



COWLEY CAREERS NEWSLETTER

12th May, 2023

WELCOME TO THE CAREERS NEWSLETTER

Welcome to the latest issue of the Careers newsletter.

We have some opportunities and events to share with you ahead of the weekend.

Don't forget, there are lots of great resources available on the Careers section of the Cowley website, [click here](#).



MANAGING YOUR WELLBEING DURING EXAMS

Monday 15 May | 4:30-5:15pm

Exams are important for opening doors to your next steps, but you need to manage your wellbeing to get the best results.

In this webinar, Unifrog's mental health champions share their top tips for managing exam stress and expectations, help you to find your best revision style, and signpost you to some useful resources for accessing support.

Sign up now to learn how to manage your wellbeing during exams!

[REGISTER](#) →



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NATIONAL HORSERACING COLLEGE



National Horseracing College (NHC) provides a responsive centre of training excellence in Doncaster, who train the people, to specifically cater for the staffing needs of the British Horseracing Industry.

NHC offers a 12 Week Residential Foundation Course for those aged 16+ (no age limit), which requires no previous equine nor academic qualifications to apply for, and both riding, and non-riding options are available. The course runs every four weeks.

Successful completion of the 12-Week Residential Foundation Course can lead to full-time employment in a racing yard as a Racing Groom, as well as a Level 2 Apprenticeship. Find out more about the NHC's Foundation Course [here](#).

Upcoming three courses that have spaces available on:
Monday, 29th May 2023 & Monday, 26th June 2023.

[FIND OUT
MORE](#) →



National Horseracing College
Centre of Excellence for the Horseracing Industry

12-week Residential Foundation Course
For those people seeking their first taste of racing, our foundation course will ensure they have the necessary skills to gain employment in the racing industry.

- For anyone aged 16+
- 12 weeks at the NHC and 6 weeks work placement
- Courses start every 4 weeks
- Riding and non-riding option
- No previous equine experience or academic qualifications required


Join us for an Open Morning
Our Open Morning's typically take place once a month. Head over to our website for dates, more information and to register.

Want to further your career and gain qualifications?

- Fast Track and Exemption Courses for those working in racing
- Level 2 Apprenticeship Equine Groom (Racing)
- Level 3 Apprenticeship Senior Equine Groom (Racing)
- Level 4 Learning Programmes in the Horseracing Industry
- Licensing Courses for Jockeys, Amateur Riders and Trainers
- Administration Courses for Trainers, Assistant Trainers and Racing Secretaries
- Regional Staff Development Programme
- Level 1, 2 and 3 Award in Equestrian Coaching (Racing)
- Racing2Learn Online Courses

For further information visit our website
www.theNHC.co.uk
01302 861000 info@theNHC.co.uk

Scan For More Info



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SAFE SPACE
FOR EVERYONE**





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EXPLORE 'ENGLISH LITERATURE AND CREATIVE WRITING' WITH LANCASTER UNIVERSITY

Tuesday 16 May | 4:30-5:15pm

Are you considering studying English Literature and Creative Writing at university? Join Lancaster University for a taster session and find out more about what this exciting degree involves. Our academic, Professor John Schad, will give you useful information about what you can study, what to do with an English Literature/Creative Writing degree and the wide-ranging careers it can take you to beyond university.

[REGISTER](#) →



WHAT'S IT REALLY LIKE TO BE A STUDENT?

Thursday 18 May | 4:30-5:15pm

Want to go to university and wondering what to expect? Lots of questions will be going around in your head and the best way to get them answered is to speak with someone that has already gone through the process.

In our webinar, you're going to hear from a current student who will share the secrets about moving away from home and the first few weeks at university. They'll show you a typical day on their course and how to manage your academic and social life. You'll hear the top tips on making new friends and what they wish they had known when they were in your position.

Don't miss the opportunity to secure your place sign up now.

[REGISTER](#) →





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STUDY IN THE NORTH

Thursday 18 May | 5:00-6:00pm

Join Unifrog as the Universities of Central Lancashire, Salford and Sunderland talk through the benefits of studying in the North of England.

You can also ask your questions to a selection of current students.



[REGISTER](#) →



POLITICAL JOURNALISM WEBINAR

Tuesday 6th June | 6:30-8:30pm

Interested in learning more about political journalism?

News Associates are holding a live talk and Q&A with *The Times* political reporter Geri Scott and *The Guardian* political correspondent Aubrey Allegretti on Tuesday 6th June.

[REGISTER](#) →

REQUEST A CAREERS APPOINTMENT

Students may request a one-to-one appointment with one of our independent Careers Advisors from Career Connect.

To request a 30-minute appointment, please contact your Team Tutor or email the Careers team [here](#).



Expand Your Horizons Into The World Of Town Planning



RTPI

Chartered Town Planner

**Thursday 25th
May | 6pm-7pm**

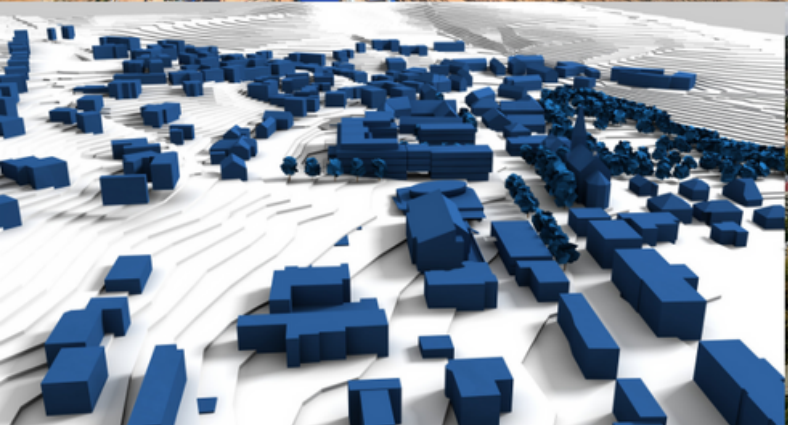
Work Experience This Summer.
RTPI are running a Work Experience
placement this July - come along to
this event to find out more!

What will you get out of it?

- Insight into the Planning profession.
- How Town Planning involves different career subjects.
- Insight into RTPI's EXPLORE Work Experience programme.
- Application process and tips.



Scan this QR code to sign up



EXPLORE WORK EXPERIENCE PROGRAMME | RTPI



RTPI

Royal Town Planning Institute

The Royal Town Planning Institute (RTPI) is the UK's leading planning body for spatial, sustainable, and inclusive planning and is the largest planning institute in Europe, with over 27,000 members.

Take part in RTPI's 5 day in-person Work Experience with a local employer!

- A week long placement in July 2023.
- Experience a career in Town Planning.
- Meet different departments within the business.
- Learn about different factors that affect Town Planning.
- Must be 16+ to apply.

Applications close 2nd June

Scan the QR to apply



"I found it valuable as it gave me insight into the industry and some of the advice I gained will be valuable for uni decisions and my work life onwards. I also enjoyed speaking to industry professionals and learning more about planning and what is involved in planning."

Previous employers included:

