



Week 3 focus – Self Development

Welcome to the weekly progression update. You should be spending 1 hour a week thinking about your progression plan. Any questions, please email me isaacr@smrt.bristol.sch.uk. If you haven't done so already, please follow redcliffeprogession on Instagram for more updates throughout the week.

So far we focussed on Research (week 1) and Personal Statements (week 2). This week you need to spend 40+ minutes on some sort of self-development for your progression. This will look differently for all of you so please look at the suggestions below and choose 1 to focus on.

Book a careers appointment

We have a very experienced careers advisor employed by school who can help you. Normally Steve would meet you 1:1 at school but instead is doing email meetings with students. To book an appointment you need to complete [this google form](#) which will take around 20-40 minutes. This will give Steve some information about your subjects, interests and skills which will allow him to tailor the advice.

Attend a webinar

Most Universities are now running webinars which are usually around 1 hour long with a Q&A session at the end. These are a great way to gain information on a wide range of topics. For example – Manchester Met are hosting [Webinar Wednesdays](#) and have a host of topics - **Choosing a University, Applying for University, Student Finance, Taking an Apprenticeship and Life at University**. Check out other University websites for similar!

Enhance your subject knowledge

As part of your personal statement, admissions tutors want to see that you have a keen interest in your subject. There are currently so many resources out there to enable you to do this virtually but here are a few that caught my eye this week.

Online sustainability sessions - <https://catalysechange.com/portfolio-item/catalyst-programme-events-outreach/>

Subject specific further reading via Oxford & Cambridge - <https://www.myheplus.com/>

Subject specific courses with The Open University - <https://www.open.edu/openlearn/>

Subject specific courses with Future Learn - <https://www.futurelearn.com/>

Creative courses from film making to creative writing - <https://www.skillshare.com/>

Top tip – after your chosen self-development, write about it! Keep a record of what you learn and the skills you develop. This will all be useful for your personal statement which we will begin to start writing properly next week.