-profit called ATCC (American Type Culture Collection) where they are sold from upwards of





£1000. After this talk, we were then shown into a room where we could see an operating lab, this room also included different generations of genome sequencing machines, even one that would have been used in the Human Genome Project that started in 1990! The overall day was amazing, and every speaker was filled with passion and pride in the work they do and the vital, world changing research they do every day.

By Meadow-Belle Taylor



Economics students also had an away day on Wednesday in Bristol listening to experts in their field preparing them for the examinations.

YEARBOOK

REQUEST FOR PHOTOS & MESSAGES
Calling all Teachers of Year 13/Yr 13
Students.

If you have any photos from events, skills
for life days, or tutor groups of our current
Year 13, please send them to Aaron
McNeill 17aarmcn@rwba.org.uk for the
Year book



YEAR 13 STUDENTS RUN 10K - Race for Life in May - All support welcome!

Rhiannon Caple, Isaac Baker and Phoebe Parkes are putting on their running shoes this May.

Dig deep and let's support the runners and the cause?

<https://fundraise.cancerresearchuk.org/team/we-dont-run-this-city-the-rats-do>



Good Luck!
☺

Bugsy Malone Production – 18, 19, 20 March

TICKETS ON SALE FROM
MAIN SCHOOL
RECEPTION

£10.00 ADULT
£5.00 CHILD

Come along and support
this Production



18TH – 5.00 PM START 19TH - 6.00 PM START
20TH - 7.00 PM START



The easiest way your family can
help fund the expenses of Uni life



Easyfundraising is an online platform that lets students receive free cashback through online shopping. They work with over 8,000 retailers, so anyone can earn cashback on anything they buy online – weekly food shops, renewing insurance, booking travel, and general online shopping all count.

Find out more here:

https://www.easyfundraising.org.uk/funds4uni/?mc_cid=348567d3e5

RWBA Sixth Form Valedictory Event Wednesday 3 July

At DoubleTree Hilton Hotel, Swindon, SN 5 8UZ

6.30 pm – Midnight

Smart Attire

Hot Buffet served from 7.15 – 9.00

Dancing 9.00 - Midnight

**Come along and Celebrate the end of your Sixth Form studies
and the start of your future with your Teaching Staff**

£36.00 - PAY ON PARENT PAY—£20 DEPOSIT NEEDED BY 25 MARCH



BOOK
CORNER



READING FOR TEENS

Thrillers & Short Stories



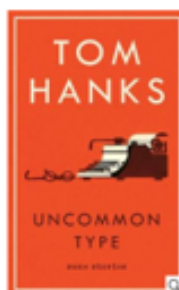
'I was neat, clean, shaved and sober, and I didn't care who knew it. I was everything the well-dressed private detective ought to be. I was calling on four million dollars.'

Los Angeles PI Philip Marlowe is hired by wheelchair bound General Sternwood to discover who is indulging in some petty blackmail. A weary, old man, Sternwood just wants the problem to go away. But Marlowe finds he has his work cut out just keeping Sternwood's wild, devil-may-care daughters out of trouble as they prowl LA's dirtiest and darkest streets. And pretty soon, he's up to his neck in hoodlums and corpses . . .



In this classic collection of four novellas, the grand master takes you on irresistible journeys into the far reaches of horror, heartache and hope.

These are just some of the people and situations that Tom Hanks explores in his first work of fiction, a collection of stories that dissects, with great affection, humour, and insight, the human condition and all its foibles. The stories are linked by one thing:



11 Short
Stories



What if you found out the tattoo on your back was worth over a million pounds? You will discover that just about anything is possible in a Roald Dahl story!



Are you starting university this year?

Wiltshire Community Foundation offers grants to young people in Wiltshire and Swindon who need support with the costs of studying an undergraduate degree at university. The One Degree More bursary is £1,600 for each year of the course to help with general living expenses, course costs, books and equipment. We are now open for applications for those stating university this year.

Who is eligible to apply – young people can apply for a university bursary if they:

- are under 24 years old
- have lived in Wiltshire or Swindon for at least 2 years
- parents or guardians receive 2 means-tested benefits (2 elements of Universal Credit)
- eligible for funding through Student Finance England
- studying for first undergraduate degree at a UK university or college

Or

- are a young person in the care of Wiltshire or Swindon Borough Council (LAC)

Applications close on 5 April 2024. Apply today by visiting: www.wiltshirecf.org.uk/grants-and-support/individuals/university-bursary-one-degree-more/

Dare 2 Healthcare Programmes

Swindon summer school for aspiring NHS healthcare workers



Are you a year 12, T Level, A Level, NVQ 3 or equivalent student? Welcome to our Dare 2 programmes at Great Western Hospital! Join us in person for two days packed with inspiring talks, hands-on workshops, shadowing in a clinical area and gain an insight into the Nursing, Care, Midwifery and *Allied Health Profession role (please ensure you book onto the specific course for the desired profession). Learn about the roles and understand how you can qualify for the role and make a difference.

*Allied Health Professions include:

- Diagnostic Radiographer
- Dietitian
- Occupational Therapist (OT)
- Operating Department Practitioner (ODP)
- Orthoptic
- Paramedic
- Physiotherapist
- Podiatrist
- Speech and Language Therapist

Learn how these roles contribute to the NHS. Are you ready to take the plunge? Dare 2... with us!

The courses are as follows:

- Dare 2 Nurse- Tuesday 16th and Wednesday 17th July 2024 10:00- 15:45
- Dare 2 Midwife- Wednesday 24th and Thursday 25th July 2024 10:00- 15:45
- Dare 2 Care- Tuesday 30th July and Wednesday 31st July 2024 10:00- 15:45
- Dare 2 Allied Health- Tuesday 13th and Wednesday 14th August 2024 10:00- 15:45

Both days will need to be attended to complete the course. The course is free of charge.

Who can apply?

The course is open to current Year 12 students (16 years old or older), that have already achieved a Grade 4 or above in GCSE English and Maths (Grade 3 for Dare 2 Care), live within a 19 miles radius from the Great Western Hospital Swindon and are interested in a career in one of the above pathways. Please apply through the QR code or link below. Please note that places are limited and a booking will need to be made for each individual wishing to apply. In the event that the course is full, a waiting list will apply. If you have booked a space and are no longer able to apply, please ensure you cancel the space so it may be offered to another student.

For further information contact Sarah King or Katie Banks
email: sarah.king108@nhs.net; katie.banks5@nhs.net



[Dare 2
Midwife](#)



[Dare 2
Allied Health](#)



[Dare 2
Care](#)



[Dare 2
Nurse](#)

The wellbeing and identity cabinet will be holding a bake sale in main school, we are looking for volunteers to donate cakes so if you can please make a list of ingredients used and email anyone in the cabinets their emails are down below.



Easter bake sale

SELLING:

- CUPCAKES
- COOKIES
- CAKE POPS
- SWEETS

TIMINGS:

on the 22nd March

at break
11:10-11:30

Bake sale held by Identity and Well-being cabinet
to raise awareness about neurodiversity

Spotlight on Careers video resources

Our Spotlight on Careers series shines a light on skills for today and the exciting challenges of tomorrow. Available on demand in 30-45-minute sessions, these highly inspirational episodes highlight technical education and apprenticeships helping students on the first steps in careers planning and educators to provide engaging careers advice to meet Gatsby Benchmarks 2, 4, 5 and 7.

We work with industry leaders in their fields to bring you high-quality content which will excite your students and which is free to access.

<https://worldskillsukevents.org/ondemand/register>





Spotlight on Careers

Explore apprenticeship and technical careers in engineering, digital, construction and hospitality careers with BCS, BAE Systems, Autodesk, Amazon, The Hospitality Apprenticeship Group and the BFI.

