



# Careers Newsletter

22<sup>nd</sup> June 2020

It's been great having some students back in school and college over the last week, but as before, the majority of us are still at home. While at home it's important for us to be aware of our own wellbeing. See below for some tips on how to help you to look after yourself.

## 22<sup>nd</sup>-26<sup>th</sup> June – World Wellbeing Week

As the world changes rapidly all around us, it's more essential than ever to pay attention to our physical and mental wellbeing. With increasing amounts of uncertainty in our lives, combined with new work routines and less human connection, there are real and present threats to the long term mental health of anybody not prepared to take proactive measures.

The teams at **Amazing Apprenticeships**, **Gen Healthy Minds** and **AELP** have put together a complementary online masterclass series, designed for Apprentices and those supporting them, but useful for students and teachers as well. All webinars in the series are available to access as recordings, completely free of charge with unlimited access.

- Mindfulness Masterclass series led by expert speakers, George Anderson and Dr Vikki Barnes, individual mindfulness exercises, a special one-off webinar for Mental Health Week (<https://amazingapprenticeships.com/wellbeing/>)
- 50 Amazing Apprenticeship Support Activities guide (<https://amazingapprenticeships.com/resource/50-amazing-apprenticeships-support-activities>).

## 22<sup>nd</sup> June, 11.30am – Maths4Girls with Kate Kalashnikova & Ana Cueva

Maths4Girls events feature role models who work within finance, investment and STEM (Science, Technology, Engineering & Maths) industries to talk about how they use Maths Skills in their every day working lives. These events can help students learn about a range of attributes to boost employability, to develop enterprise opportunities and to prepare for the world of work. In addition to this, students will gain an in-depth understanding of why skills such as resilience, conflict resolution, communication and independence are important within the workplace.

- **Kate Kalashnikova** is Head of European Medical Technology at Equity Research.
- **Ana Cueva** has an Msc in Creativity Innovation and Leadership.

Register here: [https://zoom.us/webinar/register/WN\\_K2tUyu5PO-uHZzX2M0--qQ](https://zoom.us/webinar/register/WN_K2tUyu5PO-uHZzX2M0--qQ)

## 23<sup>rd</sup> June – International Women in Engineering Day

International Women in Engineering Day is the opportunity to celebrate all the brilliant work that female engineers do! There are a few things going on to support this day, please do join in!

### Social Media Campaign, 23<sup>rd</sup> June 2020

Do look out for the tag #IWED20 shouting about the achievements of female engineers, like, share, retweet! ALET Schools and Colleges shall also be joining in.

### IWED Webinar, 23<sup>rd</sup> June 2020 – 15.30-17.00

The Institution of Mechanical Engineers, the Institution of Chemical Engineers and Wood plc. are putting on an event to mark International Women in Engineering Day. Keynote speakers will share their engineering careers to inspire the next generation and support those already in the profession. If you're interested in attending then please fill in this form: <https://bit.ly/2YOGcEo>

### Thames Water International Women in Engineering Webinar, 1<sup>st</sup> July 2020, 11.30am

Thames Water are organising an event to celebrate International Women in Engineering Day, featuring Steph Mitchell, Executive Director of Careers and Destinations and Director of Design and Technology at UTC Reading. Will be talking about UTC Reading and what they do to promote engineering. More details to follow, but this will be a great event to tune in to.

## 23<sup>rd</sup> June, 11.30am – Role Model Event with Kelly Brewer & Lucy Barnard

Join Founders4Schools interactive [online event](#) where inspirational leaders from the world of business share their unique career journey. By sharing insights, career guidance, lessons and tips to motivate and inspire we hope to support young people to make informed decisions about their future. Similar to a TED Talk, speakers will share their career journey for 8 - 10 minutes, followed by a lively Q&A session where students can ask questions online.

- **Kelly Brewer** is the founder and CEO at Engaging Tech. With a strong entrepreneurial outlook and passion for building a happy, motivated and high performing business. She focuses on the business direction, launching products and building great relationships with clients. Kelly sits on Women In Tech panels and works with local schools to encourage tech jobs for students or graduates.
- **Lucy Barnard** is HR Business Partner for Group Connections at Jardine Motors Group. Skilled in Customer Service, Customer Satisfaction, Customer Retention, Coaching & Mentoring, and Team Building.

