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VOL 9 ISSUE 1

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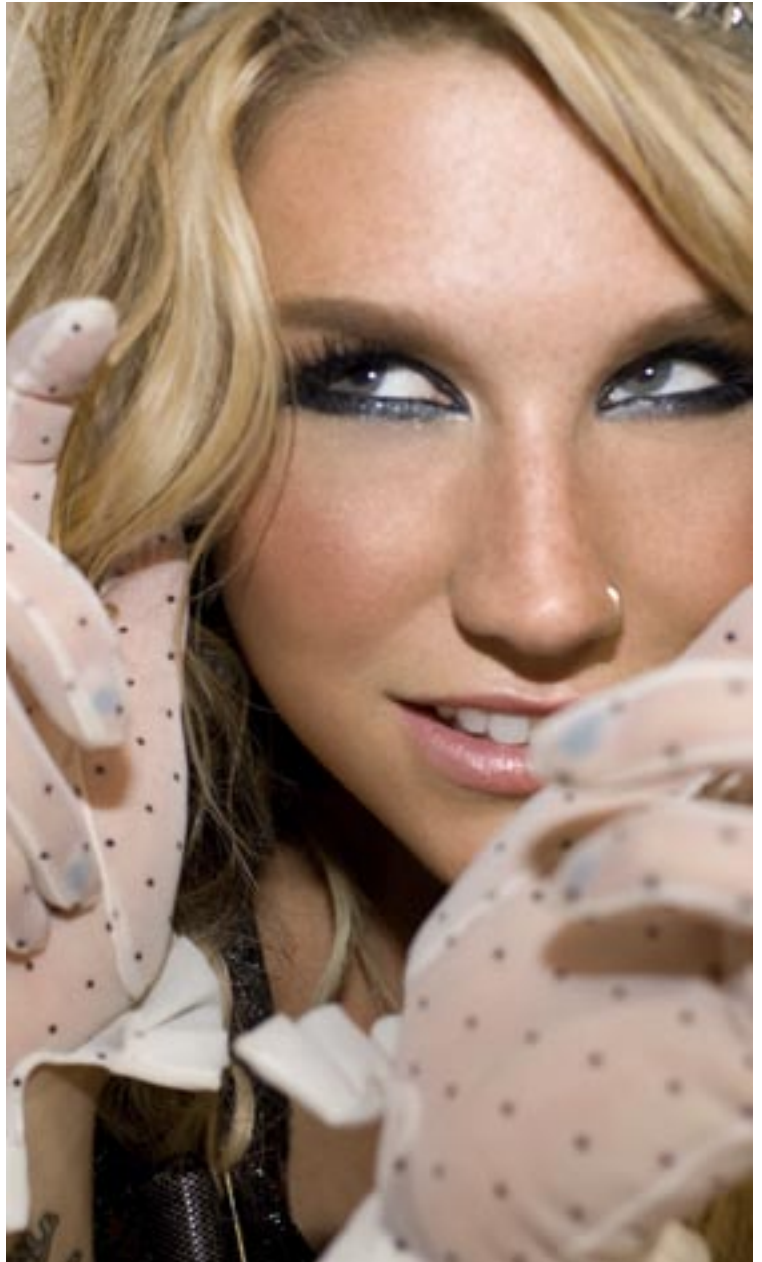
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# STUDENT CITIES

BY MENA FARAG

Though moving away from home can be a scary time, it is also a ticket to fun and ultimate freedom. Waving goodbye as your parents drive off must be one of the most exhilarating feelings in the world; now you can finally go see what the city has on offer! There's a seemingly infinite choice when it comes to great places for getting that university life started, so here's a narrowed down guide to some of the most happening cities in the Midlands!

## LEICESTER

Let's start with the East, and the first city that comes to mind is Leicester. The saying 'Paint the town red' originates from this cosmopolitan dwelling and it's no wonder considering all the great venues! The 20, 000+ students are spoilt for choice when it comes to nightlife. Make sure you get to Liquid for heavy student nights on Friday and Saturday, you'll love the mix of music across the two rooms plus the drinks are almost free! Cool places like Mosh cater for the indie and heavy metal crowd on a Friday, and then switch it up with a Saturday night full of Motown. It's not just about clubbing though, you'll have huge festivals like the Big Session and Leicester's

Comedy Festival, plus fun exhibitions at the National Space Centre, which incidentally has appeared in The Da Vinci Code. Students even have the choice of escaping for a weekend in the countryside when things get too hectic!

## NOTTINGHAM

Nottingham rivals Leicester when it comes to unforgettable memories. It is steeped in heritage, but that's not to say it's full of stuffy old museums. In fact, students have fun participating in a variety of activities, including exploring the mysteries of Creswell Crags at the City of Caves attraction, where some major ice age discoveries were made, or trying out horse riding, quad-biking and white water rafting on

days off. If adventure sports aren't your thing, get your mates together and have a night of laughter at Jongleurs Comedy Club, then check out one of many clubs, such as Dogma which is open most of the week and is uber-student friendly! If large clubs aren't your thing, Nottingham also caters to your needs via lots of small venues, the most popular being The Rescue Rooms, where you can check out up-and-coming musical talent performing live, or party hard to an alternative mix on a Saturday night.

## BIRMINGHAM

Moving onto the West Midlands, it would be a crime not to mention Birmingham. This place is a haven for sports fans, and was even voted

the 1st British City of Sport. There will never be a shortage in things to do; you can visit one of Birmingham's 19 swimming pools, or try your hand at climbing, skiing or snowboarding amongst the oodles of other gaming options available. Birmingham is a shopper's paradise - huge malls and major department stores (get a Krispy Kreme doughnut from Selfridges!) will ensure you always have a place to hang. The many markets are a perfect place for those once in a lifetime finds, plus the Clothes Show Live is hosted at the NEC every year! Birmingham's nightlife will have you telling stories for days. Some of the best places include Factory Club for happy vibes, Oceana for an eclectic mix and lots of fellow students, and super-club Gatecrasher, which needs no introduction!

## COVENTRY

A hidden gem of a city, Coventry is up and coming as one of the most enjoyable places for students. It has a great community feel and is the perfect place to get your sea legs out in the big world of independence. If you love theatre, then check out the Belgrade for amazing shows. For entertainment, you can't go wrong with the Skydome. Everything is under one roof, including the Odeon cinema, amidst a cocktail of bars and clubs. If you haven't overdone it by the time the weekend rolls on, get yourself to 'I Love We Love' at Carey's Nightclub and party hard to awesome club classics. If dance music isn't your thing you have a massive choice of places to party, such as Mojo which opens summer 2010, or Escape for an upscale experience. When the sight of your study bedroom becomes overbearing then head down to Coombe Abbey



Park for some fresh air (see how many deer you can spot!) and relax before the next big night out.

