

THE EXCHANGE

Careers Newsletter

Iss 13



September

Welcome back, and a big hello to all our new students!

We hope you've had a great summer and are feeling ready for the year ahead.

The Careers Team is excited to share the latest edition of our Careers Newsletter, packed with opportunities, tips, and advice to help you explore your options, build your skills, and plan for your future. Whether you're thinking about university, apprenticeships, or employment, we're here to support you every step of the way.

Let's make this year a great one!

Careers quote of the month

"The best way to predict
your future is to create it."

Abraham Lincoln

Careers Tip of the month

Thinking about UCAS? Start early. Research courses, attend open days, and explore career options now. The more informed you are, the more confident your choices will be.

Meet the Team

Iss 13 .

The Careers Team are based in the Careers and Personal Development Centre, located within the University Centre (UC010). The service is provided by a full team of qualified careers advisors, who are here to support every student, at every study level, with their career planning and progression. You can book an appointment or drop in any time Monday – Friday for help with:

- Career Planning
- Finding employment
- Writing or updating your CV
- Interview Skills
- Choosing your next course
- Changing Career
- Applying to University
- Applying for Graduate opportunities



To book an appointment , please scan the QR code or drop into the Careers Centre any time.



Mondays - 8.00-6.00pm
Tuesday - Friday 8.00 - 4.00pm

Careers are also contactable at careers@blackburn.ac.uk

Top tips for settling into college

Iss 13 .

Starting college is exciting, but it's completely normal to feel a bit nervous too. Whether you're meeting new people, finding your way around campus, or getting used to a different routine, remember that everyone is in the same situation!

1. Get Organised Early

Use a planner, app, or calendar to keep track of your timetable, assignments, and important dates. Good organisation now will make college life much less stressful later.

2. Say Yes to New Opportunities

Join clubs, attend events, and take part in activities. It's a great way to make friends, build confidence, and develop skills that employers value.

3. Don't Be Afraid to Ask for Help

Tutors, support staff, and careers are there to help if you are struggling with your wellbeing, course or anything else, speak to someone early.

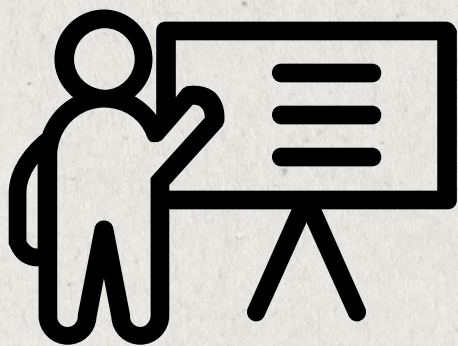
4. Build Good Habits

Try to establish a routine that includes study time, breaks, exercise, and enough sleep. Looking after yourself helps you perform at your best.

5. Be Patient with Yourself

It takes time to settle in. Don't compare yourself to others. Focus on your own progress and celebrate small achievements along the way.

Remember: College is about more than qualifications. It's a chance to develop independence, meet new people, discover your strengths, and take the first steps towards your future career.





Connect with Careers

Making the most of every resource available can set you apart and position you for **success** in your career.

Each month students will be recognised for their commitment, enthusiasm and proactive participation in career development activities. They will be awarded a certificate and a Love2shop vouchers.

Come along to the careers centre to find out more and get involved in all things careers!



What's coming up?

UCAS 2027 applications are now open!

If you're planning to apply to university, don't forget the Careers Team can support you with your application, personal statement, and those all-important course decisions if you're still unsure about your next steps.

With key deadlines approaching, make sure you get started early and don't leave it until the last minute.

We are here to help every step of the way.



National Cyber Force - Insight event

National Cyber Force offers a wide range of careers including cyber security, tech engineering, language specialists, project management, information management and analysis.

Date: Tue 20th Oct 4:30PM - 6:30PM

Register at: <https://uptree.co/events/>

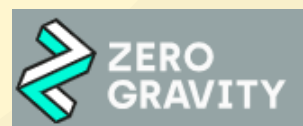
Want extra support with your university or career plans?

