CAREERS NEWSLETTER

This newsletter is a collation of all the opportunities we have heard about from employers and universities. Please use the links included to read more information and apply to anything you are interested in. Links are underlined.

Listen to this newsletter

OPPORTUNITIES

Green Careers Week takes place from 2nd-6th November 2026. A green career can be any job, role or occupation that contributes to preserving or restoring the environment and our planet. It can be any industry, not just those seen as 'green'. Green skills are abilities, attributes, values, attitudes, knowledge, and technical skills needed to adapt services, processes and procedures to support climate change.

Click the logos on this page to see how these companies and many more are raising awareness of green careers through activity resources, case studies, webinars, videos, events, and employment information.

The Green Buzz Quiz is designed to help you explore green careers that match your personality strengths. During the quiz, you self-identify your preferences across four different parts of your personality. There are no "wrong answers", so it is not a test. It is designed to help you better understand yourself, which can be a useful starting point to build self-awareness and help you make more informed decisions about the choices you will face in all areas of your life.

Here are a range of video resources that help you to explore green careers:

- STEM Learning
- Green Horizons
- ISEP's Day in the Life

ProGRESS is a Green Careers Podcast featuring people working in sustainability consultancy, conservation, ecology, environmental research, sustainable business, architecture, planning and other values-led careers.

Environment Agency Virtual Work Experience: Your Environment, Your Career. This is a free, on-demand virtual work experience for ages 13+, taking around 6+ hours. You will explore flood and coastal risk management, climate resilience, careers and employability skills, and receive a certificate. It's currently available through February 2028.

The BCG's Climate & Sustainability practice brings together more than 1,000 experts covering the full range of sustainability topics, including biodiversity, circular economy, decarbonisation, sustainable agriculture, transition financing, water management, and other ESG topics to support our clients around the world. In this work experience programme, you'll be working with BCG client Fast Cars to help them reach their Carbon Emissions Reduction targets.

If you have any questions please email
Mrs Bradley at kbradley@st-thomasmore.southend.sch.uk

JOB OF THE WEEK

Pharmacologist

Pharmacologists study the effects of drugs and chemicals on living things and develop new products to help tackle disease.

In terms of routes into this industry, an undergraduate degree in pharmacology, biochemistry, or a related biomedical science is often followed by an MSc or PhD for research roles. Alternatively, a Level 7 Degree Apprenticeship is available.

LABOUR MARKET INFORMATION FACT

The UK had an estimated 652,100 full-time equivalent green jobs in 2024 — around 28% more than in 2015.

This means there were approximately 142,000 additional green jobs compared with 2015.

Source

CAREERS NEWSLETTER

OPPORTUNITIES

Interested in a Green Career within the Legal sector? White & Case's virtual programme allows you to gain first-hand insight into life as a White & Case lawyer and experience the realities of working on cross-border environmental, social, and governance matters. This programme offers you the chance to develop crucial skills in ESG due diligence, legal analysis, and corporate sustainability, providing you with real-world experience that will set you apart during future application processes.

Financial institutions also have a crucial role to play in combating climate change. At Oliver Wyman, they aim to be the world's leading consultancy for measuring the impact of climate change and managing its strategic implications for financial services. During this programme, you will get the opportunity to step into the shoes of a consultant at Oliver Wyman and replicate their team's everyday work. You'll learn key skills in data analysis, benchmarking, effectively communicating complex information, and more.

Destination STEM have created a virtual Careers Fair. This 360-degree online careers exhibition is aimed at supporting young people to explore the work of those mitigating and adapting to the challenge of climate change.

Green Careers Hub case studies provide a glimpse into the range of organisations and green jobs where individuals can be found working to transform the world towards sustainability. These videos and interviews show you the real-life stories of individuals applying green skills in their jobs, spotlighting how they operate on a day-to-day basis.

The Aviation Industry Skills Board (AISB) has launched brand-new, free Career Simulations on Springpod. Step into real aviation roles, tackle real-world challenges and hear from people who do the job today.

There are a range of celebration and awareness events taking place in November. We will highlight them in future editions of the newsletter, but so that you have visibility of them ahead of the month, here are the different websites: Tomorrow's Engineer Week, Discover Creative Careers Month, Care Leavers Month and Anti-Bullying Week.

EMPLOYER SPOTLIGHT

The BBC is the UK's public service broadcaster, producing television, radio, news, online content and entertainment. Behind the programmes are careers in journalism, production, technology, engineering, data, business, marketing and many other areas. Its early careers offer includes apprenticeships, trainee schemes and taster experiences. This makes the BBC worth exploring for students interested in creative careers as well as those interested in technology and business.

UNI SPOTLIGHT

The University of Manchester is a large research university based close to Manchester city centre. It offers hundreds of courses across science, engineering, humanities, social sciences, business, medicine and healthcare. Students can access societies, volunteering, placements, study abroad and careers support. Its location also puts students close to major employers and growing sectors including digital technology, healthcare, engineering, media, finance and the creative industries.

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ALUMNUS OF THE MONTH
OCTOBER 2026

Leo Bruce

PROFILE:

NAME: Leo Bruce

JOB: Air Traffic Controller at London Southend Airport

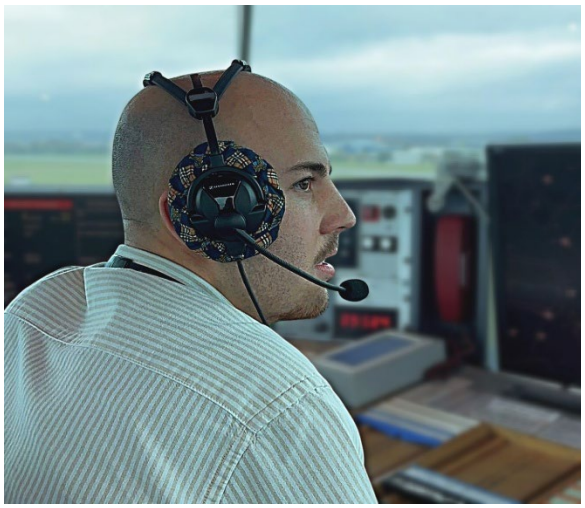
SUBJECTS studied at A LEVEL: Geography, Geology and History

What next? University of East Anglia, BSc Environmental Science

YEAR left STM: 2020

I left St. Thomas More in 2020 after spending seven happy years there completing both my GCSEs and A-Levels, and helping shape me into the person I am today. Ever since being a young boy, I've always been crazy about aviation and have always had the ambition to one day work in the industry that I'm so passionate about. Unfortunately, the final year at STM was cut short due to the Coronavirus Pandemic and not only did this effect all of our lives, but the aviation industry was one of the hardest hit sectors.

Faced with an industry which was tainted in unpredictability, I took the decision to wait and instead further my education. I went to the University of East Anglia from 2020 to 2023 to study BSc Environmental Sciences, and whilst not exactly related to my dream of aviation, it was a degree composed of my favourite subjects at STM, Geography and Geology. I thoroughly enjoyed my time at university, I met so many great friends and had a fantastic experience and I graduated with a 2:1 in 2023.



Towards the end of my degree, the aviation industry was once again on the up and recovering from the pandemic. An Air Traffic Control position opened at London Southend Airport, and I was determined to get it! I remember visiting the control tower as a part of the selection process, and the moment I got to the top and saw the control room, I was in awe and knew that this was the career for me.

Just a couple months after graduating, I was over the moon to be offered the role as an Air Traffic Control Assistant at Southend Airport. Over the next two years, I became fully qualified in the assistant position, supporting the Air Traffic Controllers and gaining vast amounts of experience in the environment. I was able to go away on a course with the Met Office to become an accredited aviation weather observer as a part of my role.