In partnership with BCS (British Institute for IT) and BAE Systems.



Spotlight on Green Jobs

Open students' eyes to the evolving landscape and potential of green careers, hearing from a range of organisations such as Omron, Autodesk, BCS, NCFE, The IMI and STEM Learning.



Spotlight on digital skills

We worked with Rolls Royce, Dell and NWSLC to name a few to bring you inspirational content around the growth and importance of digital skills and apprenticeships.



Advanced Mathematics Support Programme®

Do you have no idea what you want to study? Are you looking for ideas, different career paths, or other student views on studying maths?

Are you thinking about studying Mathematics at university and wondering about the application process?

Or are you considering applying to a university which requires or encourages an admissions test?

SUMS – is the maths magazine for you!

SUMS is a monthly web magazine for all A level Mathematics students. Each issue is packed full of support, resources and advice, with regular features such as:

Where can maths take you? – Interviews with maths graduates

Preparing for university – Each month includes advice for what you could and should be doing now. From websites to explore and competitions to enter. Explore how to develop your skills for University Admissions Tests.

Studying at university – Get the lowdown from students and lectures about what it's like to study maths

Do some maths – puzzles, problems, and new maths topics

Issues are published on the second Monday of every month.





For a successful and rewarding career in personal taxation without the need for a university degree, consider Dixon Wilson as an employer of choice.

What We Offer: Tax Apprenticeship Scheme

As part of our Tax Apprenticeship Scheme, our trainees will combine work with studying towards professional qualifications. Successful candidates start with study towards the ATT (Association of Taxation Technicians), followed by further studies towards the CTA (Chartered Tax Advisor), the highest level of tax qualification in the UK. The ATT and CTA qualifications form a four-year Level 4 & 7 apprenticeship programme with Dixon Wilson.

We pay all the costs for professional exams, including tuition courses, study manuals, textbooks, and examination fees for the first sitting. During the tax apprenticeship scheme, trainees will receive paid study leave to attend the tuition courses and exams.

Apply here:

https://dixonwilson.pinpointhq.com/en/postings/61d1d190-c4ef-4f28-ab14-76af7641ce65?utm_source=Success+at+School+-+Newsletter+Signups&utm_campaign=735a8990eb-EMAIL_CAMPAIGN_2024_DIXONWILSONNLSIGNUPS&utm_medium=email&utm_term=0_f941b299be-%5B%5D&goal=0_65c6d67e71-735a8990eb-211973597&mc_cid=735a8990eb

Goodstuff^z

Your
Game
Plan

present

The Pitch

Welcome to The Pitch

Have you ever thought about how advertising works? Have you ever wondered where the advert you're looking at came from, who made it, how it ended up in front of you?

The Pitch is your chance to learn how advertising works and get first-hand experience of working in the industry.

You'll also get the opportunity to win one of 100 amazing work placements in the industry at the likes of JD Sports, Goodstuff, Instagram, Channel 4 and more.

But that's not all! The winning team will also see their advert come to life as they join the JD Sports Marketing Team at their Head Office in Manchester. Here, they'll learn how to create standout campaigns for JD's global brand! From capturing social content, to going behind the scenes at a photography shoot, the winners will get the opportunity to learn first-hand how one of the biggest brands creates 360 campaigns. What's more, each winner will receive a £100 JD voucher to splash out on a new 'fit or the latest pair of kicks.

The Competition

In teams of up to 4 (or as an individual) you need to create an advertising concept and advert(s) for JD Sports' 2024 Christmas advertising campaign.

You will need to create 1,2 or 3 advertising assets and a supporting media plan to help identify where you'd place your advert(s) and who you'd be targeting.

You'll need to think about paid media: TV, social media, radio, posters, cinema, magazines, etc.), and owned media: JD stores, JD website, JD email database, JD Duffel bags, etc. Your creative execution could be images, drawings, audio, video, however you want to bring your creative idea to life.