Zero Gravity is a free mentoring programme designed to help ambitious students from lower-opportunity backgrounds reach their education and career goals.

Students can be matched with a mentor who has experience in their area of interest, giving them the opportunity to ask questions, build confidence and get practical advice on applications, university choices, apprenticeships and careers. Members can also access career opportunities, learning resources, employer events and a supportive student community.

It's a great opportunity to gain valuable insights from someone who has already taken the next steps and can help you make your own ambitions a reality.

Find out if you're eligible and sign up for free at
www.zerogravity.co.uk



THE EXCHANGE

What's coming up?

Iss 13 .



The North West Apprenticeship and Careers Expo is Greater Manchester's largest careers event, featuring up to 100 exhibitors. It's ideal for anyone of any age looking for new opportunities, skills, or career advice.

Meet leading organisations such as BAE Systems, the NHS, and United Utilities and explore a wide range of career pathways.

21 October 2026

 12:00pm – 7:00pm (last entry 6:30pm)

 Free and open to everyone

 **Register here:**

www.eventbrite.co.uk/e/the-north-west-apprenticeship-careers-expo-bolton-2026-tickets-1974708986737



The BBC and Me: What the BBC Does and the Career Opportunities on Offer

This Virtual Work Experience programme will give you real-world insight into what life is like at the BBC and a great understanding of the diverse range of career opportunities available. Whether you're interested in Business, Data, Digital, Technology, Engineering and Operations, Journalism or Production, there's a place for you and this programme will help you find the path that best fits your talents, skills and goals!

<https://www.springpod.com/virtual-work-experience>

THE EXCHANGE

What's coming up?

Iss 13 .



At **Create Your Future**, Manchester, you'll meet universities, creative schools and industry employers offering courses, apprenticeships and careers across art, design, media, performance, fashion, gaming and more. It's your chance to explore pathways, ask questions, and connect with people who bring creative work to life – all in one place.

10/11th November 2026 - Manchester Central

Register at: www.ucas.com/registration/register/event/479156

Career Boost of the Month: Build Your LinkedIn Profile in 30 Minutes

Did you know that many employers and recruiters use LinkedIn to find potential candidates? Whether you're looking for a placement, part-time job, internship, or graduate role, having a professional LinkedIn profile can help you stand out.

Top 5 Tips to Improve Your LinkedIn Profile

- ✓ Use a professional photo – A clear, friendly headshot makes a great first impression.
- ✓ Write a strong headline – Instead of just "Student", try: "Business Management Undergraduate | Aspiring Marketing Professional"
- ✓ Showcase your skills – Include skills gained from coursework, work experience, volunteering, and extracurricular activities.
- ✓ Connect with professionals – Follow companies you're interested in and connect with alumni.
- ✓ Share and engage – Comment on industry posts and share achievements to build your professional presence.

Challenge of the Month

Spend 30 minutes updating your LinkedIn profile and connect with at least three professionals in a career area that interests you



THE EXCHANGE

Graduate training schemes

Iss 13 .

FINAL YEAR? START THINKING ABOUT GRADUATE JOBS NOW!

Graduating in 2027? Your graduate job search starts NOW!

If you are starting your final year of university in September 2026, don't wait until you graduate to look for your first professional job.

Many of the UK's biggest employers open their graduate training schemes from September onwards, with applications often closing months before graduation.