Hope this has narrowed it down a little for you, good luck choosing and try not to get too lost exploring your new city!

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Outstanding facilities and excellent teaching in an innovative and creative learning environment mean that Humanities students at DMU are well-prepared for careers in fields as diverse as Arts and Festivals Management, Education, Media, Publishing, Writing and Journalism or as freelance practitioners in their specialist areas. The excellent facilities include the Centre for Excellence in Performance Arts (CEPA), which develops innovative approaches in the teaching of Dance, Drama and Music Technology. The nationally-recognised Cultural eXchanges festival includes lectures from Alexei Sayle, Josie Long and Germaine Greer and is run by DMU students.



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DMU have a wide range of engineering and computing laboratories, workshops and studios all equipped with the very latest software. The multi-million pound Creative Technology Studios are one of the best in the region, and boast industry-leading video, audio and radio production suites. Computer Games Programming lets you experiment with next generation consoles, use professional games development software, Alienware and Predator labs and a virtual reality suite. Their engineering

laboratories feature a range of dedicated equipment including a specialist design suite equipped with Computer Aided Design (CAD) tools, engine testing facilities to measure performance and emissions, rapid prototyping equipment and microwave reverberation chambers.

By studying Technology at DMU you'll be at the forefront of modern research, and getting the low-down on all the latest industry developments. You'll get the chance to put what you've learnt into practice through the industry placements that are available on all undergraduate courses. Students who take industry placements gain the experience that employers want and have an improved chance of being offered a job at the end of their course.

Technology at DMU has fantastic links with some of the biggest names in the industry including BBC Training and Development, Orange and the Confetti Institute of Creative Technologies. Their electronic engineering courses enjoy a great reputation and have been accredited

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Based in the heart of the vibrant city of Leicester, DMU has an excellent mix of study, culture, entertainment, and student life. With DMU's reputation for offering high quality, professional courses, they really can help you to kick-start your career.



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# SO WHAT EXACTLY IS THE POINT OF ATTENDING OPEN DAYS?



Well firstly they really are not that bad. In fact they can be the first enjoyable step towards a fantastic university career. But do try to remember that you are not the only person in the history of open days, whose parents actually asked a question in a room full of seventeen year-olds. So do try not to curl up under your plastic (generally uncomfortable chair) from sheer embarrassment, when the admission tutor asks: "Any questions?" Besides you may need to know the answer!

So having got over the initial nerves and painstaking embarrassment try to really utilise your day. The point of an open

day to me was to visualise myself being happy in such a place for three long years. You may love the particular course, the accommodation is fantastic, the nightlife may suit you down to the ground, but there is always that unexplainable X-factor, it just didn't feel right and this for me is really the point of open days. If it helps, imagine that you are viewing a property for the first time (your parents may be the pushy estate agents, but remember, it is only you that is going to live there); could you see yourself being happy living there for a reasonably long period of time? After all to the university you are a customer, they need your custom to survive and

receive funding, so shop around carefully. Not all open day experiences are positive ones and they don't have to be. You may turn up at the university that you pinned all your hopes, dreams and A level successes on and simply not like it. This is also perfectly natural and although it can be really disappointing, this is the whole point of open days, better you find out now then have miserable three or more years at university.

If you are lucky enough to attend an open day that is specific to your particular course, this does give you a chance to experience some of the lecturers that you

will spend your university career listening to. If you find the subject and the orator lends itself more kindly to slumber than an electronic engineering degree, then this may not be the course or the university for you. Ideally you should enrol yourself on a course that really inspires you that you feel passionate about. Otherwise the likelihood of you attending that 9 am lecture is significantly less and if you had been out the night before, non-existent. Believe me some lecturers really do have hangover friendly voices, so just keep looking!

Although your parents digging you in the ribs, stage whispering “go and introduce yourself darling” may cast you back to your first, terrifying day at school, it is a fact that on these open days you may meet someone who will be on your course or has applied for the same Halls of Residence as you. A familiar face is always a relief when you arrive anywhere for the first time, even if after this initial meeting you spend the whole

of “freshers week” trying to shake them off, as the two of you just aren’t compatible!

Try and get the most out of your first glimpse at university life and the best way to do this is quite simply to remain “open”, to new experiences, new academic disciplines and new people.

### PRE-APPLICATION OPEN DAYS

Getting a taste of student life

You should attend an open day at all your chosen universities before applying. You’ll be spending a lot of time there so you’ll want to feel at home and that the university is right for you. You may want to find out about courses, accommodation, how accessible by public transport, distance from home etc.

Going on a university open day is often your first step to finding out about the course you are interested in. Open days, evenings and events are for potential

students, parents and teachers. It’s important to get the opportunity to experience all that higher education can offer to allow you to make an informed choice about where and how to study.

Most universities and colleges run open days. They’re generally held two or three times a year, allowing prospective students to look around the institution and see what’s on offer. At these events you’ll be able to find out from lecturers and students all the good and bad points of university life, take a tour of the campus and sit in on lectures and seminars.

While you may build up an impression from reading the university or college’s literature, there’s no substitute for seeing a place for yourself. Many students say it was visiting the place on an open day that helped sway them towards their first choice.



Things to think about before you book open day visits.

- What subjects interest me?
- Is there a particular job that I want when I graduate?
- What course would help me get there?
- Do I want a year in industry or the chance to have a year abroad?
- Do I want to take a gap year?
- Can I continue my leisure interests at university?
- Will I need to work while I’m at university?
- What scholarship and bursaries are on offer?
- Is this university right for me?

# ARMY BE THE BEST



If you're turning 15 and considering a career in the Army but also want to continue your education, joining one of the Army's Foundation Colleges (AFC) might be just what you're after.

Your time at one of the Army colleges in Harrogate or Winchester will equip you with all the skills you need to become a combat or technical soldier in anything from the Infantry to the Royal Electrical and Mechanical Engineers. It's challenging, but education Army-style means you won't be stuck in a classroom for hours every day,

you'll often be out on training and exercise. What's more you get paid too – starting there at the age of 16 you'll get £260 a week before tax and expenses.

So what other benefits are there? The Army currently serves around the world, so if you join there's a good chance you'll

get to travel and have the opportunity for sponsored adventurous training and sporting activities, but no matter what, you won't deploy on operations until after your 18th birthday. The Army also offers great pay, over £17k after basic training, and other benefits, plus of course you'll make mates for life.

## GUNNER JADE MARGISON

### AGE 18

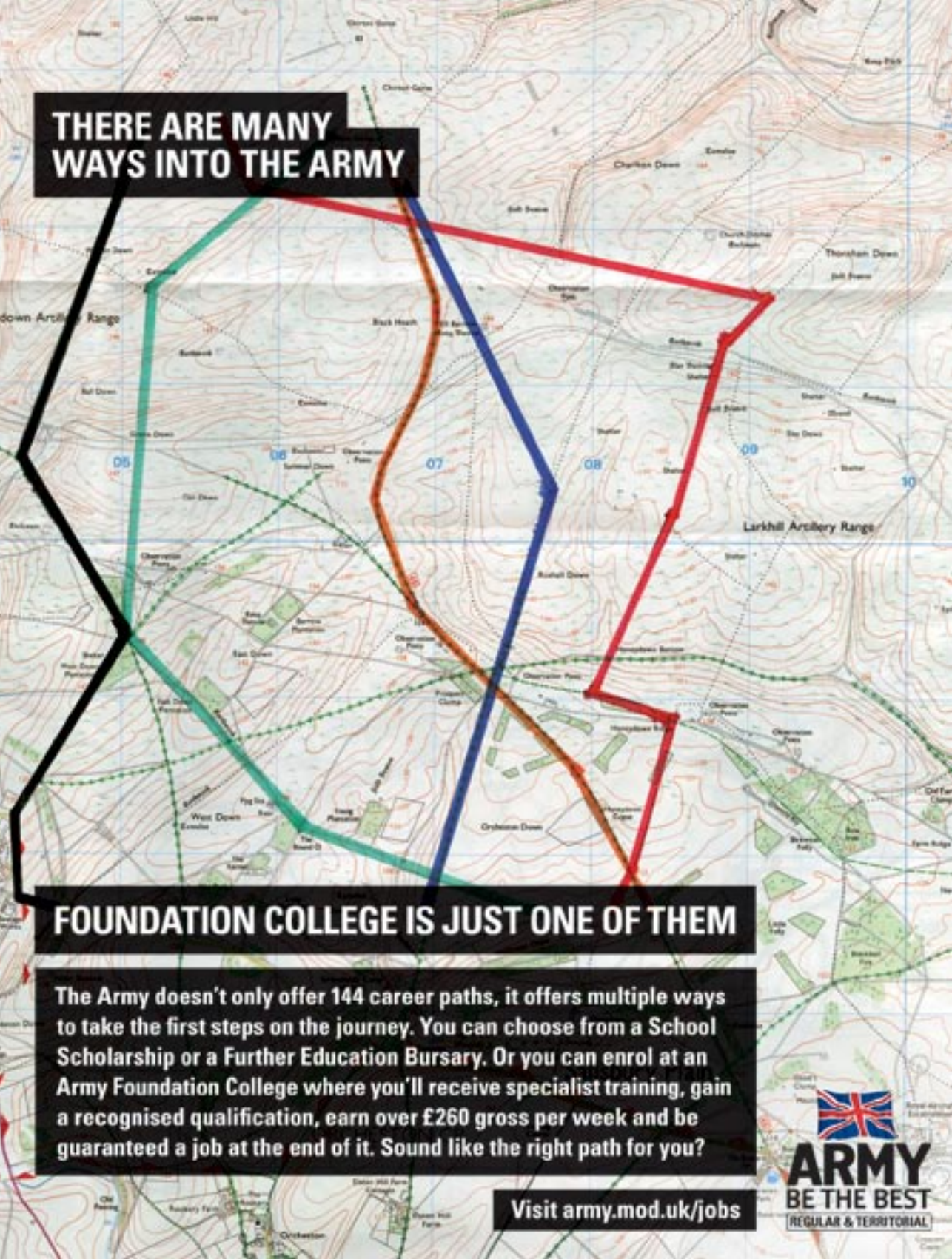
"I wanted to go to Army Foundation College so I could get practical skills and start enjoying the benefits of an Army lifestyle, like all the sports on offer. I certainly did that, when I look back I am amazed at how much I achieved, both in the classroom and on physical training exercises.

I had amazing support from the new friends I made and the AFC Corporals. I always knew people were looking out for me. In fact my room-mate from the AFC is now a fellow Gunner, and we are based together. I love how sociable the Army is, it really is like one big extended family.

I have been able to continue building up my skills, and want to get lots of qualifications under my belt. I've achieved most of my driving licences now, and am looking at extending my IT skills."



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- BA (Hons) Health and Social Care
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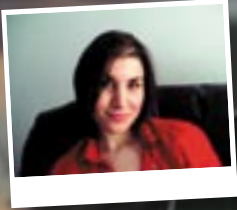
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**NOTTINGHAM  
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# CAREER CONFUSION

## ONE GIRL'S STORY, WITH SOME TIPS THROWN IN!

BY MENA FARAG



**Having a change of heart is not the end of the world, in fact my guess is a large chunk of the working population are in a career that has little to do with what they studied at college or university. Even those who continue on to postgraduate education often change their minds, and I speak from personal experience! Changing paths is an ordinary occurrence, but I think a little advice on taking the right steps this time around may be useful. Oh, and it's ok to cry when things get too much!**

### College Days

From final year of college, the pressure is on to make a decision about what your next steps will be. I like to think of college as a staging area for the future – an opening act before the main event. It's the opportunity to make up your own mind on what interests you, try out new things and explore as many avenues as you wish.

I was a hot young writer with a creative flair comparable to none ... or so I thought! I felt like nothing in the world could throw me off track, let alone change my mind to the extent that I would want another career. But then, I discovered psychology, and things went from there. The plan was to make it as a forensic psychologist, and so I went to university with different aims than when I started college. By the time graduation arrived, I was on my way, and feeling perfectly well-organised!

### Question Time

After moving to London to get accreditation for the psychology half of my joint honours degree, through a post-graduate diploma, I started to feel a nagging doubt every time I went to class. I tried to ignore it, but it persisted. Finally, I had to acknowledge that despite careful planning psychology was in fact not the career for me. I couldn't have been more surprised by my indecision and was swept up in confusion and (slightly hysterical) panic; it felt as though everything I had done had been for nothing. Time was flying by and all of a sudden I had no direction!

### What Now?

I can imagine that many of you have left university with only a vague idea of the career you want or, like me, changed your mind in or after the final year. I just had to

breathe and stop my thoughts from snowballing; it's a good idea to take a break (if you can) after studying in order to ensure the right decisions are being made. Sometimes I wish that I had spoken to more professionals before making my mind up, but being quite an emotive person, I let my instincts do the talking and followed through with research into a few different careers.

If you decide on postgraduate learning, make sure to check if your new course is

accredited by relevant societies (e.g.: the BPS for psychology). Most importantly, don't make a hurried decision. Having a degree is priceless, no matter what you decide to do afterwards so don't worry if after graduation you don't feel entirely comfortable with the thought of a career in that area. Take your time and really think about what you want.