To save your seat visit: <https://www.founders4schools.org.uk/events/5675-999001152-f4s-digital/>

## 23<sup>rd</sup> June, 2pm – Tamara Holmgren, Engineer & Project Manager, BP

Join SpeakersForSchools and Tamara Holmgren, Engineer and Project Manager at BP on International Women in Engineering Day for an interview that will focus on STEM careers and Tamara's career journey to date. Watch live talk here: <https://bit.ly/2N5NYnT>

## 24<sup>th</sup> June, 10am – Maurits van Tol, Chief Technology Officer, Johnson Matthey

Part of the SpeakersForSchools Vtalks Series, Maurits van Tol will be interviewed by SFS before moving to student Q&A. Tune in to learn more about Maurits' career in STEM and life lessons and advice.

Watch the live talk here: <https://bit.ly/2YgPYQF>

## 25<sup>th</sup> June, 2pm – ALET Industry Insights: Aaron Rudman-Hawkins, Founder & Managing Director of The Evergreen Agency

We look forward to hearing from **Aaron Rudman-Hawkins** from **The Evergreen Agency** (<https://theevergreenagency.co.uk/>) on Thursday 25<sup>th</sup> June at 2pm, when he will be speaking to us about setting up his own business and tips and tricks on Entrepreneurship. ]

After managing Search Engine Optimisation (SEO) and Pay per Click (PPC) for a range of different companies **Aaron Rudman-Hawkins** set up his own business **The Evergreen Agency** in 2013. **The Evergreen Agency** are experts in SEO and PPC. They work with companies to help them reach their target customers in a cost-effective and measurable way.

To learn more about what they do and to gain Aaron's insights into setting up your own business register here for the link to the livestream online event: <https://www.eventbrite.co.uk/e/industry-insights-aaron-rudman-hawkins-the-evergreen-agency-tickets-108702965496>

## Reminders: 25<sup>th</sup> & 26<sup>th</sup> June - RAL Talks & Tour

**25<sup>th</sup> June, 2pm – Exploring inside atoms to understand the universe – Particle physics with Dr Ben Smart at Rutherford Appleton Laboratory.** What's inside atoms? How do the smallest things that make up the universe work? How do we learn new things about them? Come find out the answers, and explore the world of particle physics, with physicist Dr Ben Smart. To register, please visit: <https://talkingscience2019-20.eventbrite.co.uk>

**26<sup>th</sup> June, 2pm - Scientific Computing at Rutherford Appleton Laboratory.** Join us for a virtual tour around our Scientific Computing facility and hear about some of the fascinating work we do – working with experiments and organisations around the world including the Large Hadron Collider and the Met Office. We will also introduce a challenge for under-18s based on the flexipede – one of the first computer animations in the world, which was created at RAL in 1967. We'll ask young people to send us their code, and one entrant will receive a prize of an Arduino Starter Kit. This is also a great opportunity for young people to find out what it's like to study and work in computing – one of the key skills employers are looking for at the moment! To register, please visit: <https://scientificcomputing-jun2020.eventbrite.co.uk>

## Online Resources for Careers

As mentioned before there are lots of great resources online for finding out about careers. Here are some links that might be useful to you:

### Careers Research

<https://nationalcareersservice.direct.gov.uk> – click on job profiles

[www.icould.com](http://www.icould.com) – careers info by sector, plus personality quiz

[www.careersbox.co.uk](http://www.careersbox.co.uk) – careers info by sector

### Apprenticeships

<https://www.findapprenticeship.service.gov.uk/apprenticeshipsearch>

<https://www.getmyfirstjob.co.uk>

<https://www.notgoingtouni.co.uk>

### Job Search

[www.gov.uk/jobsearch](http://www.gov.uk/jobsearch) / [www.indeed.co.uk](http://www.indeed.co.uk) / [www.fish4jobs.co.uk](http://www.fish4jobs.co.uk) / [www.jobsite.co.uk](http://www.jobsite.co.uk)

### Universities

[www.push.co.uk/Uni-Chooser](http://www.push.co.uk/Uni-Chooser) - course generator for those Year 12s who are interested in Uni, but unsure what to study.

[www.ucas.com](http://www.ucas.com) – the official website for information about universities and for applying to courses. Lots of information.

[www.whatuni.com](http://www.whatuni.com) – course finder which enables you to search for courses.

<http://Unistats.direct.gov.uk> – government website comparing data from all undergraduate HE courses. Very useful for comparing courses at different universities.

[www.studential.com](http://www.studential.com) – general advice on applications and a really good section on personal statements including real examples on dozens of subjects.