

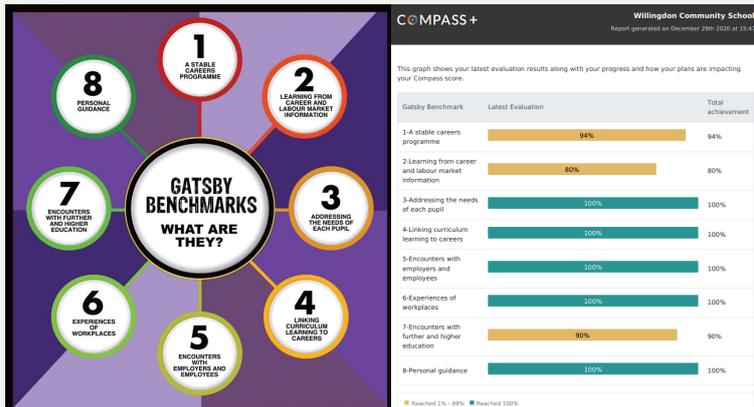
Careers Newsletter



Willingdon
COMMUNITY SCHOOL

March 2021

The eight Gatsby Benchmarks are a framework developed to support schools in providing students with the best possible Careers Education, Information and Guidance (CEIAG). They play a key role in raising young people's aspirations and promoting access to all career pathways, enabling all young people to develop the skills and outlook they need to achieve career well-being, adaptability and resilience.



At Willingdon, we work hard to attain these benchmarks through the provision of a dynamic and progressive 5 year CEIAG curriculum so that our students are allowed to aspire and achieve. Since the last issue of the Careers Magazine, even though we have been in lockdown, we have:

- Held 200 1:1 virtual interviews for year 11 students.
- Received funding for 20 girls to take part in the girl's Network Mentoring Programme.
- Held various workshops on employability skills, including 105 year 10 students who attended a 'Feeding Britain's Future' workshop and 200 year 9 students who took part in an afternoon workshop with Volker Fitzpatrick.
- Launched a weekly STEM club run by the learning mentors and the science department.
- Held a virtual Options Evening for year 9 students.
- Given over 60 students 1:1 advice and guidance.
- Delivered assemblies and employer encounters to every year group.
- Updated our website with more careers information, advice and guidance.

Alison Borrell Assistant Associate Head / Careers Leader

STUDENT ASPIRATION SURVEY

Thank you to those students that have completed the Student Aspiration Survey.

If you have not yet completed the survey please do so by following the link below.

[Willingdon Community School Student Aspiration Survey](#)

YEAR 11 MOCK INTERVIEWS

On Wednesday 9th December we held our Year 11 mock interviews. These were virtual interviews with a number of professionals, including staff from Eastbourne College, University of Brighton, East Sussex College Group, our Chair of Governors, parents of the school, a lawyer at the BBC, plus many more. We were so grateful for their help with the day.

Students were asked a variety of questions in a ten minute interview including questions such as which subjects they felt were their strongest, any skills they could bring to future jobs, whether they prefer to work on their own or as part of a team, how good they are at meeting deadlines and working under pressure, and where they see themselves in five years' time.

The students were absolutely incredible and they were all really engaged with the interviewers.

Many of the students came away from the interviews feeling really proud of how they had gone and all of the interviewers were full of praise about how brilliant Willingdon students are. Those students that said they didn't think they would be able to go ahead with the interview pushed themselves out of their comfort zone, completed the interview and came away feeling great about what they had achieved. Absolutely brilliant to see! Well done to year 11!!! You've made us feel so proud to work with such talented, motivated and above all polite, friendly and kind young people.



Earlier today I had my college interview for Lewes and I think it went very well. At first I was nervous, but I became more confident as the call progressed. I must thank you for organising the mock interviews for us, as it gave me more confidence and it was really helpful! In my mock interview, I was nervous throughout, but I felt less nervous this time round!! Thank you again for giving us the opportunity of having mock interviews :) **Leonor Ramos Monteiro**

CHOOSING A CAREER PATH

Choosing the right career option is a difficult process and only a lucky minority manage to choose the right path for them from a young age, while the majority of people find themselves questioning what is right for many years, even beyond GCSE's and A levels.

So what is the right career path for you? Maybe it's medicine, maybe it's hospitality or maybe it's a completely new business endeavour. Whatever it may be, you have no need to decide straight away. Although people might tell you how important choosing the right career path early on is, the honest truth is that you have your whole life to choose!

However, people usually give this advice for one very important reason - your decisions now will either restrict you or open up any door you may wish to explore in the future. Decisions we make now will sit on our CV's, and for future employers these pieces of paper are extremely important in deciding whether or not to employ you. Therefore, you need to make sure that you are fully equipped.



How do you start this process to give yourself the best possible chances in the future?

1) Do your absolute best at school: Yes, school is a fun place to be with friends but to make more friends and have incredible opportunities in the future you need to make sure you do your best at school and get the GCSE's and A levels you deserve. If you want to go to university, the only way you will be able to get there is to do the best you can at school.

2) Gather as much evidence: Accumulate as much proof as possible to show you are the best and most interesting person for any future job. We've all had those super boring conversations with someone where we ask them their interests and they say 'oh nothing really, I just like to sleep'. As much as we say that to our friends, a future employer is not going to want someone who lies around all day. Become part of your student council - maybe think about applying for Head Girl or Boy, like Michael and I. Volunteer outside of school - local farms, stables, libraries and many more are all looking for people. Do work experience - work experience is great for helping you to make decisions about your future career and it gives you lots of evidence to prove how hard you can work. Create your own business - future employers love to see a good work ethic and during Covid there are loads of online courses for work experience which are great! There are so many opportunities out there for you to gain interesting life experience, you might not enjoy them all but at least you have learnt something from it. If you never try, you'll never know!