### Turn-point

I'm only just regaining my balance and redirecting myself towards the future I feel

that I'd be happiest in. It was daunting to walk away from psychology, but now I feel like there's been no loss. I'm aiming for a career in journalism, and have a new plan - to simply gain as much practical experience as necessary and see how far that takes me. Even if I change my mind again, I feel confident that the skills I've picked up along the way will only improve my chances of gaining success.

A degree will only open doors, it's up to you which one you want to walk through.



## TIPS

For those starting to feel that little imp of doubt tugging away:

- Make a list of careers you're interested in and take it to a careers advisor.
- Talk to as many professionals as possible (and don't feel guilty about bombarding them with questions – most are happy to talk).
- Think about all the great skills you gained from studying – if you've gone in with one ideal in mind and come out feeling a little lost this is fine, the important thing is you now have a passport to further study in pretty much any subject, or the freedom to apply for a variety of graduate positions.

# WOLVERHAMPTON TRAINS THE TEACHERS OF TOMORROW



**Selecting which University to go to is a life changing choice. For such a big decision you, have to ask yourself questions from the head and from the heart. You need a University that is going to be right in terms of location, facilities and finance but you also want it to 'feel' right. At the University of Wolverhampton's School of Education we put people's minds and hearts at ease.**

Based on the Walsall campus, our new Education and Teaching building is equipped with modern teaching rooms, three state-of-the-art lecture theatres, social learning spaces as well as the obligatory coffee shop; teachers and education

professionals of the future have the very best facilities on hand. But it's not just about the world-class facilities we offer, it will assure you to know that Ofsted rate us as 'outstanding' in both our primary and secondary teaching divisions for our management and quality assurance.

When you need a place to rest your head after all the hard work you've put in to a day's study, our Student Village is your home on campus. Boasting en-suite accommodation and internet access in all the rooms, the Student Village is a vibrant community where you'll make friends for life. If you're the athletic type (or you've just grown tired of the Wii Fit), the Walsall campus also boasts a modern sports centre, which is a training base for the 2012 Olympics.

But don't just take our word for it; we invite you to come and see for yourself all the University of Wolverhampton's School of Education has to offer you. Our next Open Day is on the 12 June when you can look around the Walsall campus, and see why the University of Wolverhampton's School of Education will make both your head and your heart happy.



# Change your future and theirs

If you feel that you could make a difference to the lives of future generations, as well as changing your life for the better, then come to an Open Day at the University of Wolverhampton's School of Education

We're one of Britain's largest and most established education providers, with high national ranking and a record of continuing excellence:

- Grade 1 in Ofsted inspections for primary and secondary Initial Teacher Training for Management and Quality Assurance and Teaching
- In 2006 CEER ranked us 2nd out of 76 UK Universities for teacher trainee employment success
- Excellent undergraduate specialist and joint degrees: QAA assessment score of 23 out of 24

#### Teacher Training

BEd (Hons) Early Primary Education

BEd (Hons) Primary Education

BEd (Hons) Primary Education with European Language Placement

#### Education and Specialist Related Areas

BA (Hons) Childhood & Family Studies  
(combinations available\*)

BA (Hons) Education Studies (combinations available\*)

BA (Hons) Special Needs and Inclusion Studies  
(combinations available\*)

BA (Hons) Conductive Education

BA (Hons) Education Studies and English  
(three semesters studied in Amsterdam)

\*A variety of combinations are available, please see our website for full details.

[www.wlv.ac.uk/sed](http://www.wlv.ac.uk/sed)

For more information on our courses visit us on our Open Days: 12 June/21 August 2010

Email: [sed@wlv.ac.uk](mailto:sed@wlv.ac.uk) Tel: 01902 518412

# SUMMER JOBS

BY MENA FARAG



Getting a summer job is a fantastic way of beating the boredom bug and injecting adventure into your holidays. The transitory nature of the experience is the perfect opportunity for you to explore different avenues and decide upon the type of employment which interests you the most. Usually students will go back to the same employer; however there's nothing wrong with moving into unfamiliar territory once the season comes back around. Through experiencing different occupations you may stumble upon your dream job when you least expect it, or discover an untapped love for doing something you never even thought to get involved in!

Summer jobs are one way to make money without bugging your parents for it, plus a job will rescue you from endless months of bickering with the family - even more so if you're brave enough to take on a live-in position! You'll find these during seasonal

work at resorts, holiday villages or cruise ships. You'll enjoy leisure-filled days whilst contributing in an important way and building on your own talents; it may be the perfect way to commemorate your summer. You may be offered a fixed term contract, renewable from one season to the next, and have the choice to work in one of many professions. You'll meet people from all over the place, do some brand new things, and be very well looked after on top of that. It's an escape from home, and a chance to expand on your knowledge of the working world.

If that doesn't sound appealing, but you still want an exciting summer vocation, then check out what work is available at nearby theme parks or visiting carnivals. Take a look on theme parks' careers pages to get in contact with the relevant person for details on their seasonal positions, or go for a stroll around the local carnival and ask how to get

involved. Variety, entertainment, a happening social life, and extra cash in your pocket are what to expect during your contracted period, plus free rides on your days off!

Moving away from the standard 9-5 can be exhilarating and a way to switch things up over the holidays. It gives applications a sprinkle of imagination if you've been involved in a job that stands outside the boundaries of traditional experience. Besides being a lot of fun for you, it shows creativity and initiative to prospective employers, and is sure to impress admissions staff at colleges and universities.

If you can't go away from home for the whole summer, there's still ample choice in vacancies to suit your needs. For those of you with a love of music, art and culture, see what's on offer at one of the many summer festivals which take place each year. Mainly, these hire unpaid volunteers, though some

# SUMMER JOBS

will pay assistants for help on tasks such as cash handling, managing volunteers, stewarding, and general festival-day duties. All of it is good experience, plus you might even get to meet a couple of celebs!

Alternatively, landing a retail job is a good way to learn how to work under management in a fast-paced environment. You don't usually need any experience, but you do have to show a passion for customer service and display an interest in the product on sale. If you love fashion, or have an interest in the latest technology, then you'll enjoy spending your summer

acquiring knowledge, polishing your skills, and abusing your staff discount!


For something a little more demure, take advantage of the opportunities available at galleries and museums across the country. Most of them start looking for seasonal staff early in the year, so get your applications in quick because competition is plenty. Your duties will vary so check out the criteria before applying.

Doing something resourceful with your summer will put you above heavy competition and inject your CV with a wealth

of traits, skills and experiences that'll catch the eye of future employers. Besides all that, you may meet influential people in the field you plan to enter; having contacts is invaluable in many industries. Choose a job that not only fits in with your career plans, but with your personality and interests too. No matter the type of work you do, you're sure to walk away with bundles of skills and dozens of memories. The long-term benefits outweigh the shopping you'll be able to do with the money you earn (imagine!) so have fun on your adventure while keeping it professional and making a memorable impression!