There will then be a shortlisting stage to identify the top 25 teams. Then, they're invited to Instagram's headquarters in London on 26th June to pitch their idea, (just like they do in the industry) to a panel of experts. All expenses will be covered.

ENTER HERE:

https://accounts.google.com/v3/signin/identifier?continue=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2Fe%2F1FAIpQLSei2vT_MjStZNpjxw30Sx0EbZib_DvxB1niKiXs7ZjhzOPGMQ%2Fviewform%3Fusp%3Dsf_link&followup=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2Fe%2F1FAIpQLSei2vT_MjStZNpjxw30Sx0EbZib_DvxB1niKiXs7ZjhzOPGMQ%2Fviewform%3Fusp%3Dsf_link&ifkv=ATuJsjwXx5tLMhNcyiutTsmmcPVqmkjTeOQkgefgVI9KF-zN1zNC9BIYmdDDwNIgFiFDUB-Ye9ROg<mpl=forms&osid=1&passive=1209600&service=wise&flowName=GlifW ebSignIn&flowEntry=ServiceLogin&dsh=S1141714370%3A1710350404414502&theme=glif

Entries open 4 March and close 17 April 2024

Supporting documents to help you ace the competition

Please click here to download supporting documents to give you the insight you need to nail the brief

- The advertising brief from JD sports
- Lesson plans for teachers
- Best advice on how to create a media plan – brought to you by Goodstuff
- Top tips on how to get to a creative idea – brought to you by D&AD

Ready to submit your entry? Click below to take the first step on your career in advertising!

<https://drive.google.com/drive/folders/1VjzUiJnxFc17UkSiRcnAefQqk86IV9c?scrlybrkr=f260fbc5>



The future is yours.



SPEAKERS for schools

We're excited to share this week's **Live Broadcasts Schedule** – a unique opportunity for students to engage with leading figures across diverse industries. These interactive sessions are not just informative but also a platform for students to voice their questions through a moderated Q&A.

- **BACKSTAGE PASS: CAREERS IN THEATRE WITH NICK HYTNER, FOUNDER, THE BRIDGE THEATRE**
- **WHAT CAN ART DO IN THE WORLD WITH GAVIN WADE, DIRECTOR AND ARTIST-CURATOR, EASTSIDE PROJECTS**
- **THE ROI OF PERSONAL DEVELOPMENT: INVEST IN SUCCESS WITH VISHA KUDHAIL, MARKETING LEADER, BOARD ADVISOR, FORMER DIRECTOR OF BUSINESS MARKETING EMEA, PINTEREST**
- **SPOTLIGHTING INTERNATIONAL WOMEN'S DAY WITH TATA CONSULTANCY SERVICES**
- **INDUSTRY SPOTLIGHT WITH EMMA “EMZII” ROSE FROM BRITISH ESPORTS**
- **WORKING IN EDUCATION WITH HANNAH WILSON, DIRECTOR, DIVERSE EDUCATORS**
- **INDUSTRY SPOTLIGHT WITH RICHARD WASSON, COMMUNITY SAFETY LEAD AT THE UK COASTGUARD**
- **INDUSTRY SPOTLIGHT WITH MONDELEZ INTERNATIONAL/CADBURY**
- **INDUSTRY SPOTLIGHT WITH FUTURE TRAINEE SOLICITOR GRACE ISHOLA: SOFT SKILLS FOR YOUR FUTURE**

https://www.speakersforschools.org/upcoming-broadcasts/?utm_source=iterable&utm_medium=email&utm_campaign=educator

Broadcast Video Library



SPEAKERS for schools

See below just a snapshot of all the recordings that are now available on demand.

https://www.speakersforschools.org/inspirational-talks-library/?utm_source=Iterable&utm_medium=email&utm_campaign=educator

