

# NEWSLETTER CAREERS @ NEWSTEAD

## Make your CV shine!



### *Message from Mrs Brown*

Happy new year, I hope you had a fun and restful Christmas break.

As part of the ACE programme this term is all about 'CONNECTION'. Stay tuned for notices about events we will be running to help inform and inspire your career choices.

Students often ask me what they should include in their CV. Whether its a part-time job or virtual work experience it all helps your CV to shine!

This newsletter will help you reflect on what you can include but also consider new opportunities. **I will be running drop in CV sessions for Year 11 and Year 12 students on the 31st January and 1st February all day, just pop into the careers office.**



Happy New Year  
from the Careers Team

## 2022

Make this the year that you are going to .....



Whether applying for a job, college, apprenticeship, or university it is vitally important to be able to add a "little bit extra" to your CV or personal statement.

The following page of this newsletter gives you many ideas, depending upon where you are on your career path: part time work, volunteering, work experience, job shadowing, work placements or internships.

It would be ideal if any of the above are in the area of your chosen career but if you are not sure which direction you are heading, don't worry as any type of work/volunteering is a useful asset to have done, as it shows commitment, consistency, team work and even leadership skills.

## WORK/JOB SHADOWING

### WHAT IS WORK SHADOWING

This involves observing a professional to gain a better understanding of the role and a taste for a particular job.

Shadowing (generally informal and unpaid) also allows you to experience how the same job can be different depending on the setting. For example, a nurse who works in an A&E department will have a different role from one who works in a small community practice.

When looking for opportunities it's important to only choose roles that are of interest to you, as the time spent shadowing can be short. You also need to be aware of how time-consuming the process can be for the person being shadowed, so preparation and a genuine interest in the area are vital.

## VOLUNTEERING

Making a positive contribution to society while gaining the skills needed to follow certain careers is a great way to impress potential employers. Volunteering demonstrates you are proactive, a good communicator and can work as part of a team.

Charities and non-profit organisations such as Age UK, Barnardo's, British Red Cross, Cancer Research UK, the National Trust, The Prince's Trust, and many more are in constant need of volunteers. You can also work in schools, hospitals and local community centres.

<https://www.nationaltrust.org.uk/find-an-opportunity>.

Volunteering is very worthwhile but the amount of time you dedicate to voluntary work depends on your study, work or family commitments. Be realistic!

## INTERNSHIPS

### WHAT ARE INTERNSHIPS

An internship is a period of work experience, lasting a week to 12 months. Typically undertaken by students during the summer holidays or by graduates to gain experience in a particular field looking to improve relevant skills.

Employers can use these to assess a student or graduate's capability and often recruit employees from their interns, rather than advertise their vacancies externally, so apply for an internship that are really interested in.

<https://www.youtube.com/watch?v=ZSdfgT2zzg>

## WORK PLACEMENTS

### WHAT ARE WORK PLACEMENTS

Work placements are usually completed during term time, and can be a compulsory element of some degrees. They can be taken as part of a 'sandwich' year and are also known as a 'year in industry' or 'placement year'.

If you're on a sandwich course, you'll complete the placement between your second and final year of study. You'll be assessed and receive academic credit for the placement.

Completing a work placement will help you increase your skills, expand your networks and clarify your career goals.

## PART TIME JOBS

The salary may not be great but the experience that you gain doing a part time job is invaluable; babysitting, tutoring, paper rounds, weekend jobs in shops or at a riding stable for example. For older students, work can be found during the summer months at festivals or summer camps such as Barracudas (UK), Camp America or Mark Warner (Europe).

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

<https://www.markwarner.co.uk/careers>

## (VIRTUAL) WORK EXPERIENCE

Work experience is time spent in a workplace learning about a job role, a company or a career sector.

Most work experience is unpaid though there are some types of opportunities where you can earn money.

Companies are starting to develop 'virtual' placements, where you work remotely using digital technology, without having to go in to the workplace.

Doing work experience gives you the chance to:

- try out your career ideas
- find out more about what's involved in a job and see if it's for you
- learn new skills or build on those you already have
- meet new people and grow your network of contacts
- boost your confidence
- show employers what you can do so they consider you when a job is available

<https://www.youtube.com/watch?v=o2F4bZX2yUg>

## What's on in school?

Back in December our Year 12 Career Ambassadors ran a very successful Careers Cafe "What can I do with Geography" with speakers from UCL and the University of Birmingham. Well done students!

Watch this space for the next Careers Cafe

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Good luck to our Year 13s who are applying for jobs or apprenticeships, about to submit a UCAS application or undertaking university interviews!

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Year 9 students will shortly be receiving information about choosing their options

All the information that we produce can be found on the Newstead Wood Website, click on "Curriculum" and then "Career Learning and Development"

For any further information, please email Mrs Brown on [abrown@newsteadwood.co.uk](mailto:abrown@newsteadwood.co.uk) or Mrs Green on [cgreen@newsteadwood.co.uk](mailto:cgreen@newsteadwood.co.uk)



*You can choose to study a career in sport through vocational or academic routes, either through an apprenticeship or on more traditional higher education courses.*

<https://www.ucas.com/explore/subjects/sport>

*Here are some ideas of jobs available in this industry:*

**SPORTS JOURNALISM** is a exciting industry which focuses on reporting amateur & professional sporting news and events. Sports journalists work in all media including print, tv broadcasting & the internet. Ideal if you like sport and enjoy writing!

**SPORTS NUTRITION** is the study and practice of nutrition and diet with regards to improving performance

**SPORTS SCIENCE** is the scientific study of physiology, psychology, nutrition, and understanding the social role of sport and exercise. The focus is to help maximise performance and endurance in preparation for events and competitions while lessening the risk of injury

**SPORTS PSYCHOLOGY** provides you with the understanding to improve athletic performance and well-being by studying the psychology behind sport

**SPORTS PHYSIOTHERAPY** is a speciality within physiotherapy which is dedicated to the assessment and treatment of injuries related to sports and exercise at all levels and ages.