# APPRENTICESHIPS



If you've got a good idea of where you want to go with your career and like the idea of earning while you learn, an Apprenticeship could be for you. It guarantees top quality training, but lets you develop skills and gain qualifications on the job.

## Apprenticeships - Earn While You Learn

To give yourself the best chance of success in your career, you'll need to carry on developing your skills throughout your working life. Apprenticeships give you the chance to learn - and gain nationally recognised qualifications - while getting a weekly wage.

There are more than 180 Apprenticeships available across more than 80 industry sectors. They include

accountancy, business administration, construction, engineering, manufacturing and many more.

## Is an Apprenticeship right for you?

First you'll need to decide which career suits you best. Next, you'll have to judge whether you can commit to the demands of an Apprenticeship. This means juggling work and study long-term - a period of one to five years.

## How long does an Apprenticeship last?

It varies. Most last between one and two years, though some take up to five. How long it takes will depend on the profession you choose, your level of ability and your employer's needs.

## Who can apply

There are no fixed entry requirements for most Apprenticeships. However, for some more technical Apprenticeships you may need GCSE grades A\*- C in maths, English and science. If your application is successful, you'll be offered either an Apprenticeship or an Advanced Apprenticeship. Which

# APPRENTICESHIPS

type you're offered will depend on the skills, experience and qualifications you already have.

To qualify for either type of Apprenticeship, you need to be:

- **Living in England, and**
- **Not in full-time education**

## Programme Led Apprenticeships

If you want to do an Apprenticeship but haven't yet found an employer you can start a 'Programme Led Apprenticeship'. This means beginning your studies at college - and getting some work experience -before you move onto an Apprenticeship with an employer. If you're doing a Programme Led Apprenticeship and you're aged between 16 and 18 you may qualify for Education Maintenance Allowance

## If you're doing an Apprenticeship with an employer...

You'll get a wage of at least £95 a week. In fact, many Apprentices are paid more than this.

## Holidays

You'll get at least one and a half days' paid holiday for every month of your training. This is on top of bank holidays.

## Qualifications

Apprenticeships (and Advanced

Apprenticeships) can lead to:

- **A National Vocational Qualification (NVQ) at Level 2 or Level 3**
- **Key Skills qualifications like problem solving and using technology (in most cases)**
- **A Technical Certificate such as BTEC or City & Guilds Progression Award**

- **Other qualifications needed for particular occupations**
- **The qualifications you gain as an apprentice can also help you to get into higher education.**

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## Finding out more and making an application

You can find out more - or search and apply for Apprenticeship vacancies in England on the national Apprenticeships website [www.apprenticeships.org.uk/](http://www.apprenticeships.org.uk/)  
Full article can be read on [www.direct.gov.uk](http://www.direct.gov.uk)

# NURSING OFFERS A WEALTH OF OPPORTUNITIES

Nursing is a highly-skilled discipline that can offer a range of exciting and rewarding opportunities in a diverse range of settings. As a nurse it is possible to work in hospitals, GP surgeries, schools, people's homes and specialist clinics to name but a few. For those with a penchant for travel, nurses also work on cruise ships and in the armed forces. The skills that nurses have are universally sought and there are many opportunities to work in other countries as well. Outside the health service nurses work in private hospitals and clinics, the voluntary sector and industry.

Nursing is more diverse than ever before and it is possible to specialise in a variety of fields. The nursing role embraces assessment of patient needs, planning care, performing

clinical procedures, evaluating care and writing reports. Nurses undertake research, manage people and develop services. They work closely with other care professionals such as doctors, physiotherapists, dieticians, speech therapists and social workers. Nurses are also heavily involved in health promotion through such things as smoking cessation and healthy eating. They also advise on managing chronic conditions such as asthma, diabetes and heart disease and are expanding their roles to include diagnosis, prescribing medications and undertaking procedures such as minor surgery.

It is possible to take either a diploma or degree course to qualify as a nurse. Education in Northern Ireland is provided by Queen's University,

Belfast and the University of Ulster, with placements in local hospital and community settings. More recently it has also been possible to study through the Open University. The course is 50% theory and 50% practical. The first year is a Common Foundation Programme, which is an introduction to the basic principles of nursing. Students then go on to specialise in one of four branches: adult; children's; mental health or learning disability nursing (only Queen's University offer all four branches). Full-time diploma courses last three years. Degree courses last three or four years. During the course students receive a non-means tested, tax-free bursary.

## ADULT NURSING

The number of opportunities for those qualifying in the adult branch of

# NURSING

nursing is huge. It is possible to work in hospitals or the community - in peoples homes, attached to a health centre or in nursing homes. This involves caring for, supporting and educating people of all ages. Once qualified, many nurses take extra courses to specialise in areas such as cancer care, women's health, accident and emergency, critical care, practice nursing, health visiting or school nursing.

## CHILDREN'S NURSING

Those qualified in the children's branch of nursing work with 0 to 18 year olds in a variety of settings, from specialist baby-care units to adolescent services. Children react to illness in a very different way to adults, which is why they need to be cared for and supported by specially trained nurses who understand their particular needs. Children's nurses also support, advise and educate parents and other close relatives. Once qualified, it is possible to specialise in hospital and community settings in areas

such as burns and plastics, intensive care, child protection and cancer care.

## LEARNING DISABILITY NURSING

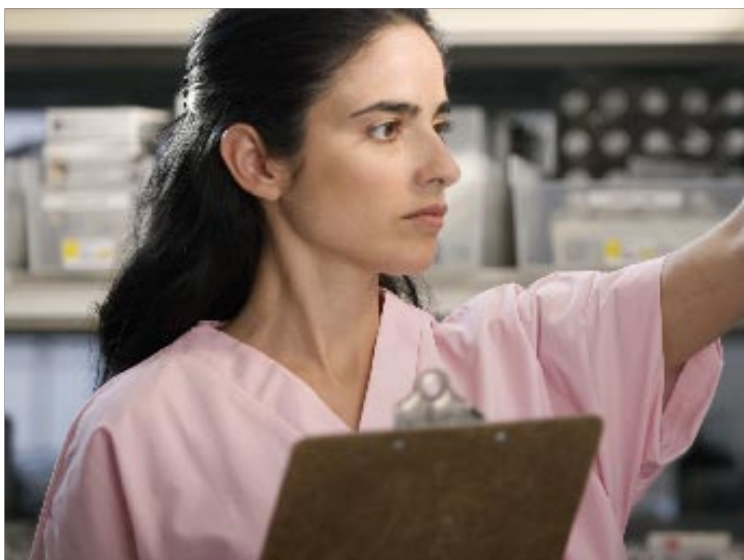
About two to three percent of the population has a learning disability. Nurses who qualify in this branch of nursing help those with learning disabilities to live independent and fulfilling lives. This may involve working with people in supported accommodation - typically three to four people with learning disabilities live together in flats or houses, with 24-hour support. Some nurses work with individuals who require more intensive support - for instance, in hospitals or in specialist secure units for offenders with learning disabilities. Others specialise in areas such as epilepsy management or working with people with sensory impairment.