<p>Restart-me.team</p> <p>James Burstall, CEO, Argonon – Sanjay Singhal, CEO Voltage TV – Nicola Shindler</p> <p>Craig Glenday, Editor-In-Chief, Guinness World Record</p> <p>Craig Glenday, Editor-In-Chief, Guinness World Record Stay creative With Your Creative Writing Monda...</p>	<p>Bridget Rosewell CBE, Senior Adviser & Co-founder, Volterra Partners LLP & Chairman, Atom Bank and Dr. Juliana Carneiro, Fhea, Fwihea Teaching Fellow In Economics</p> <p>Bridget Rosewell CBE, Senior Adviser & Co-founder, Volterra Partners LLP & Chairman, Atom Ba...</p>	<p>James Burstall, CEO, Argonon – Sanjay Singhal, CEO Voltage TV – Nicola Shindler OBE, Executive Producer, Chief Executive Quay Street Productions – In Partnership with Pact and Into Film</p> <p>James Burstall, CEO, Argonon – Sanjay Singhal, CEO Voltage TV – Nicola Shindler</p> <p>Sue Hill, Chief Scientific Officer, NHS England</p> <p>Sue Hill, Chief Scientific Officer, NHS England STEM In The NHS – NHS 75 Wednesday 8th November...</p>	<p>Annie Warburton, CEO & Creative Director, Cockpit Arts Craft and Design T-Level – Creating...</p> <p>Chris Grant, Executive Medical Director, North West Ambulance Service NHS Trust</p> <p>Chris Grant, Executive Medical Director, North West Ambulance Service NHS Trust What Its Like To Wor...</p>
<p>Dr. Gregor Smith, Chief Medical Officer, Scottish Government</p>	<p>Christian Scotland-Williamson, Former Two-Sport Professional</p>	<p>The Business Story Of Indu – The Makeup And Skincare Industry With Aaron Chatterley & Lulu</p>	<p>The Business Story Of Indu – The Makeup And Skincare Industry With Aaron Chatterley & Lulu</p>



UNIVERSITY OF
OXFORD



QUANTINUUM

IBM Quantum

Learn About the Quantum World... ...in Pictures!

Join us online from **June 5th** to **August 13th**, 2023, for free courses taught by researchers from the University of Oxford and Quantinuum. The courses consist of ten weekly lectures and tutorials for high school and sixth-form students in the UK aged 16 and up. **Apply now!**

By taking part, you will be part of an innovative movement in science challenging the viewpoint that 'quantum theory cannot be taught before the undergraduate level'.

Upon completing the course, you will receive a certificate and your own limited-edition Quantum in Pictures textbook!

This course is led by

Professor Aleks Kissinger
Department of Computer Science
University of Oxford

Professor Bob Coecke
Chief Scientist
Quantinuum



Application link [here](#)
or scan the QR code

Authors of the textbook
Picturing Quantum Processes:
A First Course in Quantum Theory
and Diagrammatic Reasoning





Y12 Online Masterclass

17 JUN 2023

Secondary school events Events for prospective students

Considering applying to Oxford to study Physics? Join us for a day of finding out more - about Oxford, about Physics, and about what you can do to take your studies to the next level.

As well as including our Physics Access Officer's guide to Oxford admissions, this day of online workshops and lectures will also feature a lecture on cutting edge physics research and interactive problem-solving workshops, plus a chance for you to put your questions to our panel of current Oxford Physics students.

You need to register in advance for this event. The deadline for registration is 16:00 on Monday 12th June.

<https://www.physics.ox.ac.uk/events/y12-online-masterclass-0>

Timetable for the day

Below are some of the highlights in the timetable for the Masterclass. There will be regular breaks throughout the day, and time for lunch too!

10:00 - Talk - Welcome & Introduction to Oxford Admissions (Dr Kathryn Boast)

11:00 - Lecture

12:00 - Workshop - How to solve problems

13:50 - Problem-solving out loud (Kathryn Boast)

14:40 - Q&A (Oxford Physics students)

15:30 - Finish



- What is a career in science and research like?
- What science and research careers can I do?
- Is a career in science and research for me?
- How can I start a career in science and research?
- What science and research qualifications are available?

Did you know these science and research facts?

- **Sugru** - an amazing, colourful rubbery stuff that sticks to anything - was invented by an art student with a great idea and a homemade lab. [Read her amazing story here.](#)
- There are 8 times as many atoms in a teaspoonful of water as there are teaspoonfuls of water in the Atlantic Ocean!
- The average person walks the equivalent of five times around the world in a lifetime.
- Hawaii is moving towards Japan at a rate of 10cm per year because they are on two different tectonic plates, which are pushing together. If they keep moving together at the same rate, it will take over 60 million years before you can hop from one to another on foot.

Find out more here:

[https://successatschool.org/career-zone/science-research/34?utm_source=Success+at+School+-+Newsletter+Signups&utm_campaign=f337016fea-British Science Week 2024 NL Signups&utm_medium=email&utm_term=0 -36c2e0b71a-%5BLIST EMAIL ID%5D&goal=0 65c6d67e71-f337016fea-211973597&mc_cid=f337016fea&mc_eid=bd69c7df25](https://successatschool.org/career-zone/science-research/34?utm_source=Success+at+School+-+Newsletter+Signups&utm_campaign=f337016fea-British+Science+Week+2024+NL+Signups&utm_medium=email&utm_term=0_-36c2e0b71a-%5BLIST+EMAIL+ID%5D&goal=0+65c6d67e71-f337016fea-211973597&mc_cid=f337016fea&mc_eid=bd69c7df25)



Over 84% of Future First volunteers are in careers they didn't see themselves in when they were at school.

To celebrate National Careers Week, we asked our alumni volunteering community to share insights into their careers to show current students that it's ok if you don't know what you want to do, and it's ok if your plan changes along the way.

Only 16% of respondents to our recent careers insights survey said they were in currently in the career they wanted to be in when they were at school. We had over 50 volunteers share their journey, here's just a snippet of some of the stories and advice shared:



Only one in eight children from a low-income background is likely to become a high earner as an adult.



Nearly 50% of the most persistently disadvantaged children (on free school meals) don't know anyone in a job they would like to do.



Less than half of 15-year-olds think 'people like me' will be successful compared with 71% of 11-year-olds and 74% of six-year-olds.



“

...now we are more confident, full of questions and much more prepared to speak up. All in all, we're much better prepared for life after school - whatever that may look like.



“

The sessions have shown me that the world is a whole lot more open than you can see from school.



“

Meeting alumni has shown me what I can achieve - they've done it, and so can I.

Ashley

Wanted to be a: doctor

Is now: working in consumer insights in the toy industry

"As an impressionable young man, I wanted to be exactly what my parents wished: a doctor. When I was at school, we didn't know much about careers beyond the 'traditional' paths of doctor, lawyer, scientist, etc so it seemed an easy decision to make. Coming from an ethnic minority background, my career choice (at the time) was a very high ambition! Plus, I didn't want to let my parents down.

I now work for one of the world's largest toy companies, in Consumer Insights. My job involves understanding children and adults all over the world, what their interests and passions are, and then translating this into strategic actions for our business to continue delivering a great play promise. I can be looking at data and crafting analysis one day, and then listening in on consumer focus groups the next, and taking part in projects that are more personal to me such as developing diversity and inclusion strategies for our organisation and products. I'm fortunate to be able to travel with my job too, and I love it. I can see myself here for several years, which is rare in this day and age!

Ashley's advice: It is okay to not know exactly what path you want to follow when you're still in full-time education. We are fortunate to be in a world now where there are an almost endless set of choices you can make – the one piece of advice I would offer though is to be curious and research any areas that you are genuinely interested in.