3) Look at what your future could hold: These can be short term or long term goals but one thing that really helps me is planning. For example, my short term goals are for my GCSE grades to all be Grade 7's and above. Whereas, my long term goal is to move to France. You don't have to think about your career in this part yet but if you know where you want to move to in the future or what your interests are, you can understand what career is best for you and what money you will need and how flexible it will need to be.

My future will hopefully be within veterinary medicine. This is something that I have always wanted to do but in the last few months my interests and long term goals have led me to research veterinary medicine within the army. This just goes to show how quickly and easily your perspective can change, so don't be hard on yourself about your career. As you grow and gather more experience your understanding of jobs and what is right for you will change. The one thing you must remember is that your future is impacted on what you do now so give yourself the best starting point you can!

Lowri Lambird-George

Meet our Mentors



I decided to introduce the learning mentor gap year opportunity partly because I felt Willingdon was missing out not having a Sixth form provision. The students spend about 9 months of a year with us and they take on varying roles to help inspire, support and raise aspirations amongst our student body. This year, our mentors are an incredible bunch! They have led student council and senior prefect meetings, they have mentored students at all levels in certain subjects to improve outcomes and they have also helped improve our enrichment offer by running STEM clubs for all year groups and a public speaking virtual club. They have also delivered staff and parent training to ensure we all help students move from KS4 learning to KS5 smoothly. We have now recruited five very strong mentors for September 2021 who we know will continue this exciting journey our current mentors have embarked upon.

Miss Beer



Hi, I'm Mr Worrall. I attended Willingdon school from 2008-2013. Throughout school I always had an interest in PE and sport in general, which led me into playing semi-professional football since leaving school. Once I left school I went on to study B-TEC Level 2 and 3 whilst having the opportunity to play football alongside my studies.

In 2018 I decided to take a leap of faith and move to New Zealand where again I was fortunate enough to play football and also coach football in schools in the local area where I was living at the time. Since returning, towards the end of 2019, I joined the site team here at the school and the following year joined the amazing Learning Mentor team.

For as long as I can remember my goal was always to become a professional footballer. Some teachers that taught me who still work at the school now will tell you exactly the same thing, football was the only option and career I could see myself working in. Since working in the school alongside you guys it has opened my eyes that there is more to life than just football which is why now I am looking to join the Open University to study and hopefully in the future become a PE teacher.



Hi, I'm Miss Wood. I attended Willingdon Community School from 2013-2018. During my time at the school I discovered that my favourite subjects were PE and Biology. I always had an interest in sport as I was a competitive gymnast for 12 years. Doing GCSE PE allowed me to realise I had an interest in the science behind sport. This interest led me to choosing Sports & Exercise Science at college which I thoroughly enjoyed. The knowledge I gained from the Sports Science course has allowed me to support the GCSE PE students with their theory content leading up to their exams.

After college, I was unsure of my plans going forward, I had applied for University but knew I also wanted to be gaining experience in a working environment. Given the changes due to COVID I decided to defer my University course and go for the Learning Mentor job.

I have just started an Education and Training Course and from September I am planning to study Sports in an Open University so I can continue working alongside getting a degree.



Hi, I'm Mr Tuson. Across the year I have specialised in helping out in Maths, English and Drama classes. The Learning Mentor role has been a great opportunity for me to use my gap year to gain work experience, working with some great teachers and students.

I came to Willingdon after having finished my A-Levels (English, Maths, Drama and Chinese), not really sure of what I wanted to do in terms of my further education. I had enjoyed all of my subject choices and was really torn over which path to take next. That meant a year out to mull over my options and gain experience was incredibly useful.

Having considered my options I am currently in the midst of applying to study Chinese at university and auditioning for Drama School. Honestly, I'm still unsure of the career I want to pursue, but I'll carry on taking opportunities as they come.



I am Miss Walsh. I attended Willingdon from 2010-2015, and became the Head Girl in my final year. At school I really enjoyed science, PE and art, and was keen to always involve myself in extracurricular activities from Young Enterprise to sports competitions such as town sports. My love of science at school led me to apply for the Bright Med program, which is a medical outreach program running at the University of Sussex from Year 9-13. This was an amazing experience that gave me a unique insight into what life as a medical student and doctor could be like. In the early years we spent time learning things such as how to take a patient history, whereas, in the later years we got to conduct our own research projects and stay at the university for a residential weekend, in which we were lucky enough to work with cadavers.

After Willingdon, I managed to gain an academic scholarship to study Biology, Chemistry, Maths and Economics at Eastbourne College. Following this, I applied to study Biomedical Science at Cardiff University. Alongside my studies, I volunteered with several charities that I care passionately for, including St Johns ambulance, STAR, which provides a safe space and conversational English classes for refugees, and SKIP, which is a sustainable international children's charity working to promote sex education and HIV prevention.

Since graduating from Cardiff this year with a first-class degree, I have decided to take a gap year. This year has also given me the time to be part of groups that I am passionate about, such as being a research assistant for the COVID-19 taskforce on domestic violence, and co-founding the diversity and racial equality group, Challenge Racism. A gap year also gave me the time to take up new hobbies, such as aerial hoop and painting!



Hi, I'm Miss Kirby. I joined the team after graduating from Cardiff University where I studied Biomedical Science. I intended to take this year to work and then travel, although COVID has rather scuppered these plans! However, the experience has already been of great value to me. Not only has it enabled me to work with some great students individually, but has also afforded me an insight into the managerial structure of Willingdon and the strategic planning that goes on behind the scenes and drives the school forward. Taking some time out this year has also allowed me to help create and take part in local initiatives, one of which looks to achieve policy change and provide a consultative service for young people in the local area!

After leaving college, where I studied Maths, Biology, Chemistry and History, I wasn't too sure what I wanted to pursue (although I was interested in medicine). As someone who likes having a broad scope of interests and experiences, I was reluctant to limit myself to a single path. I found that the push towards one career during my time at college did not suit me, and this is something I continue to grapple with today.

Nevertheless, at university, this 'broad scope' approach stood me in good stead. It led me to join a range of groups and societies where I discovered interests that have become enduring passions. Perhaps the most notable of these is for global health, something I never seem to tire of! Despite my continued interest in medicine and healthcare, the jury is still very much out on what the future holds. However, I will continue to seize opportunities or create new ones if need be.

Year 7 & 8

Over the first few weeks of Public Speaking and Debating Club we have discussed topics ranging from which chocolate bar is best to the morality of zoos, from whether the meat industry does more harm than good to whether sausage rolls are better warm or cold.

Those who have attended have learnt how to approach serious topics in a fun and interesting way, expressing their opinions and ideas so everyone else can understand them clearly.

By facing what can be the rather scary challenge of speaking in front of your peers, the students who have come to the debating club have boosted their confidence, giving them a real head start for when they might have to speak in front of an audience in the future.

The debate club is interesting, thought provoking, but mainly a lot of fun!

"I enjoyed every second that I was in that club. It answered many questions and asked some that needed to be asked. I have no regrets." - Chayse, Year 7.



My ambitions are to either be a lawyer or a doctor. I joined STEM because if I wanted to be a doctor, I need to know the science behind it." - Michael, Year 8.



"I joined debate club because I wanted to see both sides of the argument." - Michael, Year 8.

"That was the best hour of my life!" - Oscara, Year 7.



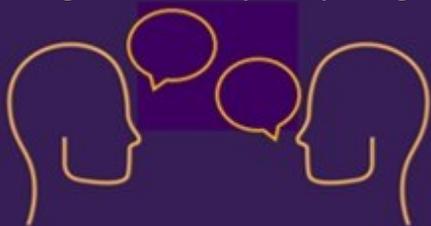
"I wanted to join the STEM club because I enjoy both Science and Maths. I'm not sure what I want to do when I leave school yet, maybe a police officer or a forensic scientist." - Dexter Year 8



CALLING ALL YEAR 7 & 8 STUDENTS

PUBLIC SPEAKING AND DEBATE CLUB

Google Meet Code : publicspeaking



EVERY WEDNESDAY AT 3PM WITH MR TUSON

Boost confidence, develop critical thinking, improve communication and have fun!

FTUSON@WILLINGDONSCHOOL.ORG.UK

YEAR 7/8 STEM CLUB

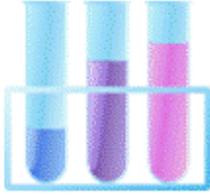
DO YOU HAVE A PASSION FOR SCIENCE, TECHNOLOGY, ENGINEERING OR MATHS?

EVERY TUESDAY @ 3PM ON GOOGLE MEET!

Google Meet Code: STEM

ANY QUESTIONS, EMAIL:
JWALSH@WILLINGDONSCHOOL.ORG.UK
FKIRBY@WILLINGDONSCHOOL.ORG.UK

Year 7 & 8



The Sciences

M M E N T O M O L O G Y I V T T
A E L P H Y S I O L O G Y M Y O
N T E E N G I N E E R I N G B S
T E C N E I C S R E T U P M O C
H O T I M H A A O P M A F Y T I
R R R C S E I S M O L O G Y A T
O O O I Y C V Z Y E R O A R N A
P L N D T M O G O E L S S T Y M
O O I E R O O N S O H C T S M E
L G C M L L T T C R I I R I O H
O Y S O O O R E A S W T O M N T
G A G E L Y X S Y N B E N E O A
Y Y G O L O E H C R A N O H X M
A D G Q H W P D P R X E M C A W
C Y M A J B B I O L O G Y D T X
O C E A N O G R A P H Y R X C U

ANATOMY
ANTHROPOLOGY
ARCHEOLOGY
ASTRONOMY
BIOLOGY
BOTANY
CHEMISTRY
COMPUTER SCIENCE
ECOLOGY

ELECTRONICS
ENGINEERING
ENTOMOLOGY
FORESTRY
GENETICS
GEOLOGY
MATHEMATICS
MEDICINE
METEOROLOGY

OCEANOGRAPHY
PALEONTOLOGY
PHYSICS
PHYSIOLOGY
SEISMOLOGY
TAXONOMY
ZOOLOGY



Years 9, 10 & 11

Niche College Courses to discover

DV8

<https://www.dv8sussex.com/prospectus/>

ESCG

<https://www.escg.ac.uk/explore/performing-arts-academy/>

<https://www.escg.ac.uk/courses/performing-arts/music/music-performance-and-production-ual-level-2-diploma-e/>

<https://www.escg.ac.uk/courses/performing-arts/music/music-practitioners-level-2-ore/>

<https://www.escg.ac.uk/courses/computing-ict/software-practice/games-development-diploma-level-3-e/>



Developing tomorrow's talent today

We're currently looking for our next intake of apprentices.

At DE&S apprentices are part of a supportive organisation that buys, supports and supplies equipment and services to help the Royal Navy, British Army and Royal Air Force operate. We offer unique opportunities in **Engineering, Finance and Accounting, Project Professional and Corporate Services.**

• Why you should apply:

- You'll experience a range of different roles across a variety of areas.
- You'll gain unique experiences that will be underpinned by tailored training, setting you up for your career here at DE&S.
 - You'll have the chance to work in teams supporting complex equipment and services.

YEAR 10 & 11
**360°
TOURS**

Eastbourne | Hastings | Lewes

25th March

www.esclive.co.uk

Join us for our virtual open event where you can check out our campuses without leaving the house.

Year 10 & 11 Virtual Open Event - with 360 tours!
Join our EDYUCATION at East Sussex College.



The Virtual Open events for East Sussex College will launch at 9am on **Thursday 25th of March** and will be available live until 6pm.