## MENTAL HEALTH NURSING

Mental health nurses work with GPs, psychiatrists, social workers and others

to co-ordinate the care of people suffering from mental illness. The vast majority of people with mental health problems live in the community. Nurses plan and deliver care for people living in their own home, in small residential units or specialist hospital services. Some are based in health centres. It is possible to develop expertise in areas such as rehabilitation, child and adolescent mental health, substance misuse and working with offenders.

Nursing is a rewarding, challenging and motivating career option which covers a range of activities that few other professions can match. Through choosing a career in nursing you can make a real difference to the quality of people's lives.



Further information:  
Royal College of Nursing  
Telephone:  
**020 7409 3333**  
[www.rcn.org.uk](http://www.rcn.org.uk)

RCN Northern Ireland  
Telephone:  
**028 90384600**  
[www.rcn.org.uk/northernireland](http://www.rcn.org.uk/northernireland)

Queen's University, Belfast  
[www.qub.ac.uk](http://www.qub.ac.uk)

University of Ulster  
[www.ulster.ac.uk](http://www.ulster.ac.uk)

Open University  
[www.open.ac.uk](http://www.open.ac.uk)



# INTRODUCING KE\$HA

If there's one thing Ke\$ha knows how to do, it's tell stories. Here's a pretty good one: Two years ago, the aspiring pop singer and songwriter decided she wanted Prince to produce her first album. So, she found out his address and drove to his Beverly Hills home, where she paid the gardener five dollars to let her squeeze herself under his front gate. Then she hiked up the driveway (which was lined in purple velvet), let herself in through an unlocked side door, and rode the mirrored elevator up to the third floor where the Purple One himself was jamming with his band. "It was kind of awkward," she recalls, "but who cares, right? So I sat on one of the purple thrones in the room until he noticed me, which he finally did. He was like, 'How the hell did you get in here?'" she says with a laugh. "His security kicked me out, but not before I left him my demo CD wrapped in a giant purple bow."

Kesha never did hear from Prince, but the incident speaks volumes about this 22-year-old newcomer's firecracker personality and determination. "I've always known I wanted to be a performer," she says. "There's video of me at age five, naked and covered in body paint, saying, 'I'm going to be a rock star and there's no way anyone is going to stop me!' It's my calling. If I don't go for it, I'm going to feel like a tool when I'm 50."

Luckily, Kesha won't have to find out what regret feels like. She is currently at work writing and recording her debut album with executive producer Dr. Luke, who has scored No. 1 smashes for Britney Spears, Katy Perry, Kelly Clarkson, Avril Lavigne, and Flo Rida. After falling for her playful half-sung/half-rapped vocal delivery on a rough demo, Luke brought Kesha to RCA Records, which signed her in February 2009. The album — which will also feature

Kesha's collaborations with veteran hitmaker Max Martin (Pink, Kelly Clarkson, Britney Spears) and in-demand songwriter/producer Benny Blanco (Katy Perry, 3OH!3, Spank Rock) — is shaping up to be an edgy collection of hard-hitting electro-pop songs, made all the more irresistible by their high-octane punk energy and Kesha's irreverent lyrics and attitude. "I want my music to be fun, unapologetic, rowdy, quirky, humorous, and interesting," she says, "but with substance behind it. I'm an emotional person underneath all my fronting. I want people to listen to it and feel like they can relate."

Not surprisingly, the songs showcase Kesha's flair for storytelling, though her choice of subject matter isn't exactly conventional. There's a song about the time Kesha threw up in a closet during a party at Paris Hilton's pad ("Party at a Rich Dude's House"), and one she says is about

the time "some dumb bitch fronted like she was my friend but then secretly tried to bring me down" ("Backstabber"), and another about finding out her boyfriend was cheating on her with a famous pop starlet who shall remain nameless ("Kiss & Tell"). Oh, and the one she wrote about beginning to see the universe as a cyclical chain of connected events after meeting a guy in a club ("Chain Reaction," which has been featured on MTV's *The Hills*).

Kesha credits her love for story-songs to spending her formative years hanging out with veteran songwriters in Nashville. Her mom Pebe, a former punk-rock singer, is a songwriter whose career took off in Music City in the late '70s when a song she co-wrote, called "Old Flames Can't Hold A Candle To You," became a hit for Joe Sun in 1978 and a country chart-topper for Dolly Parton in 1980. But by the time Kesha was born in 1987 (during a party in Los Angeles' San Fernando Valley, Pebe was going through a bad patch, struggling to support Kesha and her older brother through her music. "We were on welfare and food stamps," Kesha says. "One of my first memories is my mom telling me, 'If you want something, just take it.'"

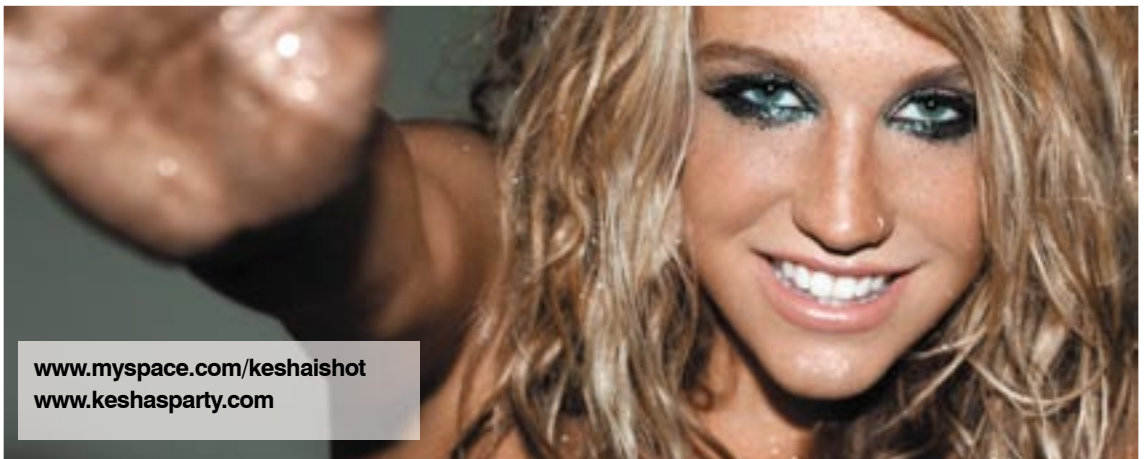
In 1991, Pebe moved the family back to Nashville, where she had landed a new publishing deal. Kesha saw the inside of a lot of recording studios. "I thought everyone grew up in a recording studio," she says. She attended a music school in the Tennessee countryside ("where some of the kids didn't have any shoes," she recalls), took songwriting classes, and fell in love with country music greats Johnny Cash, Dolly Parton, and Patsy Cline. "I'd listen to these beautiful songs and they all told stories," she says. "Bob Dylan's Nashville Skyline is one of my all-time favorite records." From time to time, Pebe let Kesha sing on tracks she was working on. "My mom always told me, 'You have a good voice, practice singing,' so I'd sing everything all the time," Kesha says.