After two years, was extremely fortunate to be selected in my unit to go on and train to become an Air Traffic Controller. This involved an intensive six-month course based in Gloucester, learning all the regulations and rules in UK and European Air Traffic Control. After several exams and classroom-

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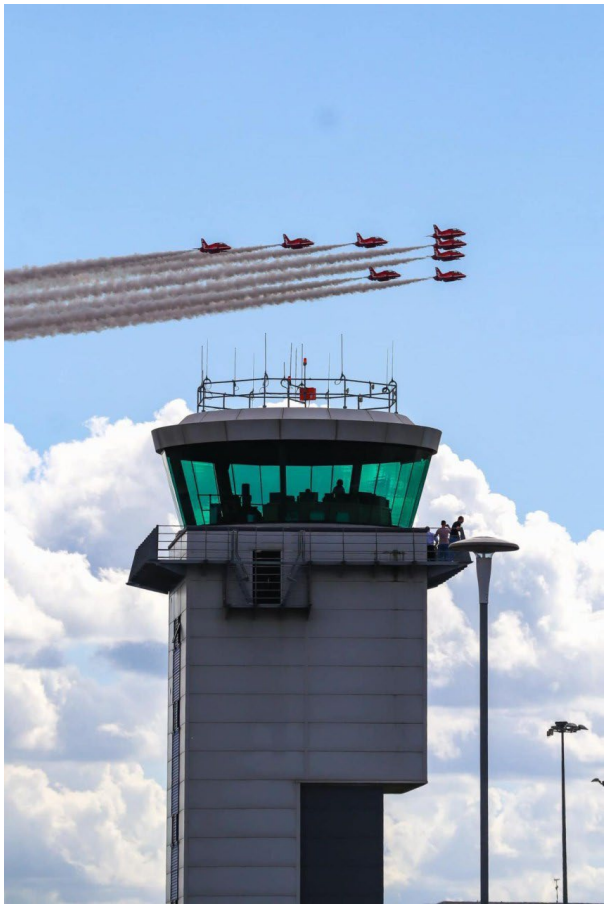
based learning, we then got to be able to do it for 'real' albeit start training to control traffic on state-of-the-art simulators. I passed my Aerodrome Control Instrument course in June 2025, enabling me to return to Southend and start controlling aircraft for real!

Since then, I have been a Trainee Air Traffic Controller for the tower (ADI) environment, meaning I am responsible for all vehicles and aircraft manoeuvring on the airport's taxiways and runway, any aircraft flying in the vicinity of the airport and all aircraft landing and taking off. It is a surreal experience, and an enormous amount of responsibility which we are trained for from day one and I love every minute. At the time of writing, I have nearly completed all my training after hundreds of hours with an instructor helping me get to the stage where I can gain my personal licence and be on my own. Whether I'm controlling a small Cessna for someone learning to fly, or a big EasyJet taking people away on their holidays, I still pinch myself that I am able to do such an amazing career.



I still fondly look back to my years at STM which undoubtedly helped me become the person I am today, and gave me so many qualities which I take in daily life.

Quote I live by: "Everything will be alright in the end. If it's not alright, it's not the end."

Raising Aspirations at Emmanuel College, Cambridge

Students enjoyed an inspiring KS4 Insight Day at Emmanuel College, University of Cambridge, giving them the opportunity to experience a university environment first-hand and explore the possibilities available through higher education.

The programme included a welcome talk, a guided tour of the college grounds, lunch in the Upper Hall, a Post-16 Choices & Thinking Like a University Student Workshop, followed by a Q&A to conclude the day. During the tour, our students were extremely positive and engaged, taking a genuine interest in the college and interacting confidently with the student ambassadors taking us around on our tour. The visit gave them the chance to see university life beyond the classroom and begin visualising what studying within a university environment could be like.

A particular highlight was hearing from the various undergraduate student ambassadors who gave the students insight to what they studied at school for GCSE and A'levels, the entry requirements and their decisions about applying and choosing Cambridge as one of their UCAs choices.