There is no need to register in advance, just visit esclive.co.uk on the day and join us for CEO and Assistant Principal welcomes, 360 virtual tours and to learn all about each and every subject we deliver. You can also request a 1:1 with a tutor which will be organised for a time after the event or ask questions via a live chat system on the day

Please watch <https://youtu.be/fLl8KkNddh0>

YR 9-11 STEM CLUB

**EVERY
THURSDAY AT
3PM!**

JOIN FOR:

- A BETTER UNDERSTANDING OF STEM CAREER PATHS
- CV/PERSONAL STATEMENT HELP
- NETWORKING TIPS
- GENERAL ADVICE
- FURTHERING YOUR STEM KNOWLEDGE

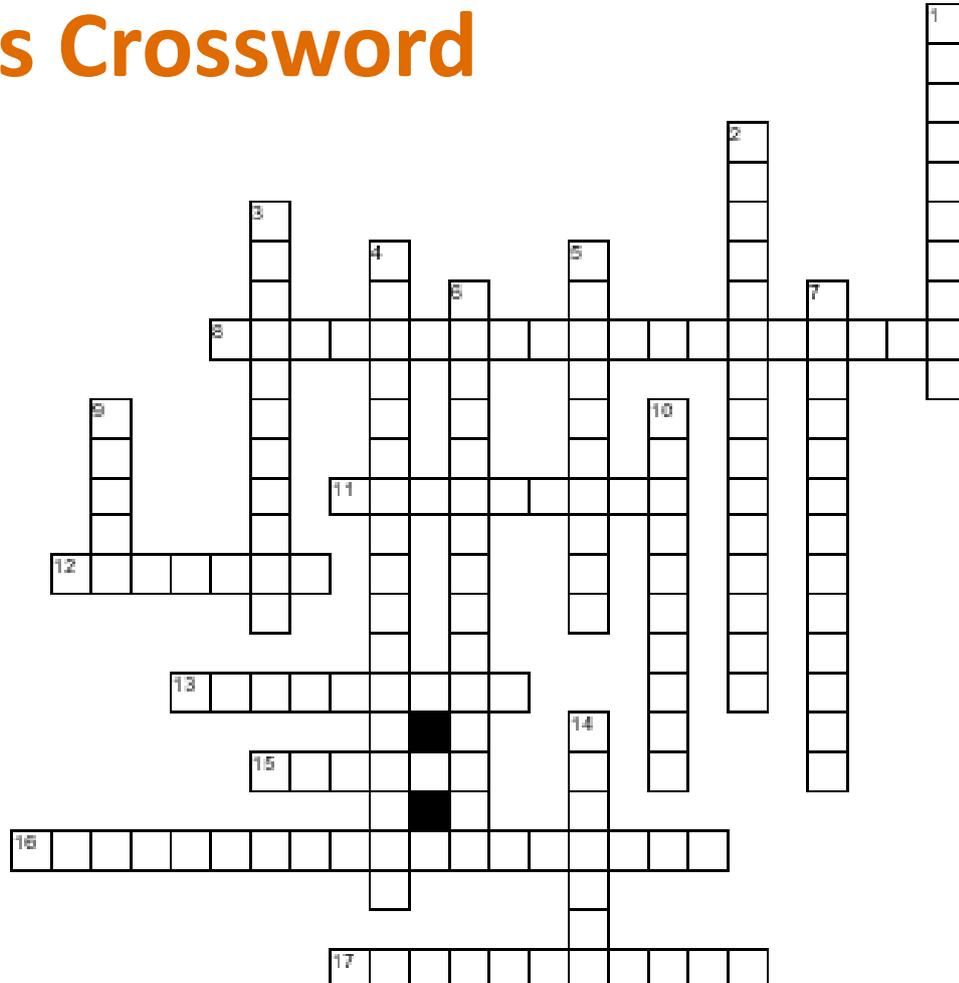
Google Meet Code: STEM

The weekly STEM club is a great way to learn new, interesting and helpful things, while not being under any pressure of deadlines, homework or class work. If science, technology, engineering and maths are of interest to you, this club will be amazing for you!" - Michael, Year 11.



Years 9, 10 & 11

Careers Crossword



Across

8. Maintain or change the health status of the patient over time
 11. A person who is responsible for the planning of individual therapeutic meals to help promote healing
 12. Doctors who specialize in the care of the teeth and mouth
 13. Tools you use for a specific task
 15. The common name for a physician: a person skilled in the healing arts
 16. Create a picture of patient health status at a single point in time
 17. Examines eyes for vision problems and defects

Down

1. A person who dispenses and suggests medications to be used in the treatment of diseases and disorders
 2. Provide a therapeutic environment for the delivery of health care
 3. A physician specialty who specializes in the diagnosis of diseases and infections by examining cells, tissues, and body fluids of patients
 4. Provide functions that support and document patient care
 5. Relating to or using the methods or principles of science
 6. Provides total patient care by assessing a patient's condition, administering medications, dressing changes, starting IVs, giving blood and other treatments
 7. Use scientific and technical advancements to enhance diagnostic and therapeutic abilities in health care
 9. Also called heart beat
 10. A scientist that studies human genes
 14. An individual awaiting or under medical care and treatment

Optometrist	Scientific	Diagnostic Services	Biotechnology	Equipment
Registered Nurse	Pathologist	Doctor	Health Informatics	
Dentist	Support Services	Geneticist	Pulse	
Dietician	Patient	Therapeutic Services	Pharmacist	

PREFECT FACT FILE

We asked our Prefects a few questions about themselves! Find out a bit more about them.

What was your dream job when you were younger?

Name: Esther Foreman

Dream Job when you were younger: Actress / Police Officer

Post 16 Plans: 6th Form - Public Services & Psychology

Biggest Role Model: Leonardo Di Caprio & my Mum

Favourite Subject: Ethics & English

Activities outside school: Police Cadets

To your younger self: Stop worrying about the littlest things. Go with the flow and good things will come your way

Inspirational quote: Life is like a box of chocolates, you never know what your gonna get! - Forrest Gump



Name: Michael Carr

Dream Job when you were younger: Science Teacher

Post 16 Plans: Full time at college studying A-Level Biology, Chemistry & Psychology

Biggest Role Model: Stephen Hawking

Favourite Subject: Science

Activities outside school: Hang out with friends, watching Netflix & bike riding

To your younger self: It will get tough but there will be light at the end of the tunnel

Inspirational quote: "Never judge a fishes ability to climb a tree otherwise it will live his whole life believing it is stupid"



What are your post 16 plans?