There are lots of resources available to help you understand different careers and what they involve, the key is to try and chase a passion you have as you'll have a head start in knowing what it's all about. Don't be afraid to reach out and ask careers advisers for help, they have a big network that can be called upon to offer tips and advice. You won't regret it."

Ryan

Wanted to: work in the media

Is now: management consultant in healthcare/NHS

"Be open-minded about the variety of career pathways available today. Take risks in your academic journey; employers are equally interested in an individual's softer skills as well as academic capabilities. When in full-time employment seek out opportunities within organisations and volunteer to do things outside of your immediate area of responsibility as well as comfort zone. Being a good communicator is essential, this includes both written, verbal and listening skills. Seek out like-minded colleagues and peers and don't be afraid to ask for help from more senior or experienced colleagues, you'll be surprised at how receptive people are about helping and talking about themselves!

I have enjoyed a varied career that started in the private sector, in events, training, and conferences, but have since had over 20 years working in the public sector across, civil service, local authority, and NHS. Over the years I have had help from amazing leaders, mentors, and career coaches. My own successes have influenced and shaped those around me, managing professional networks is key!"

Nina

Wanted to be a: forensic pathologist, vet, actress

Is now: mental health nurse

"I never really knew what I wanted to do. All of my friends seemed to have really clear ideas and I always felt as though I was drifting a bit – just waiting to have that bolt of lightning moment when I'd realise what I was destined to be. It never really happened for me.

When I was little I wanted to be a vet, but I was never very good at science. Then I started watching *Silent Witness* and wanted to be a forensic pathologist. Until I found out I'd have to go to medical school and work as a doctor first. I knew I liked drama so I thought about being an actress, but the uncertainty of that always put me off. Then I (very briefly!) debated teaching drama.

I did a careers test at school and it told me to be a nurse – which I rejected immediately as that was my mum's job. Or to work in the funeral industry. Which felt very out of left field. I chose my GCSEs, A Levels, and undergraduate degree without any career goals in mind. I slightly winged it and went for subjects I enjoyed and hoped that at some point I'd be struck by inspiration and everything would fall into place.

I have learnt that education and careers are very rarely a straight path. My journey to nursing was a slightly chaotic one, where I never really knew what the end goal was. When I finished school I went to university and did a degree in Drama and History. I didn't have any plans in mind so I just threw myself into any opportunity that came my way. I was in a film (terrible, never released); I went to Romania to teach drama workshops; and I went to the US to work at a summer camp over two summers. At the end of university I still didn't know what I wanted to do for a career, so I went out and got a job.

I worked in a call centre for a credit card company activating credit cards. I hated that so I quit to become a kayak instructor. Then I realised I was becoming a kayak instructor in January and it was absolutely freezing on the lake. I lasted a week before quitting and got a job working in customer service in an office. In the meantime, a friend and I both decided we didn't like our jobs, and had no idea what kind of careers we wanted, so we quit and went backpacking around Australia for a year.

When I got back I decided I was going to live with my mum, save up, and move to London to intern in some theatres. To save the most money I applied for jobs that were walking distance from her house. My choices were the Co-Op or a psychiatric hospital. The hospital paid a pound more an hour so I ended up working there as a Support Worker. I thought I'd stay for six months, and I ended up there for two years. I loved it. I spoke to staff in various careers and realised that nursing was the one for me. I ended up moving to London to study mental health nursing. That was 12 years ago and I'm still a nurse, and love my job (stressful though it can be).

Nina's advice: I learned that it's OK not to know what you want to do. It's OK not to have a plan. And it's OK to take opportunities without knowing where they might lead. "



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sfe
student finance england

Student Finance England opened this week. We have University experts coming in on 16th April to explain the whole process to students. We will then launch to parents. Watch this space!!!

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This session will include an exploration into the field of pharmacology, understanding how medicines work in the body, how new targets are identified and new drugs discovered, along with guidance on degree and career opportunities in this field.

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10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing: it's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives; during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

