



## **Good morning Post 16.**

Busy week this week as we have careers day on Wednesday. Year 12 will be spending the day preparing for and then attending the UCAS and apprenticeships fair; year 13 will be doing workshops in school. Please make sure you have signed up using the link on the noticeboard or you may be assigned something you don't want.

**Mrs O**

# Opportunities/Advice

## Interesting and Interested?

Here you can find links and information about opportunities for you to expand your academic horizons through webinars, online and live lectures and online courses, as well as college open days, apprenticeship opportunities and summer residentials.

Take a look – there may be something perfect for you!

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**March Gresham Lectures: go to <https://www.gresham.ac.uk/whats-on?see-all>**



### **The Mathematics of Coincidence**

Professor Sarah Hart  
Tue, 05 Mar 2024 (1pm)

• [Watch Online](#)

• In-person tickets sold out



### **Climate Tipping Points in Oceans, Ice, Forests**

Professor Myles Allen  
Tue, 05 Mar 2024

• [Watch Online](#)

• In-person tickets sold out



### **Ritual Nudity in History and Religion**

Professor Ronald Hutton  
Wed, 06 Mar 2024

• [Watch Online](#)

• In-person tickets sold out



### **Ancient Greek Ideas of Equality under the Law**

Professor Melissa Lane  
Thu, 07 Mar 2024

• [Watch Online](#)

• In-person tickets sold out



### **Modern Concepts of ADHD**

Professor Peter Hill  
Mon, 11 Mar 2024

• [Watch Online](#)

• In-person tickets sold out



### **Democracy: Ancient Models, Modern Challenges**

Professor Melissa Lane  
Thu, 14 Mar 2024

• [Watch Online](#)

• In-person tickets sold out

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## Oxbridge Applicants

### ***For Students:***

These sessions are aimed at Year 12 students who may be considering making an application to Oxford or Cambridge, and would like to find out more about student life and the admissions process. Younger students are more than welcome to attend if it would be helpful. We recommend that students attend both sessions, as they offer different insights into Oxbridge. As such, both sessions are repeated to suit your availability.

**Sign up form: <https://forms.office.com/e/THJFd5qWvn>.**

### **Session 1: Introduction to Oxbridge and Student Life**

This session will introduce students to Oxford and Cambridge, explaining their similarities and differences, and will explore both the collegiate system and the tutorial/supervision mode of teaching. Students will also hear from current undergraduate students about what it's like to study at Oxford and Cambridge.

**Tuesday 23rd April, 09:30 - 11:00**

or

**Thursday 25th April, 13:30 - 15:00**

### **Session 2: Applying to Oxbridge**

This session will explain the admissions process for both Oxford and Cambridge, giving advice on personal statements, admissions tests, and interviews. Students will also gain insight from one of

the College's Admissions Tutors.

**Wednesday 1st May, 09:30 - 11:00**

or

**Thursday 2nd May, 13:30 - 15:00**

***For Parents and Supporters:***

This session is aimed at parents and supporters of students considering Oxbridge, and how they can best support them in making their application. The session will also cover the application process and information on fees and funding.

**Wednesday 2nd May, 18:00 - 17:00**

Please forward this opportunity onto the parents and supporters of your students. **The registration form for this session can be found here: <https://forms.office.com/e/TnLLgvZqeU>.**

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**Sutton Trust Summer Schools**

Our [UK Summer Schools 2024](#) are now open for applications.

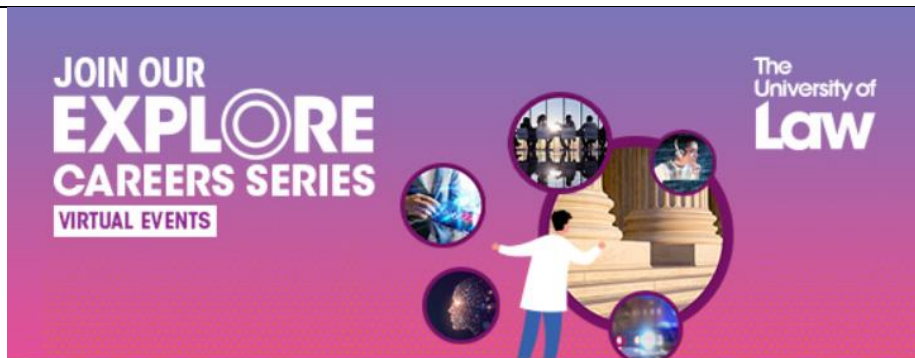
Giving state-school pupils a fantastic opportunity to learn about what life is like at one of 13 leading UK universities, our Summer Schools are a key part of our programmes offering. Students on these programmes will spend a week living in halls, taking part in academic sessions, meeting young people with similar interests, and gaining valuable insights into the world of higher education.