Who is your biggest role model?

Name: Lowri Lambird-George

Dream Job when you were younger: I always wanted to be a vet

Post 16 Plans: Gildredge College, then Royal Veterinary College for university and joining the British Army to be part of the Veterinary Core and hopefully having my own practice in France in the future

Biggest Role Model: My mum and one of the vets where I work. They encourage and inspire me everyday

Favourite Subject: Science & English

Activities outside school: Police Cadets and Air Cadets. Walking my dog. Part time job at a local vets

To your younger self: Although sometimes, days and weeks may be boring, there is so much fun and enjoyment to discover

Inspirational quote: Morecombe and Wise 'In this world where we live, there should be more happiness. So much joy you can give to each brand new bright tomorrow'



Name: Eryn Greenaway

Dream Job when you were younger: Teacher

Post 16 Plans: Sixth Form

Biggest Role Model: Emma Watson

Favourite Subject: English

Activities outside school: Reading, socialising, shopping, helping the elderly

What is your favourite school subject?

PREFECT FACT FILE

We asked our Prefects a few questions about themselves! Find out a bit more about them.

What activities do you do outside of school?

Name: Chloe Simpkins

Dream Job when you were younger: Police Officer

Post 16 Plans: College

Biggest Role Model: My mum **Favourite Subject:** Business Studies

Activities outside school: Dance



Name: Joshua Porter

Dream Job when you were younger: Footballer

Post 16 Plans: University

Biggest Role Model: My dad

Favourite Subject: Maths

Activities outside school: Football, Cricket & Xbox

To your younger self: Work harder!



What would you say to your younger self?

Have you got a favourite inspirational quote?

Name: Malac Kayyali

Dream Job when you were younger: Dietician

Post 16 Plans: College

Biggest Role Model: Florence Nightingale

Favourite Subject: Maths

Activities outside school: Young Leaders

To your younger self: Be more confident in yourself



Inspirational quote: Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid" - Albert Einstein

What is your favourite school subject?

Name: Amelie Anastasakis

Dream Job when you were younger: Fairy Godmother

Post 16 Plans: College to take English, Modern History & RS

Biggest Role Model: My mum

Favourite Subject: English & History

Activities outside school: Netball, East Sussex Youth Cabinet and water colour painting

To your younger self: Everything will be fine. Relax, don't worry. Try the new things—they're fun!





Employment may seem as if it is a long way away but throughout your time in education you will make decisions based on experiences, which will impact your career after school. Even if you know what you want to do when you leave full-time

education, work experience can help you to get as much information as possible to ensure you are making the right choice, and if you're not sure, work experience is a perfect opportunity to explore different possibilities until you find something that suits you. It is also really important for applications, whether that's your CV or your personal statement for college or even university; work experience shows you are proactive and reliable, and if your experience is in a sector you want to pursue, it shows you have a knowledge of and a passion for it.

In normal times, school can help you find in-person work experience - you could also ask friends or family members, or search on jobsites. Due to Covid, there's a wide variety of online experience placements available now. Last year, I did online work experience with a law firm; this really stood out on my personal statement when it came to post 16 applications as well as giving me a deeper understanding of the industry. It gave me a more realistic insight into the general day to day life of a lawyer, showing me that there's a lot of admin but still something I'm very interested in. Work experience also improved many of my personal skills, such as communication and introduced me to new people who can guide and mentor me in my future career. So even if you're not certain what career you want, work experience is a great way to widen your understanding of employment, improve your personal statement and enhance your skills.

Eryn Greenaway, Year 11.

The UCAS Buzz Quiz

Take the quiz to see which job areas might suit you then start exploring opportunities – from [apprenticeship](#) or [traineeship](#) to [researching some job families](#). There's a huge variety of options you may not have thought of.

Find out what you're like and what you could do

Discover:

- your strengths and what makes you tick
 - some jobs you may enjoy
 - what celebs you're like
- in our quick quiz.

[Careers Buzz Quiz](#)



There are 16 possible results - all connected with an animal!

Preparing for College

Parent Forum 27/01/21 run by Mr Tuson Miss Walsh and Miss Kirby

Choosing subjects:

- ◆ Most importantly choose subjects you enjoy, and feel you are good at. This will make keeping motivated so much easier.
- ◆ Research your courses, you don't want any surprises once you have started.
- ◆ You're going to have to do a lot of independent work, so choose subjects you'd be happy to do that for.
- ◆ Don't pick subjects that your friends are doing or that your parents want you to do. Make your own decisions.
- ◆ Don't bash the BTECs, they are great courses! Universities and employers often value them just as much as an A-Level.

Using the end of summer wisely:

- ◆ Don't waste the summer before you start. No need to do anything major, but look back over the notes of the subjects you are going to take.
- ◆ Have a go at some wider reading around your subject, broaden your knowledge.
- ◆ If you are taking subjects such as English, many teachers do expect you to have already ordered the books you will be studying. It is also a good idea to read the book in advance.

Becoming more independent:

- ◆ Try learning sections of content at home and coming to the teacher with what you don't know. Knowing what you don't know, and then making sure you focus your efforts there, is very important.
- ◆ Revise topics as you complete them and keep going over content during the whole year from the beginning. Use your free periods to study so you can relax when you get home (e.g. the five minute reflection per subject after school).
- ◆ Do not assume you can get away with memorising things to get good grades. It's good to practise things like debate and extra reading to help you form your own opinions. You can form peer groups with others doing your subject and revise together.
- ◆ Prepare to study more on your own. You'll almost certainly be spending less time studying in the classroom and more at home or in the library, so it's a bit of a change. That means you should be asking teachers what interesting books you could be reading outside of lessons. For the first time you'll be taking control of your own education.