Students participated enthusiastically in the Thinking Like a University Student Workshop, sharing ideas and working alongside young people from other schools. The session encouraged them to think carefully about their future Post-16 choices and the skills, independence and academic approach required as they progress towards higher education.

"The visit really helped me understand what studying at a university like Cambridge could be like. I enjoyed seeing the college and the workshop made me think more carefully about the subjects I choose and what I might want to do in the future."

The visit also provided an excellent opportunity for students to start thinking early about competitive university applications.

The University of Cambridge advises applicants that they will need top grades and should check the individual entry requirements for their chosen course carefully. Specific subjects and grades may be required, and requirements can sometimes differ between Cambridge Colleges.

For students considering Cambridge in the future, key points include:

- Research your course early: entry and subject requirements vary by course, so Post-16 subject choices matter.
- Aim for strong academic achievement: Cambridge makes clear that applicants need high grades, while individual course pages specify the relevant A level, IB and other accepted qualification requirements.
- Check for an admissions assessment: some Cambridge courses require applicants to take an additional assessment, with advance registration required for some tests.
- Complete the application process: applicants apply through UCAS and then complete My Cambridge Application, an additional Cambridge form. Depending on the course, applicants may also need to submit written work or a portfolio and/or complete an interview or assessment.

More than simply a university visit, the Insight Day was a valuable part of our students' wider careers education and progression journey. Experiencing higher education first-hand helps students connect their current learning and Post-16 decisions with longer-term university and career aspirations.

UNIVERSITY

Study a subject you're interested in, gain a degree and experience student life.

VS

APPRENTICESHIP (STRAIGHT INTO WORK)

Earn while you learn, gain practical skills and a qualification, and start your career straight away.

PROS ✓

- **Specialist knowledge** – study a subject you're passionate about.
- **Widely recognised qualification** – a degree can open doors to many careers.
- **Broader career options** – keeps more career paths open.
- **Social experience** – meet new people, make friends for life and live independently.
- **Personal development** – grow in confidence, independence and life skills.
- **Student lifestyle** – opportunity to join clubs, societies and try new things.

CONS ✗

- **Cost** – tuition fees up to £9,250 per year (UK) plus living costs (often £10,000+ per year).
- **Debt** – many graduates leave with £40,000+ in student loans.
- **Time** – usually 3–4 years before you earn a full salary.
- **No guaranteed job** – a degree doesn't guarantee employment in your chosen field.
- **May not suit everyone** – academic study and large, independent living can be challenging.
- **Less work experience** – can be at a disadvantage to those with practical experience.

PROS ✓

- **Earn a salary** – get paid from day one (typical range £7,000–£25,000+ depending on industry and age).
- **No tuition fees** – employer or government funds your training.
- **Gain real work experience** – develop practical skills and industry knowledge.
- **Recognised qualifications** – earn qualifications from Level 2 to Degree level while you work.
- **Fast career progression** – can lead to full-time roles and higher earnings sooner.
- **Develop professional skills** – learn communication, teamwork and workplace skills.

CONS ✗

- **More limited options** – apprenticeships are only available in certain industries and roles.
- **Less time for academic study** – may not suit those who enjoy a traditional university experience.
- **Work-life balance** – you are an employee and have work responsibilities.
- **Can be competitive** – popular apprenticeships can have many applicants.
- **May need to stay in the local area** – fewer opportunities to change location compared to university.
- **Some careers still prefer a degree** – certain roles (e.g. medicine, law, some research jobs) usually require a degree.

ECONOMIC FACTORS (UNIVERSITY)

- Higher upfront cost (tuition fees and living expenses).
- Funded by student loans (repaid after you earn over £25,000 per year).
- Potential for higher earnings in some professions (e.g. medicine, engineering, law, teaching).

ECONOMIC FACTORS (APPRENTICESHIP)

- Earn while you learn (typical £7,000–£25,000+ depending on industry and age).
- No tuition fees.
- Can start building financial independence earlier and progress to higher salaries over time.