In addition to our Summer Schools, we are also now accepting applications for our [Access Apprenticeship](#) programme. This programme offers state-school pupils the chance meet employers and like-minded peers, and learn more about how to access top apprenticeships. The programme is one year long, with students able to learn more about one of three different apprenticeship sectors, depending on their location: Banking and Finance (London based), Engineering (Birmingham based), and Law (London based).

Applicants to these programmes must be studying in Year 12 in England or Wales, Year 13 in Northern Ireland, or S5 in Scotland (or equivalent), and have always attended a state-funded school. Applications close around mid-March.

**Find out more**

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## Meet professionals in our Explore Series

As well as an introduction to **career pathways**, students can meet professionals related to different subject areas in next week's Explore events:

- **Clinical Psychologist** (5 March 4-5pm)
- **Trainee Solicitor** (5 March 4-5pm)
- **Police Constable** (6 March 4-5pm)
- **Head of Learning Development (HR)** (6 March 4-5pm)
- **Cyber Security Expert** (7 March 4-5pm)
- **Probation Officer** (7 March 4-5pm)

These events are **free for all** to attend and students can join several sessions across Careers Week using the same link.

[register here](#)

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We are delighted to announce that we will be hosting a series of free career tasters for students aged 12-18.

Ahead of National Careers Week, we will be hosting another series of free online career tasters for students aged 12-18.

These interactive sessions serve as a great introduction to a range of industries, while giving students an opportunity to hear from a professional and participate in an interactive career simulation.

Please encourage your students to bring any questions they may have to the webinars - we're here to help them on every step of their career journey.

If students are unable to join live, they can still register to receive the recording and our follow up resources.

**Sign Up Here**

### Career Taster Schedule

#### Not sure which webinar to choose?

Signing up to multiple webinars is a great way for students to explore different careers and find out where their interests lie!



12th March : 6pm	
Breaking into Creative Arts	Breaking into Psychology
13th March : 6pm	
Breaking into Engineering	Breaking into Law
14th March : 6pm	
Breaking into Medicine	Breaking into Banking

**Sign up:** <https://investin.org/pages/student-events>

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### Peninsula Dental Residential:

Residential Dental Summer School funded by NHS England. This is a 3-night, 4-day summer school facilitated on the main University of Plymouth campus from Monday 8<sup>th</sup> July to Thursday 11<sup>th</sup> July 2023.

This is a fantastic opportunity for students from the Southwest region (Devon/ Cornwall/ Bristol/ Dorset/ Gloucestershire/ Somerset/ Wiltshire) to gain an insight into dentistry/dental therapy & hygiene, looking at the whole life cycle of a dental student and it will focus on supporting the student's journey into dental education. The programme is aimed at students in Years 11, 12, and 13 from disadvantaged backgrounds who meet the NHS/DSC eligibility criteria as shown on our website (link below).

Funding will cover the students travel costs, accommodation (in our university halls of residence), all meals, and refreshments. Please see the link below for further information about the summer school and the eligibility criteria.

<https://www.plymouth.ac.uk/outreach/summer-schools-2024>

The closing date for applications is **Friday 26<sup>th</sup> April 2024.**

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## Volunteering Opportunity – and good ongoing WExp for Medical, care based or education pathways and careers!

We are looking to recruit more volunteers this year to assist us with running our busy vaccination clinics at Homepark and our Outreach clinics in the Plymouth area. This role covers both inside and outside stewarding where you would be expected to direct patients, marshalling carparking, managing queues etc.

Apply: <https://govolunteering.co.uk/opportunities/vaccination-steward-volunteer-home-park-plymouth-0e2bceed-d3f4-4990-9245-a035cd8fe833>

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### Oxbridge Subject Conversations

Not sure which subject is best for you to apply for? Our Oxbridge [subject guides](#) (interviews with current students) give you an insider view into what studying various STEM and Econ subjects is like at Oxford and Cambridge! **Get Oxbridge Subject Conversations here!**

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### Access to UWE Bristol Fair

We would like to invite you and your students to our Access to UWE Bristol Fair, held at Frenchay Campus on **Wednesday 27 March 2024, 12:00-15:30**.

This is an opportunity for prospective Year 12 or Level 3, Year 1 students to find out about the wide range of services we offer to meet their needs and support a smooth transition into Higher Education. This small-scale event is designed to be accessible, reassuring and confidence building.

