

## Student Update: 13<sup>th</sup> April 2021

### Step Two: New Guidance on what we can do

On 12<sup>th</sup> April, some changes were made to what we can and can't do. Some of the most important changes are that gym and indoor leisure facilities have opened for individual use, along with many outdoor attractions like zoos. You might also have noticed that shops can re-open. More details are given in this diagram:



But, as exciting as it is to be allowed to do more things, everyone needs to remember the rules on staying safe. This is especially important now we might come into contact with more people. You should remember to follow social distancing measures and wear face coverings inside. It's also helpful to limit travel and think carefully about how many people you are mixing with, even when following the rule of 6.

Remember the motto: Hands. Face. Space. Fresh Air.





## Mindfulness

Mindfulness is a great way to help us manage feelings of stress or moments of anxiety. Last time, we shared a breathing activity with you. This time, we are sharing a technique known as a body scan, which has been recommended by a leading children's hospital.

Find somewhere quiet where you won't be disturbed. You can sit or lie down for this activity: do whatever you feel comfortable. You can close your eyes if you want, or keep a relaxed gaze (where you are not looking at anything in particular).

Start by paying attention to your feet. You can ask yourself the following questions:

- What feeling can you sense? (For example, hot, cold, fidgety or still)
- Is it relaxed or tense?
- Can I feel the floor, clothes or anything else?

If there is tightness or stress, imagine breathing the stress out of that part of the body with each exhale.

Then, move on to your ankles, then calves and then knees. Continue noting each part until you reach the top of your head.

Remember, you do not need to make a judgement or try and change how you are feeling. Simply acknowledge the feeling and move on.

When you have finished the body scan, open your eyes and return your breathing to normal. If you have been lying down, get up slowly (just in case you feel light-headed).

## Next steps: Thinking about interviews


If you have applied for further education, an apprenticeship or a job, you might be asked for an interview. It can be helpful to think about the questions you might be asked and prepare some notes on how you can answer them.

The National Careers Service has a helpful section on [interview questions](#). Here a few for you to think about:

*Why do you want to work or study with this college or employer?*

- You might want to explain what you know about the college or employer and why you think they would be the best place for you. You might find it helpful to research the company or college in more detail – this shows you have thought carefully about your next steps.

*What are your interests?*

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- Colleges and employers like to find out about the personality of the person they are interviewing. It can be helpful to share some of your interests, like playing cricket, cooking or supporting a charity. Don't worry if some of your hobbies have stopped because of Covid-19: you can explain what you have done instead or what you are hoping to do once the restrictions have been lifted.

*When have you overcome a difficult situation?*

- Colleges and employers like to see if people are resilient – this means that you can overcome challenges and find solutions. Try and think of an example when you encountered a challenge and what you did to resolve it. Did you work with others to overcome the challenge? Did you plan a different approach? Did you persevere and keep calm? Remember – having experienced a challenge or difficulty is not a bad thing as these often help us learn.

*Do you have any questions for the employer or college?*

- It is important that you also use the interview to check the college or employer is right for you. You can ask about the support you might get as a new starter, the training they will provide or about any benefits e.g. access to IT or access to fitness equipment. Use these questions as an opportunity to find out about how the company or college will help you develop.

Although we can't predict exactly what you will be asked, it is worth thinking about potential questions and answers in advance. Don't forget, you can ask friends, family or trusted adults about their experiences of interview questions too!

For more information on the National Careers Service, visit their website: [Careers advice | National Careers Service](#)