When Kesha was 17, she quit high school, "which was crazy because I was enrolled in an International Baccalaureate program and was going to go to Columbia University and study psychology," she says, "but I wanted to move back to L.A. and pursue my music." That's when she met Dr. Luke. "I had been looking for a female artist with an incredible, distinctive voice who had her own style," Luke says. "Kesha didn't sound like anybody else." Dr. Luke was also working with red-hot hip-hop

artist Flo Rida on a track for his second album. One night, Kesha was hanging out with them and the rapper told her he wanted a female voice on a track and asked if she wanted to lay down a vocal. Naturally, she obliged. In February, that track, "Right Round," soared to No. 1, selling more than 636,000 downloads its first week out, and shattering the all-time one-week digital single sales record. (Kesha also contributes her sassy vocal stylings to "Touch Me," another track from Flo Rida's upcoming 2009 album R.O.O.T.S.)

"When I first heard my voice on 'Right Round' on the radio, I started screaming and crying," Kesha says. "I may seem kind of crazy, but behind it all I have my s\*\*t together. I'm working really hard to make this happen and it's nice to see that hard work pay off. I mean, three years ago I was stealing canned vegetables from the dollar store to survive. Now I'm on a No. 1 song, working on my album, and have a little change in my pocket. To be able to take my mom out to dinner is the best feeling in the world."

Ke\$ha's new single 'Your Love Is My Drug' is out on the 5th July and she is currently featured on the Taio Cruz Track 'Dirty Picture' which is out now



[www.myspace.com/keshashot](http://www.myspace.com/keshashot)  
[www.keshasparty.com](http://www.keshasparty.com)

# CAREERS IN SPORT

**The London 2012 Olympics are fast approaching so have you considered being there yourself and competing with the very best in the world?**

OK so you might not have enough time to prepare and give Usain Bolt a run for his money in the 100 meter final and Michael Phelps might not consider you a threat to his record of 9 gold medals just yet but also at each Olympics are the coaches, sports journalists, photographers, broadcasters, match officials, physiotherapists, nutritionists and psychologists 'competing' to achieve their best performance. So if running or swimming is not your strength do not discount being in Rio de Janeiro for the 2016 Olympics just yet.

Careers in Sport is a website for 14 – 19 year old students interested in a job in sport and leisure or studying a sports related degree in Higher Education with the information they need to establish a successful career. With the help of organisations such as the Premier League, Football Association, Rugby Football Union, English Cricket Board, Radio 1, Youth Sport Trust, UK Sport, English Institute of Sport and many more leading sports organisations [www.careers-in-sport.co.uk](http://www.careers-in-sport.co.uk) highlights a diverse range of careers within the sports industry.

Visit [www.careers-in-sport.co.uk](http://www.careers-in-sport.co.uk) and we will look out for you at the Rio Olympics in 2016.

## Latest News

Do you have aspirations to become a professional sports athlete? Olympic medallist Louis Smith and County Cricketer Will Smith offer student's insightful advice on what it takes to become successful in your sport. Visit [www.careers-in-sport.co.uk/wp](http://www.careers-in-sport.co.uk/wp) for the latest careers in sport news and to subscribe to our monthly newsletter.

# PHYSICAL EDUCATION TEACHER

**NAME:**  
**HARVEY GROUT**

**PROFESSION:**  
**PGCE PHYSICAL EDUCATION COURSE LEADER**

**EMPLOYER:** **THE UNIVERSITY OF SOUTHAMPTON**

## 3 GREAT THINGS ABOUT BEING A PE TEACHER

1. WORKING WITH YOUNG PEOPLE
2. IT IS VERY REWARDING WATCHING YOUNG PEOPLE ACHIEVE AND DEVELOP
3. IT'S AN ACTIVE JOB AND IN THE SUMMER IT'S GREAT TO WORK OUTSIDE.

## 3 NOT SO GREAT THINGS ABOUT BEING A PE TEACHER

1. ALL THE PAPER WORK
2. FIXTURES AFTER SCHOOL AND PARENTS EVENINGS CAN MAKE A SCHOOL DAY A VERY LONG DAY.
3. THE WINTER IS NOT SO GREAT TO BE OUTSIDE!

### Job Description

A PE teacher is responsible for planning, teaching and tutoring students in a school setting. They teach a range of different sports and provide young people with an opportunity to develop and improve their social and physical skills.

### A day in a life of a PE teacher

Teaching is a very busy, interactive, interesting and fun profession to work in. It's definitely never dull!

The role is very diverse and good organisational skills are important.

A large percentage of the role involves teaching practical PE to 11-16 year olds and with the introduction of the new National Curriculum there is the opportunity to teach a huge variety of sports. Some schools offer such sports as ultimate Frisbee, golf, trampolining and Rock it Ball in lessons now.

As well as practical PE most schools also offer academic PE such as GCSE,

BTEC and A Level to 14 – 19 year olds. Topics in these qualifications include physiology, sports psychology and sport in society.

A PE teacher might also be required to run lunch time and after school sports clubs/fixtures and during the school holiday's many run tours abroad such as skiing.

### What qualifications should people interested in career as a PE teacher gain?

There are various routes into Physical Education teaching. Try and do GCSE PE and post 16 qualifications that are relevant (A level PE; BTEC Sport; have a look at the new Sport and Active Leisure Diploma starting 2010). You can then do a B.Ed in Physical Education or a relevant undergraduate degree followed by a PGCE or GTP course. If you take the latter route, which is better financially, try and pick a sports degree that is closely related to PE, such as BA Physical Education or BA Sports Coaching.

A sports science degree is less relevant.

### 3 opportunities and experiences recommend people gain

1. Doing a year in a school before applying to do a PGCE / GTP is helpful (e.g. as a Cover supervisor or Learning Support Assistant).
2. Work as a Play worker / youth worker in your holidays, or Camp America to gain experience working with children.
3. Find experiences where you can coach young people – perhaps at your local sports club.

