



# ABK FUTURES

Newsletter Issue 4

May 20th 2022

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## How to beat to beat exam stress

With exam season arriving for students across the school, we wanted to do a few things to ease the pressure.

Exams are just not nice. For most people, memories of exams consist of tedious hours of revision, last minute panics and anxiety inducing post-exam chats with friends, that only ever convinced those involved that they'd got everything wrong.

The scale of the challenge can be so intimidating that just getting started can be really hard.

Here's a few good revision hacks for all our students:







1. Make sure you make a timetable to organise what revision or essay work you're going to tackle each day. It really helps you set out what you need to do in small chunks.
2. Looking over some past exam questions or even answering some in exam conditions can help calm your nerves."
3. Use apps to block social media websites temporarily so you don't get distracted. (Like **Self Control, Cold Turkey or others**).
4. Use Post-it notes to help break ideas down into bite-sized chunks and highlight key points you wish to remember."
5. Draw mind maps to see the big picture or make a simple list,
6. Put a sweet in random pages – then you'll have a surprise treat every now and then!
7. "Grab a good pair of headphones and play some instrumental music. Lyrics make it harder but instrumental music settles in the background and helps you sharpen your focus.
8. "To make your day more manageable, break down each hour in to 40 minutes of solid revision followed by 20 minutes of tea making/listening to music /wandering in the fresh air, so that you never felt too chained to laptop on any given day."
9. "Remember that you're not a machine. You deserve time off! Make sure you factor in time to watch a film, go out for a drink with friends or grab a coffee. The most productive brains are those that rest properly too!
10. "Break up your revision with some exercise! Whether it's a brisk walk or a session in the gym, not only will it let your mind relax for an hour, you'll also get a burst of energy."
11. Go to bed early and drink lots of water.
12. At the end of the day, keeping things in perspective is one of the most powerful ways of keeping your stress levels under control:
13. Focus on you and don't worry about anyone else. Remember your best is good enough!

These are some ideas to get you going.

Best of luck to all our students taking their exams this summer!







## Upcoming Careers Opportunities for Students


Organisation	Dates and link	Summary	Targeted at
	<p><b>Last updated: Wednesday 4<sup>th</sup> May</b></p> <p> Current Vacancies - 04.05.22.pdf</p>	<p><b>Hilton Hotel current vacancies range from a night kitchen porter at 24 hours per week to Events planning manager at 39 hours a week.</b> To find out more please open the vacancies pdf to find links to apply for each job role.</p>	<p>Students/ School Leavers</p>
	<p><b>Wednesday 18<sup>th</sup> June, 1:30 PM – 5:30 PM</b></p>  <p>Scan the QR code to find out more &amp; register</p>	<p><b>Interview guaranteed by attending.</b> Please bring along a copy of your CV and passport/ right to work documents (Mandatory to be interviewed)</p>	<p>Students/ School Leavers</p>
	<p><b>Online Application</b></p> <p><a href="https://balfourbeattycareers.com">Balfour Beatty (balfourbeattycareers.com)</a></p>	<p><b>We are looking for an enthusiastic individual looking to start a career in construction related administration.</b> The first phase of HS2 is well underway, supporting the UK's green economic recovery. Over 240 active worksites between London and Birmingham are creating and sustaining thousands of jobs and the country's supply chain.</p>	<p>Students</p>
	<p><b>Tuesday 28<sup>th</sup> June</b></p>	<p><b>Ready for a challenge? We like the sound of you. You'll find plenty of opportunities to develop your career here at Virgin Money.</b> Join the</p>	<p>Students aged</p>



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	<p><b>Application Deadline: Friday 27<sup>th</sup> May</b></p> <p><a href="#">Discover a Brighter World of Banking – Careers in Banking – Virgin Money – Speakers for Schools</a></p>	discovery session to understand the roles and opportunities in the world of banking	between 14 & 19
	<p><b>Friday 1<sup>st</sup> July, 11:00 AM – 12:00 PM</b></p> <p><b>Application Deadline: Friday 3<sup>rd</sup> June</b></p> <p><a href="#">#YouMakeTheBBC – apprenticeships and entry level opportunities at the BBC – BBC – Speakers for Schools</a></p>	<p><b>Join us to discover what the BBC does and how you can start your career in the world’s largest broadcasting company.</b> Find out about different schemes we offer in Business, Technical, Journal &amp; Production &amp; what doing an apprenticeship with the BBC means. On the day we will walk you through the application process and give you some top tips to help you. We may also be joined by former apprentices who can share their experiences.</p>	Students Nationwide
	<p><b>4<sup>th</sup> – 8<sup>th</sup> July/Apply by the end of May</b></p> <p> Flyer.pdf</p> <p><a href="#">Highways and Construction Work Experience Week - 4 to 8 July 2022 - Highways England (nationalhighways.co.uk)</a></p>	<p><b>We’re collaborating with other construction organisations to host a week of work experiences across the UK. If you’re a student or company involved in construction and engineering, get involved now.</b> For students who have an interest in construction they should use this opportunity to learn more. The week involves face- to face and virtual talks with industry experts.</p>	Students
	<p><b>Tuesday 5<sup>th</sup> July – Thursday 7<sup>th</sup> July</b></p> <p><b>Application Deadline: Tuesday 7<sup>th</sup> June</b></p> <p><a href="#">Lead your own marketing campaign and you could win a</a></p>	<p><b>We are giving all young people on this work experience a chance to learn, build and run your own marketing campaigns across TikTok, Snapchat and Instagram.</b> We are SFS set to be the most – loved UK youth media agency. We work with Universitas, employers &amp; commercial brands to</p>	Students aged between 14 & 19