SOCIAL FACTORS (UNIVERSITY)

- Meet a wide range of new people and make lasting friendships.
- Live independently, often in a new city.
- Experience a new environment, different cultures and increased independence.

SOCIAL FACTORS (APPRENTICESHIP)

- Work with a team and build professional networks.
- Develop adult responsibilities and workplace relationships early.
- May have less opportunity to move away from home, but can still gain a strong social life through work and local activities.

WHICH OPTION MIGHT SUIT YOU?

CONSIDER UNIVERSITY IF YOU...

- Enjoy academic study and structured learning.
- Have a strong interest in a specific subject.
- Want to keep a wide range of career options open.
- Value the opportunity to live independently and experience student life.
- Are aiming for a career that usually requires a degree (e.g. medicine, law, research, teaching).

CONSIDER AN APPRENTICESHIP IF YOU...

- Prefer practical, hands-on learning.
- Want to start earning and be financially independent sooner.
- Know the industry or career area you're interested in.
- Want real work experience and to build professional skills early.
- Prefer learning in a workplace environment rather than a traditional classroom.

THINK ABOUT YOUR PERSONALITY...

- **Independent** and enjoy change? → University could be a good fit.
- **Practical** and career-focused? → Apprenticeship may suit you.
- Enjoy meeting new people and new experiences? → University.
- Prefer a routine and real-world learning? → Apprenticeship.
- There's no 'right' or 'wrong' choice – it depends on what motivates you.

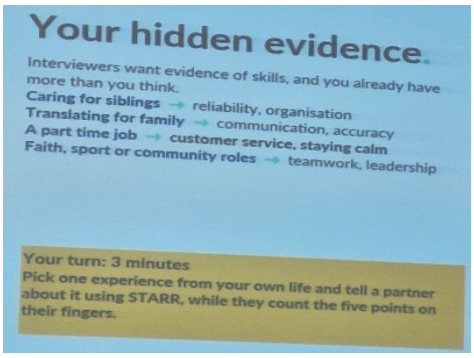
THINK ABOUT YOUR FUTURE GOALS...

- Certain about a specific trade or industry? → Apprenticeship.
- Want a career that requires a degree? → University.
- Unsure yet? → University can keep more options open, but some apprenticeships also allow progression to degree level later.
- Want to start building a career and savings straight away? → Apprenticeship.

KEY MESSAGE: Both university and apprenticeships can lead to successful, fulfilling careers. The best choice depends on your interests, learning style, personality and long-term goals. Take time to research your options, talk to people in different industries and choose the path that's right for you.

Year 13 Careers Enrichment: Exploring Apprenticeships with Uptree

As part of the last week of term's Year 13 enrichment programme, our students welcome Oby Bamidele CEO of Uptree, for an Introduction to Apprenticeships.
The workshop was aimed at students interested in pursuing apprenticeships and gave them an opportunity to learn more about the apprenticeship route, Uptree and upcoming opportunities available to support their next steps.



The aim of the session was to provide useful insights that students can put into practice as they begin preparing their applications. During the session, Oby Bamidele introduced students to the STARR technique, a useful structure for demonstrating skills when completing apprenticeship applications or answering interview questions. Students were encouraged to recognise that valuable skills are developed through everyday experiences, not just paid employment.

- **S – Situation:** Set the scene and explain what was happening.
- **T – Task:** Describe what you needed to achieve.
- **A – Action:** Explain what you did and the skills you used.
- **R – Result:** Share what happened because of your actions.
- **R – Reflection:** Explain what you learned and how you could use or improve that skill in the future.

For example, a student could use organising a school event, being part of a sports team, completing a group project, volunteering or helping at home to demonstrate transferable skills such as communication, teamwork, organisation, resilience and problem-solving.

A huge thank you to Oby and the Uptree team for supporting our students and helping them explore the exciting opportunities available through apprenticeships.

⚖️ Sixth Form Students Triumph in Moot Competition

Before half term, four Sixth Form students took part in Round 1 of a Moot Competition hosted by Giles Wilson Solicitors, competing against Westcliff High School for Girls.