Know your subject:

- ◆ A-level examiners don't want you to simply regurgitate stuff, they expect a wider grasp of the subject beyond textbook chapters. While you're now being asked to narrow your focus onto your favourite few subjects, you're also required to look into them more deeply. Perhaps it's worth buying magazines related to your subject, like New Scientist if you're taking a science, to see how your subject is relevant to the real world.
- ◆ When picking your subjects sometimes it can be important to know which subjects are required for particular university courses. For example, entry in medicine requires an A-level in chemistry.



"After year 11 I'm going to go to Bexhill college to study 3 A-levels: Biology, Chemistry and Maths. I have chosen these to hopefully help me with a successful application to university for a course in medicine. I'm not 100% sure which university I would like to go to but I have time to think about all aspects of picking a university not just the academic side. The A-levels I have chosen also are subjects I enjoy which I believe is a huge part of success, you should try and be aware of your natural talents to enhance what the future can hold.

Malac, Year 11.



"After year 11 I am planning on going to college full time for two years. At college I am planning on studying 3 A-levels: Psychology, Chemistry and Biology. I chose these A-levels as they will help me succeed in becoming a science teacher in the future. Additionally, science is my strongest subject at school and I want to carry on that strength throughout college. After college, I hope to go on to study Chemistry for 5 years at a Russell Group University, and then go on to gain my teaching qualification. My tip for people thinking about post-16 is to choose subjects that you enjoy and have an interest in, while considering your natural gifts."

Michael, Year 11

Managing your workload:

◆ Free periods aren't free. Use that time to study. Studying can include completing homework, reflecting on previous lessons and making flash cards. The earlier you start making these kinds of resources, the less pressure you will be placing on yourself at the end of the year. None of your friends are going to think less of you for working hard, this stuff is important.

◆ Finding a balance. It's important to continue doing the extra-curricular activities that

you enjoy. They allow you to de-stress and develop valuable skills such as teamwork and communication.

- ◆ Make time for things like volunteering and work experience. They allow you to gain an insight into career paths you have been considering and are often actually required for certain courses.
- ◆ Have a look at these 12 rocks of wellbeing, they can help with maintaining stable mental health: <https://www.actionyourpotential.org/the-12-rocks-of-wellbeing-1>

It is a big jump:

- ◆ For lots of subjects the jump in difficulty level is big. With these, don't panic. Your teachers are aware of this jump and will do what they can to help you settle into it. Remember, more so than in GCSE, at college, it is a two year journey. You're meant to find it hard at the beginning, but you'll ease into it.
- ◆ However, in college there is more of an expectation that you work hard on these areas independently and be the driver of questions for your teachers, rather than the other way round.
- ◆ To avoid feeling out of your depth a useful technique can be reading the A-Level specification and colour coding with red, yellow and green highlighters can help you see the areas that you need to work on/seek help for.



There are so many options you need to consider when deciding what to do after Year 11. For me personally, Sixth Form was the best for what I want from my education, in terms of class sizes and further education links; the bottom line is, post 16 needs to be what you want it to be. I'm planning on doing A-Level, and I think if you're considering doing the same one of the most important things is to first decide what subjects you want to do; different Colleges and Sixth Forms offer different subject courses and you'll be doing in-depth study for two years so it's important to enjoy what you're learning and have a real interest in it. After Sixth Form, I'm hoping to go to university in order to get a degree to practice law; it is also important to consider which subjects will lend well when you leave post 16 education. Leaving Secondary school is the first time you'll have almost free range over what you study, so it's important that you choose something you'll enjoy, not just what other people do, and consider where the qualifications and experiences can take you. - **Eryn, Year 11.**

Revision advice:

- ◆ Become more reflective about your days in lessons. The second a student leaves a classroom they will lose 70% of what was taught. Students should reflect on one thing they learnt in lesson and pick up on anything that wasn't clear. Making an individual flash card of this can be helpful and before you know it there are hundreds already prepared once they reach the end of the year. It is important that they come back to this each and every day. By getting into the habit of doing 5 minutes every day on each of your subjects, that is just 25 minutes a day. Learning is all about repetition and the further in advance this repetition begins the more likely it is to stick.

Getting in to the Performing Arts Industry

Agencies - it is worth applying for young actors agencies across the country. They will be able to get you auditions for projects ranging from commercials to Film and TV to theatre. In order to be taken on by an agency they will usually ask you to send them a self tape monologue along with your headshot and details of any past acting experience. While agencies are not always looking to take on new talent it is worth pestering as many as you can as it is a great way into the industry.

The Young Actors Agency <https://theyoungactorsagency.com/>

Goldman's Management (local Eastbourne agency) - <http://www.goldmansmanagement.co.uk/news/>

Drama Groups - Drama groups are a great way to improve your acting skills but to also network with directors and creatives, potentially creating inroads into the industry in the future.

NYT (the national youth theatre is the king of all drama groups, auditions for entry are incredibly competitive, but if you manage to get onto one of their two week summer courses it really is a game changer) - <https://www.nyt.org.uk/>

<http://windmillyoungactors.com> - Windmill Young Actors (Brighton)

<http://www.actbrighton.org> - ACT (Brighton)

<https://thetheatreworkshop.com/hungry-wolf-youth-theatre/> - Hungry Wolf Youth Theatre (Brighton) This is a really interesting and ambitious young actors group that is on the forefront of new writing from the local area. Again auditions for entry are competitive, but very much worth it if you can get in.

<https://www.lewestheatre.org> - Lewes Little Theatre (Lewes). In normal times, productions that are put on at the Lewes Little theatre have auditions open to the public, this is a great opportunity to get some theatre experience.