	<a href="#">paid summer internship – Speakers for Schools</a>	<p>deliver a multimillion-pound operation every year, over the 3 days you will learn the following:</p> <ul style="list-style-type: none"> <li>• Meet and be mentored by our team, learning all the different roles open in the world of marketing and media</li> <li>• Work together with your team to design and deliver your very own marketing campaign to the public in real time.</li> <li>• &amp; More</li> </ul>	
	<p><b>Thursday 14<sup>th</sup> July, 10:00 AM – 11:00 AM</b></p> <p><b>Application Deadline: Thursday 16<sup>th</sup> June</b></p> <p><a href="#">Working with Animals – Higher education opportunities and careers – Harper Adams University – Speakers for Schools</a></p>	<p><b>Join Harper Adams for this discovery workshop to find out about how you can start a career working with animals, by studying for an undergraduate degree at our university.</b> We understand university is not for everyone that’s why we have decided to host these sessions where we will explain our animal and veterinary courses &amp; what qualifications you will need to get on course.</p>	<p>Students aged between 14 &amp; 19</p>
<p>Morgan Stanley</p>	<p><b>Friday 29<sup>th</sup> July, 9:00 AM – 5:00 PM</b></p> <p><b>Application Deadline: Sunday 12<sup>th</sup> June</b></p> <p><a href="#">2022 Step In, Step Up - An Insight Into Technology July (London) - Morgan Stanley Campus (tal.net)</a></p>	<p><b>At Morgan Stanley, we strive to build an organization that is diverse in experience and background, reflecting our standards of integrity and excellence.</b> The Step In, Step Up: An Insight to Technology programme is an introductory one-day programme designed for Year 12/13 students who are female and/or identify as female. The day will give an oversight into the different Technology programmes Morgan Stanley offers.</p>	<p>Female students in year 12/13</p>





**Careers Resources**

Organisation	Dates	Summary	Targeted at
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	<p><b>Session 1 – Tuesday 17<sup>th</sup> May, 16:00</b></p> <p>Advance booking only through Eventbrite:</p> <p><a href="#">Solihull parent/carer Apprenticeship information event Session 1 Tickets, Tue 17 May 2022 at 16:00   Eventbrite</a></p> <p><b>Session 2 – Tuesday 17<sup>th</sup> May, 18:00</b></p> <p><a href="#">Solihull parent/carer Apprenticeship information event Session 2 Tickets, Tue 17 May 2022 at 18:00   Eventbrite</a></p>	<p><b>Parent/Carer Apprenticeship information event</b></p> <p><b>An opportunity for parents and carers to get the most out of an apprenticeship application all in one place.</b></p> <p><b>In partnership with WorkPays, Solihull Career’s Hub would like to invite parents and carers of children attending a secondary school in Solihull to attend an information event to find out more about Apprenticeships.</b></p> <p><b>Example agenda:</b></p> <p>Introduction and welcome</p> <p>Talk: Introduction to apprenticeships</p> <p>Workshop: How to registration on the GOV website workshop</p> <p>Break (hot and cold drinks provided)</p> <p>Talk: Hear from three young apprentices from the Young Apprenticeship Ambassador Network</p> <p>Or</p> <p>Workshop: Skills, strength &amp; CV workshop</p> <p>Foyer</p> <p>After the sessions: Free time for all to talk to young apprentices.</p> <p><b>***FREE PARKING ONSITE***</b></p>	<p>Parents &amp; Carers</p>
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	<p><b>Thursday 9<sup>th</sup> June</b></p> <p><b>Application Deadline: Tuesday 24<sup>th</sup> May</b></p> <p><a href="#">Intro to Storyboarding for Animation – Speakers for Schools</a></p>	<p><b>So, you want a career in animation?</b></p> <p><b>Come and join this great interactive session and delve into the world of animation, work with Animation Studio Carse &amp; Waterman, as they introduce attendees to their world.</b></p> <p>They will be breaking down key job roles, skills, and software with animation.</p>	<p>Students aged between 14 - 19</p>
	<p><b>Wednesday 15<sup>th</sup> June, 12:30 PM – 13:30</b></p> <p><a href="#">Time for change: Supporting young adult carers into apprenticeships – Amazing Apprenticeships</a></p>	<p><b>The Time for Change session will look the challenges faced by young adult carers when applying for and undertaking apprenticeships. We'll be joined by apprentices with caring responsibilities, employers, and experts for an empowering session.</b></p>	<p>Young Carers</p>
	<p><b>Online Resource</b></p> <p><a href="#">FOBBS - Homepage</a></p>	<p><b>The Figures of Black British Society (FOBBS) app is an educational platform with a focus on Black British figures. It aims to be the single best resource for children aged 5 to 16 to learn about Black British figures both historical and current-day leaders. The content within the app is relevant and specific to each user's interests so they gain a unique experience. The app will integrate different media types and technologies like VR and text-to-speech to make the content more accessible to users of all ages.</b></p>	<p>Students aged between 5 - 16</p>
	<p><b>Online Resource</b></p> <p><a href="#">#NCW2022 — High Performance Podcast (thehighperformancepodcast.com)</a></p>	<p><b>The High-Performance podcast enables access to a wide range of entrepreneurs, athletes, visionaries, and leaders from across the world. The purpose of the podcast is to reach more people and help them live a more High-Performance life. The resources available are as follows a</b></p>	<p>Teachers</p>



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		High-Performance Assembly & lesson presentation and many more.	
	<b>Online Resource/Apply</b>  <a href="#">CMS - Connect</a>	<b>Be the future of law – speak with CMS mentors or learn from our modules about what life is like at CMS and how to start your career in the legal sector.</b> CMS is a future facing law firm taking a bold, dynamic, and agile approach to help clients with their problems, working in over 40 countries with over 5,000 lawyers worldwide.	Students