A moot is a simulated court hearing in which students take on the role of lawyers, preparing and presenting legal arguments before a judge. Unlike a traditional debate, mooting requires participants to analyse a legal problem, construct a persuasive argument, respond to questions and present their case using the professional skills expected in the legal profession.

Representing the defence, Lucy and Ella each spoke for an impressive 15 minutes in front of professional judges, who praised their arguments as "articulate." Their preparation, confidence and persuasive advocacy paid off as they won their case against Westcliff High School for Girls. A special mention also goes to Logan and Kasey, who supported the team's preparation as reserves and played an important part in the students' success.

The experience gave students a fantastic insight into the legal profession, while developing valuable skills in public speaking, critical thinking, research, teamwork, communication and constructing persuasive arguments.

We are so pleased to announce that the results are in, and huge congratulations go to the team on successfully getting through to Round 2, meaning that St Thomas More School will be in the last four remaining schools to compete for a chance to get into the final round. A fantastic achievement and very well done to everyone involved!

IPECO Inspires Year 11 Career Assembly

On Thursday before half term, Year 11 students attended an informative careers assembly led by Andrew Elliott, Training Manager for Outreach at IPECO. As a major aerospace engineering and manufacturing company, IPECO shared details about their Career Builder Schemes, which combine hands-on training with recognised qualifications.

Students learned about three main post-GCSE pathways:

- Extended Career Builder: A multi-level engineering and health and safety programme for ages 16+ (requires GCSE English and Maths at Grade 4+).
- Assembly Career Builder: A 12-month scheme focusing on safety-critical aerospace components and seating.
- Upholstery Career Builder: An 18-month programme developing specialist skills from leather repair to pattern making.

IPECO, a proud winner of the King's Award for Enterprise 2024 for Promoting Opportunity, highlighted how these apprenticeship-style routes offer fantastic long-term career progression. Thank you to Andy and IPECO for giving our students such a valuable insight into the aerospace engineering industry!

UK-TEFL

Online Course

LEVEL 2 CERTIFIED

Learning Course in TEFL

(120 Hours)

WHY TEFL?

Enhance UCAS & PGCE Applications

Extracurriculars boost your UCAS application - it shows you're committed, motivated, and decisive.

Travel the world

A TEFL certificate is your ticket to adventure, perfect for gap years, travel, or post-uni plans!

Gain employability skills

Gain key skills including organisation, problem solving, creativity, and critical thinking.

Pursue volunteering opportunities

A TEFL certificate opens doors to rewarding roles like summer schools, helping refugees, or teaching abroad.

Teach English as a Foreign Language in schools abroad, privately in the UK, or online.

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Take an endorsed course with UK-TEFL, a TQUK Platinum Approved provider, ensuring your certification is officially recognised.

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routesintorail

Explore Real Rail Stories today!

Our new Routes into Rail site now features an extensive library of real-life rail stories from people across the industry. Discover inspiring career paths, such as apprenticeships, where you get the chance to learn while you earn and achieve a great qualification, or see how career switching led to people finding their perfect role in rail.

Take a look at these unique stories that showcase different interests, talents, and ambitions- so you can get inspired, and find someone working in your dream role!

Explore Rail Stories ▶

Apply Now ▶

Applications now open!

Applications are now open for the Rail Skills Hub, delivered by Network Rail and BMet.

This is a pre-apprenticeship pathway designed to provide those aged 16-19 with hands-on experience and training, preparing you for a future career in rail.

Make sure to get your applications in soon before they close!

Don't miss out on your chance to chat to us!

On the 13th- 14th November take advantage of the chance to speak to figures from across rail about their personal stories and experiences at What Career Live.

Learn about the importance of rail and enjoy 1:1 conversations about which pathway is right for you.

Routes into Rail will be situated on stand F20, and we look forward to seeing you there!

Follow Routes into Rail on social media