### Salary Range

Approx £21,000 to £34,000 (without London weighting)



# SPORTS JOURNALIST

**NAME:**  
**DANIEL SCHOFIELD**

**PROFESSION:**  
**SPORTS JOURNALIST**

**EMPLOYER:**  
**SPORTSBEAT**

## Job Description

A sports journalist works in the media industry (newspaper, magazines, radio, television, internet) and source, research, write and present stories for publication in local, regional and national press.

## A day in the life of a Sports Journalist

No day is ever the same being a sports journalist, you could be attending an England rugby press conference, reporting on a Champions League match or rustling up a hard-hitting news story in the office.

What each day does have in common is a need to put in a lot of research and a satisfaction at the end of a job well done.

On a normal day within my office, I will spend an hour brainstorming potential ideas for news stories before holding an editorial conference to discuss these ideas further. From then on it is a case of working until those stories are written whether that means driving to interview someone at their home or staying up until 2am to speak to someone in Australia.

## What qualifications do you recommend people interested in sports journalism gain?

## 3 GREAT THINGS ABOUT BEING A SPORTS JOURNALIST

1. BEING PAID TO DO A JOB YOU LOVE. WHETHER IT IS GOING TO BEIJING FOR THE OLYMPICS OR INTERVIEWING ONE OF YOUR CHILDHOOD HEROES.
2. IT IS ALSO INCREDIBLY SATISFYING TO SEE YOUR NAME IN PRINT AFTER A JOB WELL DONE.
3. I CONTINUE TO GET A BUZZ FROM BEING A SPORTS JOURNALIST EVERY DAY OF THE WEEK.

## 3 NOT SO GREAT THINGS ABOUT BEING A SPORTS JOURNALIST

1. YOU DO HAVE TO WORK LONG HOURS.
2. YOUR STARTING SALARY IS VERY LOW.
3. YOU WILL ALSO BE REQUIRED TO WORK NEARLY EVERY SATURDAY AND SOME SUNDAYS AS WELL. WHILE THE IDEA OF BEING A SPORTS JOURNALIST SOUNDS ATTRACTIVE, OFTEN PEOPLE FIND IT MUCH HARDER ONCE THEY ARE ON THE COALFACE.

A National Council for the Training of Journalists (NCTJ) qualification is an essential stepping stone to a career into any field of journalism not just sport. Having graduated from Edinburgh University, I was desperate to get my first job straight away but bitter experience showed that newspaper editors are unwilling to take on fresh-faced trainees who aren't NCTJ qualified. The qualification teaches you news writing, public affairs – knowledge of national and local government, law – not getting your editor sued, and shorthand where you are trained to write at 100 words-per-minute. I took my course at News Associates where you are thrown headfirst into the world of journalism.

## 3 Opportunities and experiences recommended you gain

1. Apply to your local and national newspapers, to magazines and websites to try and gain a broad understanding of each different field of journalism.

2. Make sure you are writing regularly, even if it is not published. Next time a football or rugby game is on TV try turning the commentary off and writing a 200-word match report within five minutes of the final whistle.
3. If you are interested in going out to cover a live match please contact my news editor Craig Chisnall at [cchisnall@sportsbeat.co.uk](mailto:cchisnall@sportsbeat.co.uk). You may not be covering Manchester United v Chelsea but we all had to start somewhere – my first game was Dover Athletic in the Ryman League South.

## Salary Range

Reporters vary from £10,000 - £25,000  
Sub-editors and editors of national newspapers £40,000 - £80,000

## Useful Websites

[www.careers-in-sport.co.uk](http://www.careers-in-sport.co.uk)  
[www.journalism-courses.com](http://www.journalism-courses.com)  
[www.holdthefrontpage.co.uk](http://www.holdthefrontpage.co.uk)

# PHYSIOTHERAPIST

**NAME:**  
**TRACY LEWIS**

**PROFESSION:**  
**ENGLAND  
WOMEN'S  
FOOTBALL  
CHARTERED  
PHYSIOTHERAPIST**

**EMPLOYER:**  
**THE FOOTBALL  
ASSOCIATION**

## 3 GREAT THINGS ABOUT BEING A SPORTS PHYSIOTHERAPIST

1. WORKING WITH ELITE ATHLETES WHO ARE FOCUSED AND MOTIVATED
2. TRAVELLING WITH SQUADS FOR CAMPS AND COMPETITION
3. WORKING WITH A GREAT TEAM OF PLAYERS AND STAFF WHO ARE DEDICATED AND SUPPORTIVE

## 3 NOT SO GREAT THINGS ABOUT BEING A SPORTS PHYSIOTHERAPIST

1. LONG HOURS AND SOMETIMES UNSOCIAL HOURS WHEN TRAVELLING
2. SPENDING A LOT OF TIME AWAY FROM FRIENDS AND FAMILY
3. MISSING FAMILY OCCASIONS (BIRTHDAYS, ANNIVERSARIES ETC DUE TO INTERNATIONAL FIXTURE LIST)

### Job Description

Sports Physiotherapists treat athletes with sports injuries. They identify the injury and then devise a programme to improve the movement and function of the injured area. They also provide advice on how to avoid injury.

### A day in a life of a sports physiotherapist

I work with the injured footballers and arrange physiotherapy for these players. I liaise with the clubs about the player's injuries and travel around the UK as and when required to assess these players.

I design rehabilitation programmes for players as and when required.

I teach the medical content on FA coaching courses.

Travelling with a squad involves daily assessment and treatment for all players around the training schedule.

During an international match I provide pitch side medical assessment.

### Qualifications recommended you gain

Universities usually look for A Levels Grade B/C..

One A Level should be a biological science. Students should also hold a minimum of five GCSEs at grade C and above and include Maths, English Language and Sciences.

For a degree study a BSc in Physiotherapy. A list of universities providing this course is available via [www.csp.org.uk](http://www.csp.org.uk)

### 3 opportunities and experiences recommended you gain

1. When you complete your degree complete your hospital/clinic rotations

as a junior physiotherapist to gain all round experience before specialising.

2. Volunteer to work with a sports organisation/team to gain experience.
3. Experience a day in the life of a sports physiotherapist by shadowing a physiotherapist for a day.

### Salary range

This will depend on where and who you work for and your level of experience. Salaries can range from £30,000 upwards.

### Useful Websites

[www.careers-in-sport.co.uk](http://www.careers-in-sport.co.uk)  
[www.csp.org](http://www.csp.org)  
[www.acpsm.org](http://www.acpsm.org)



# It makes sense to study where there's smart investment, don't you think?

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