If you would like to attend the event, [please complete this short registration form](#).

Feel free to [contact us](#) if you have any questions about the event.

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### Medicine Pathway Programme at Edge Hill University Medical School.

Applications are now open for 70 **Year 12 students** to take part in our 2024 programme which consists of an on-campus visit to Edge Hill University where students will learn about student finance, life as a doctor and take part in clinical skills sessions. There will also be an online day where students will take part in workshops with staff from each of our partnering universities: University of Liverpool, University of Manchester and Lancaster University. The programme will culminate in a 4 day, 3 night residential where students will stay at Edge Hill University and spend their days at each of our partner universities, experiencing life as a medical student.

This programme is aimed at young people from under-represented backgrounds and is free to students who take part. This is an initiative run by the Medical Schools Council and is funded by Health Education England. Here - [MSC Pathway Programme Application Form 2024 \(onlinesurveys.ac.uk\)](#). More details can be found on our website - [Widening participation - Edge Hill University](#).

**Applications for the 2024 Pathway Programme close on Friday 1 March.** Please note, we may choose to close applications early depending on the number of eligible applications we receive.

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## Wellbeing

**You are not alone...**

**PLYMOUTH CITY COUNCIL**  
You're not alone, there's always someone to talk to. Discover some of the national and local services that are available to support you or alternatively speak to your mental health leads at school, teachers, parents and friends.

**shout 85258**  
Free text, confidential and anonymous text service open 24/7  
Text: 'SHOUT' to 85258  
here for you 24/7

**FirstResponse**  
Crisis line open 24/7 365 days a year, providing advice, support and signposting for people experiencing mental health difficulties.  
T: 0800 923 9323

**PAPYRUS**  
Young person service for confidential suicide prevention advice, open 9am to midnight every day.  
Text: 07860 039967 Call: 0800 0684141

**kooth**  
Free, safe and anonymous online support for young people. Kooth provides web based information and advice along with online chat based conversation and forums.  
[www.kooth.com](http://www.kooth.com)

**CLASSROOTS STAY ALIVE**  
Download the app: search for, Stay Alive  
[www.stayalive.app](http://www.stayalive.app)

**PETE'S DRAGONS**  
Suicide bereavement support and counselling, for people bereaved or impacted by suicide. Self-referral form available on 'Contact Us' tab.  
[www.petesdragons.org.uk](http://www.petesdragons.org.uk)

**Childline**  
Free, confidential service with trained counsellors, either online or on the phone, anytime.  
T: 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

**SAMARITANS**  
Helpline open 24/7 365 days a year  
T: 116 123  
[www.samaritans.org](http://www.samaritans.org)  
[jo@samaritans.org](mailto:jo@samaritans.org)  
(response time 24 hours)

**...help is at hand**

\*Talk to a friend or family member

\*Talk to a helpline

\*Talk to a professional you trust – this could be for example your GP, teacher or another adult.

**kooth** **childline**  
ONLINE, ON THE PHONE, ANYTIME

**YOUNG MINDS**

**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

**'It's okay not to be okay'**

**Crisis support** – these organisations offer online or telephone support:

- ChildLine – Call free on 0800 1111
- Samaritans – Call 116 123 free
- Young Minds Crisis Messenger – Text YM to 85258
- The Mix - [08088084994](https://www.themix.org.uk) Crisis Messenger – Text THEMIX to [85258](https://www.themix.org.uk).

**If a child or young person (under 18) is experiencing a mental health crisis, you can now access CAMHS 24/7. Please contact 03300 245 321 during normal hours (8am-5pm, Mon to Fri) or 0300 555 5000 outside these hours.**

### Websites that are useful sources of information include:

- Kooth – <https://www.kooth.com/>
- ChildLine – <https://www.childline.org.uk/>
- Young Minds – <https://youngminds.org.uk/>
- Mind – <https://www.mind.org.uk/>
- <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/help-for-suicidal-thoughts/>

- <https://www.plymouth.gov.uk/suicide-awareness>
- [www.myblackdog.co](http://www.myblackdog.co)
- <https://www.nhs.uk/nhs-services/mental-health-services/>

### Bereavement Support:

- Pete's Dragons  
[https://www.petesdragons.org.uk/Support\\_in\\_Devon\\_345.aspx](https://www.petesdragons.org.uk/Support_in_Devon_345.aspx)
- Jeremiah's Journey  
<https://jeremiahsjourney.org.uk/>