<https://dramacollective.com> - Lewes Drama Collective (Lewes)

Drama School

A great way in which to get into the acting industry is to train at a Drama School after you finish college. These are places that will provide an intensive three year course shaping you as an actor and as a performer. Preparing for what can be an arduous audition process is key. So make sure to look into the ins and outs of each drama schools admissions process.

Some of the top drama schools:

RADA, LAMDA, Central, Guildhall, E15, Bristol Old Vic, Royal Conservatoire of Scotland , Italia Conti, Rose Bruford, Mountview.

Drama schools also offer a wide variety of courses in set design, costume design, stage management and other theatrical roles and are a great way to find an alternate route into the industry.

Other roles in the industry

While acting may be the most glitzy and glamorous way of getting into the performing arts industry there are plenty more job roles you might not initially consider that are also great routes in:

Makeup artist, Casting director, Camera operator, Animator, Costume designer, Set designer, Stage manager, Lighting designer, Director, Producer. Consider these routes!

Online Seminars

Online weekly seminars on how to break into the industry.

https://www.eventbrite.co.uk/e/free-how-to-start-your-acting-career-online-weekly-acting-workshop-tickets-132341748733?aff=ebdssbonlinesearch&keep_tld=1

https://www.eventbrite.co.uk/e/be-discovered-break-into-hollywood-masterclass-to-start-acting-on-tv-tickets-137725924949?aff=ebdssbonlinesearch&keep_tld=1



**Get
headshots
locally:**

David at Shoot me Now (Hove)
<https://www.shootmenow.co.uk/>

A DAY IN THE LIFE

of an A-Level Student

Want to know what studying for your A-levels in sixth form could be like?

Year of Study: Year 13 (A2)

Subjects of Study: French, English, Art

What is your daily preparation and morning routine: Set alarm for 7am, press snooze a few times, meaning I'm getting ready for 7:15am. I'm usually out of the door with some form of fruit in my mouth by 7:50am.

So what did you do today? Friday, I spent my first two free periods preparing a commentary on the tenth chapter of E.M Forster's "A Room With A View" while listening to my iPod and drinking 40p hot chocolate from the sixth form CR machine. After break, I had double French (my favourite) - we're currently studying Molière's L'Avare, so read through a couple of scenes, then watched a bit of the movie. Then, I had my Room With a View presentation. Lunchtime followed with History Society and Philosophy Club before a free afternoon, so I was allowed to go home to study.

And finally, can you tell us the best thing about day to day 6th form life? The fact that suddenly teachers treat you like adults! Classes become smaller and more intense, so the quality of students and discussion go up several notches intellectually. I think this makes class a lot more interesting. I also like the fact that there is no set uniform. I feel so much more comfortable in my own clothes.

Year of Study: Year 13 (A2)

Subjects of Study: Psychology, Politics and Government, Philosophy, Music

Tell us a bit about your daily preparation and morning routine: I only live round the corner so I don't get up until 7:30am. I get myself ready and head out around 8:10am.

So what did you do today? I got into college early to go to a student council meeting before lessons started. I then had double Psychology where we had a lecture and discussion about evolutionary theory. I then spent my 20 minute break in the canteen catching up with friends. I then had a double free period where a few people in my Philosophy class attempted to go over some homework. After lunch, I went to play football with some friends and had no other lessons so headed home earlier than usual.

And finally, can you tell us the best thing about day to day 6th form life?

I like that the teachers treat us more like adults and the fact we're given more responsibility over our work and study time. There is a wide range of people and there's a lot of movement within social groups which I like too.

Year of Study: Year 13 (A2)

Subjects of Study: History, Drama, English, German

So what did you do today? On a typical day, I start at 8:30am and have an hour of Drama, two free periods, lunch, an hour of English and a second hour of Drama. It's a pretty great day! In my free periods, I generally like to find a space where I can really get into my texts, usually the library or the Drama studio if it's empty. I'll chat to my friends throughout the day and do odd bits of research when needed. I don't use our common room for working that much as it's noisy but overall it's a really nice atmosphere.

How do you finish the day after returning from school? I get home about 4:15pm, grab some of my literature set texts and usually head outside to read, sometimes for a couple of hours. I then usually finish off any outstanding homework and prep for Drama. I usually head to the park with my friends after this if I'm not volunteering with the Girl Scouts or at the local soup kitchen for my Duke of Edinburgh.

And finally, can you tell us the best thing about day to day 6th form life? It's exciting! The work is quite hard, but you ease into it. In general, my lessons are based around discussion of ideas and combing through texts (and performing in Drama). I really like sixth form because the atmosphere is so relaxed, and my subjects really provoke deep thought and sensitivity. It's a great place to share ideas too.

Year of Study: Year 13 (A2)

Subjects of Study: Biology, Chemistry, Physics, Maths

What is your daily preparation and morning routine: Wake up about 7.30am. Eat breakfast, shower, get my school stuff ready and leave at 8.20am.

So what did you do today? I was a bit tired during Biology but still managed to understand the basics of the Loop of Henle. I then had Chemistry where we performed an experiment on pH before having a free period where I did some Maths coursework and started to prepare for my upcoming Physics test on Mechanics and Materials. After lunch, I went to hockey practice and then headed home.

How do you finish the day after returning from school? I got home at about 4:30pm. I had a snack and did a bit of reading before looking over my UCAS application. As usual, I went out to play tennis and then watched a bit of TV.

And finally, can you tell us the best thing about day to day 6th form life? How relaxed it is, but still with a good atmosphere for getting stuff done. Being treated like an adult. Seeing friends everyday!



of a University Student

*What does a typical day look like for a UK university student?
What are the positives and challenges of going to university?*

One thing that can be said with certainty is that there is no typical day as a student. A first year will have a completely different day to a third year, and a linguistics' day will vary greatly from a medical student. Every day is different. Nonetheless, here is a taster of what a typical day was like for me, as a Biomedical student at Cardiff University, and I will touch upon both the highlights and challenges that come with the life of a student.