Your Graduate Job Timeline

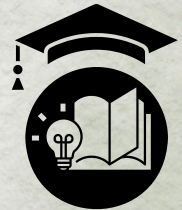
SEPTEMBER 2026

Start searching for graduate schemes

Update your CV and LinkedIn profile

Begin submitting applications

Practise online aptitude tests



Here are a few schemes worth keeping on your radar:

Civil Service Fast Stream - policy, finance, digital, cyber, HR, project management, operational delivery

PwC - banking, finance, technology, data

BAE Systems - engineering, software, project management, finance, business

Natwest - banking, finance, technology, data

KPMG - audit, tax, consulting, advisory, technology

AstraZeneca - science, engineering, manufacturing, data, business

Deloitte - Audit, consulting, technology, cyber, data, financial advisory

United Utilities - Engineering, finance, digital, project management, environment

Accenture - Technology, consulting, AI, data, cyber, business

Electricity North West - Engineering, finance, IT, business, project management

JPMorganChase - technology, software, data, finance, operations

Set up job alerts, keep your CV updated and apply early. Some graduate schemes close once they receive enough applications.

Need help? Speak to the Careers & Personal Development Centre for support with CVs, applications, interviews and finding graduate opportunities.

THE EXCHANGE

More opportunities, resources, and services!

Iss 13 .



Struggling to get to university open days.

Unitaster days support students who are considering university to make informed future subject decisions. They feature guest speakers from a range of different universities, who are always experts in the subject being explored.

www.unitasterdays.com/university-subject-guide-videos/



Chip in offers volunteering opportunities in a range of areas such as events, music, project development, admin, exhibitions, workshop support, stewarding, curation, collection handling, supporting youth sessions, social media and blogging, food growing and much more.

Take a look at the opportunities at: www.chipinbwd.co.uk



Prospects is one of the UK's leading graduate careers websites, offering expert advice on career options, job hunting, postgraduate study and graduate vacancies. Students can explore different career paths, access CV and interview guidance, and search for graduate jobs and internships to help kick-start their careers.

Visit www.prospects.ac.uk to start planning your next steps with confidence



Careers in Construction

Go Construct provides resources for anyone looking for a career in the construction and built environment sector. You can also discover your unique construction personality type by taking their Ultimate quiz!

www.goconstruct.org

What is Labour Market Information?

Labour Market Information, often shortened to LMI, is a collection of facts and figures about employment which help us understand the job market more. This information includes skills required for jobs, demand for jobs and potential growth sectors, and information on pay and conditions.

To look at which skills employers are seeking in different areas of the UK and to explore local trends, you can use this website [here](#).



THE EXCHANGE

Careers Newsletter

Iss 13.

LMI Spotlight on the Creative Industries

2024

2,110,273

Employed UK

The total number employed in a creative occupation | Working Futures



4.04 %

Estimated increase in employment

Increase in creative occupations employment from 2024 to 2028

2028

2,195,581

Employed UK

Estimated number employed in a creative occupation | Working Futures



290,239

Most popular creative occupation in 2028

Marketing, sales and advertising directors

Art therapist

Art psychotherapist

Art therapists help people express difficult thoughts and feelings through creative activities.

Average salary (a year)

£ £39,000 £55,000
Starter Experienced

Typical hours (a week)

37 to 40
variable

You could work

freelance / self-employed
managing your own hours

Lighting technician

Gaffer

Lighting technicians set up and operate lighting for concerts, conferences and theatre, or in film and TV productions.

Average salary (a year)

£ £15,000 £40,000
Starter Experienced

Typical hours (a week)

42 to 44
variable

You could work

evenings / weekends /
bank holidays
away from home

JOB OF THE MONTH:

Graphic Designer

Something to...

DO...



Virtual work experience looks great on your CV, university applications and gives you insight into careers.

[Uptree virtual work experience](#)

LISTEN TO...



A great podcast where people from different industries breakdown the guidance and skills they wished they had when starting their careers. Advice you can put into action.

[Careers Unwrapped](#)

READ...



Take a look at the latest edition of "Choices" careers magazine. It is the ultimate guide to apprenticeships and careers information.

[Choices Careers magazine](#)

WATCH ...



CareersBox is a free online library of careers related film, news and information. It shows real people doing real jobs, giving viewers insight into careers across all sectors and helping you to find the right career.

[CareersBox](#)