Studies

Studying at university requires you to be an independent learner. Most of your time is spent reading your course literature and completing required assignments and essays.

For example, in my third year I only had 9 contact hours a week. Limited contact with your lectures means that you must learn how to manage your time effectively to keep up with the workload. Practising these skills now and in college, will help you make this transition much more manageable.

At university, classes are mainly conducted via lectures, where a field expert gives you an insight in their current research. Depending on your chosen subject and university, class sizes can vary. For example, Biomed lectures often took place in large halls with up to 300 students present, whereas, linguists tended to learn in a regular classroom with around 20 students. Seminars are more interactive learning environments, where smaller groups of students gather to discuss specific topics, much like you are used to at school. However, for these you are often expected to prepare in advance by reading course material, studying your notes, and reading around the subject.

University gives you the freedom to be academically curious. Without a rigid curriculum, you have the ability to explore areas that you find fascinating. This is particularly relevant in your final year when completing your dissertation. For example, I have always had a long standing interest in both Biology and Sport Science, so in my dissertation I decided to explore the effect of high intensity interval training on cardiovascular health and the role that a participant's genes played in their ability to train and perform. Writing a dissertation was hard work, however, these projects allow you to develop countless transferable skills, from data analytics to coding, which future employers look for when recruiting.

Social life

One of the most exciting aspects of university is the opportunity to meet like-minded people from all over the world. There are so many amazing experiences available to you, whether you want to get involved in societies, Student Union politics or simply enjoy a great night out!

I chose to go to Cardiff University because it is a lively yet friendly city, close to the countryside, which was important for me. Moving from a small town like Eastbourne, I was eager to move to a city with more going on. The people were incredibly friendly, the housing was cheap and you were never short of something to do from going to see an ice hockey match to the hundreds of live gigs playing every month.

Alongside studying Biomed, I volunteered my time with a number of charities, including St Johns Ambulance, STAR (which provides a safe space and conversational English classes for refugees) and SKIP, which is a sustainable international children's charity working to promote education in sex education and HIV prevention. I recommend taking full advantage of every opportunity that university offers, volunteering increases your network and opens your mind to new careers, all whilst giving back to a cause that you are passionate about.

University is not for everyone; it is expensive and there are a number of alternative pathways now that are just as valuable. However, it does provide you with a unique opportunity to meet like-minded people, and explore the subject you are passionate about in more depth. For me personally, I feel that university allowed me to improve my confidence, independence, and academic curiosity. It has also given me the chance to find new hobbies and make friends that I know I will keep for life.



For Parents & Carers



Apprenticeships

Find a parent & carers pack to Apprenticeship

<https://amazingapprenticeships.com/app/uploads/2021/01/Parent-Pack-Jan-2021.pdf>



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[Socially beneficial careers for your child](#)

[A Parent's Guide to Gap Years](#)

[10 In Demand Career Paths for your child](#)

[The Future of Work 2020-2030](#)

start

Help your child to explore their future

As part of our commitment to prepare students for a rapidly changing world, we are delighted to announce that we are using an innovative online resource called **Start**.

Start will help your child to connect with their future career potential, develop their employability and help them to explore future career and study options at school or at home.

Please see the Careers page on our Willingdon School website for further details. <https://willingdonschool.org.uk/public/data/file/4/9/Start%20for%20website%20070121.pdf>

Further Information



Free National & Regional service

<https://NationalCareers.Service.gov.uk>

NCWTV

Free video resources in dozens of industries.

<https://NCWTV.co.uk>

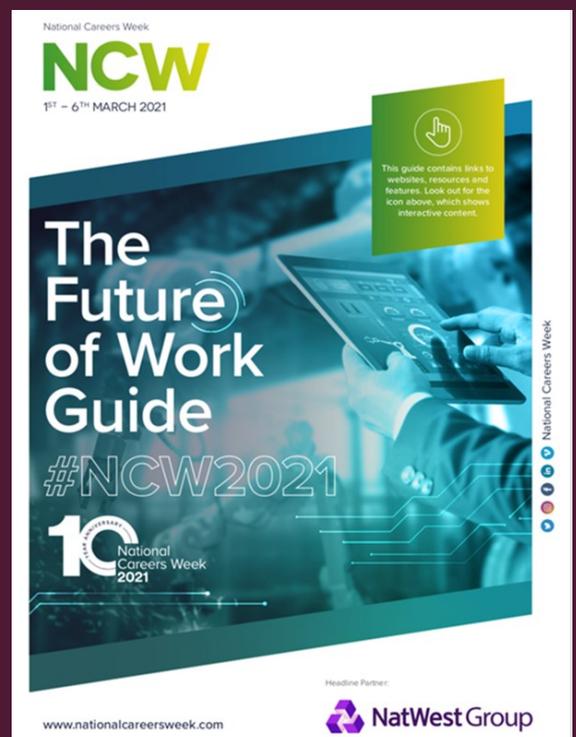
Education
and
Employers



Explore careers through stories.

<https://icould.com>

What will the future of work look like?



<https://nationalcareersweek.com/download/23898/>

For all students



Can you help create a
Careers display for our
noticeboard in school?

Watch the video using the link and either draw or make an A4 informative poster about a career(s) in the NHS.

Your poster must include:

- Job Title
- Picture
- What the job entails
- What skills you may need
- How to get into the job
- Salary

Hand your
completed poster to
your tutor or to Mrs
Rooney in the
Careers Office.

We all know that the National Health Service has worked tirelessly this past year to help treat patients suffering from COVID 19.

But, did you know that there are over 350 different careers in the NHS?

Hear from people working across the healthcare sector, including some roles you may not know existed!

<https://www.bbc.co.uk/bitesize/articles/zbdhmfr>

We hope that you have enjoyed the magazine.

As this is a new format, we would be most grateful if you could provide us with invaluable feedback by completing the following Google form so that we can improve upon further editions.

[Careers magazine feedback](#)