

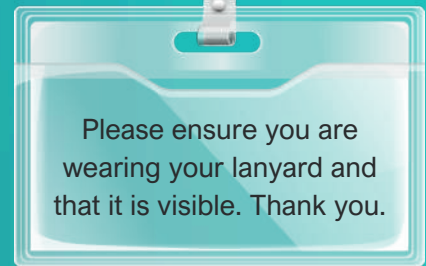
SPOTLIGHT ON...



NATIONAL CAREERS WEEK

From 2nd March, it's National Careers Week. We'll be sharing a range of opportunities and careers information all week to support this event.

Reminder



KEY NOTICES AND REMINDERS

Y12 PROGRESS CHECK

Please be aware that Y12 will be taking part in assessments over the next few days. Please keep the noise down when travelling through the building.



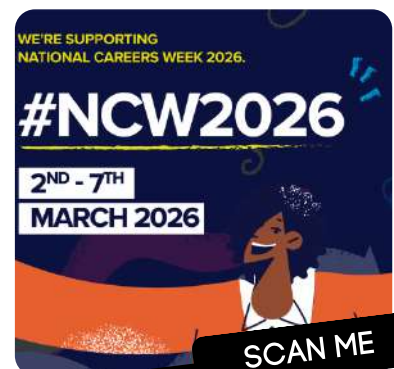
ENRICHMENT AND EXCEL HOURS

Our enrichment programme and Excel Hours timetable are available now for this term and you can find a full copy of the timetables in this issue.



NATIONAL CAREERS WEEK

National Careers Week starts on 2nd March and we'll be sharing more information about careers and events taking place via email and on our socials.



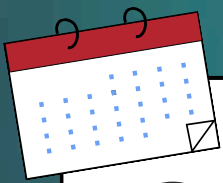
BBC Weekly News Quiz

QUIZ



YOUR SIXTH FORM
Scan this QR CODE to
share news or feedback
with our Student Union





25
FEB

(UNTIL 4 MARCH)
Y12 PROGRESS CHECK

2
MAR

NATIONAL CAREERS WEEK

11
MAR

Y12 MFL TRIP TO UNIVERSITY
OF MANCHESTER

16
MAR

(UNTIL 20 MARCH)
Y13 PROGRESS CHECK

16
MAR

Y12 GEOGRAPHY FIELD TRIP
SALT MARSH

IMPORTANT DATES



Wishing all our students who are celebrating their birthday over the next few weeks a very Happy Birthday!

Happy Birthday!



“Cowley Conversations” Chemical and Sustainability

Our latest Cowley Conversations assembly brought an incredibly inspiring story right to the heart of our Sixth Form, as Old Cowleian Julian Hunter returned to his former school to share his remarkable career journey with Year 12 and Year 13 students.

Julian's path from the halls of Cowley to the cutting edge of the chemical industry is a testament to where hard work, curiosity, and ambition can take you. After leaving Cowley, Julian carved out a highly successful career that led him to Akzo Nobel, one of the world's leading paints and coatings companies, where he has been instrumental in developing more environmentally friendly paint products.

In an engaging and thought-provoking session, Julian spoke passionately about his work in sustainability, explaining how the chemical industry is evolving to meet the challenges of a changing world. From reducing harmful emissions in everyday products to rethinking the way paint is manufactured, Julian's work is making a genuine difference to the planet and he made it clear that the next generation of scientists, chemists and innovators will be the ones to take that mission even further.

Our Sixth Formers came away with a real insight into the wide range of careers available within the chemical and sustainability sectors, and plenty of food for thought about their own futures.

A huge thank you to Julian for giving up his time to come back and inspire us. We couldn't be prouder of what our alumni achieve!

LATEST NEWS

MON

ANIMAL CARE
WEEKLY, BO2, AFTER COLLEGE

CHESS - EVERY LUNCHTIME IN THE CANTEEN

TUE

ANIMAL CARE
WEEKLY, BO2, AFTER COLLEGE

CHESS - EVERY LUNCHTIME IN THE CANTEEN

WED

MUSIC
WEEKLY, AO2, AFTER COLLEGE

ANIMAL CARE
WEEKLY, BO2, AFTER COLLEGE

CHESS - EVERY LUNCHTIME IN THE CANTEEN

THUR

DUNGEONS AND DRAGONS
WEEKLY, CANTEEN, AFTER COLLEGE

LECTURE AND DEBATE CLUB
WEEKLY, C23, AFTER COLLEGE

CHESS - EVERY LUNCHTIME IN THE CANTEEN

BOOK CLUB
WEEK B, ACHIEVE, LUNCHTIME

FRI

CLASSICAL CIVILISATION
WEEKLY, C23, AFTER COLLEGE

TEXTILES AND FASHION
WEEKLY, CO1, AFTER COLLEGE

ENGINEERING
WEEKLY, B21, AFTER COLLEGE

CHESS - EVERY LUNCHTIME IN THE CANTEEN



COWLEY

SIXTH FORM COLLEGE

TUE

BTEC MUSIC PERFORMANCE

WEEK A, 2:45PM, A02, MR GERRARD

A LEVEL PHYSICS

WEEK B, 7:30AM, C22, MR HESKETH

BTEC APPLIED SCIENCE

WEEK A, 1:15PM, B20, MISS BERGIN

WED

A LEVEL MATHS

WEEK A, 2:55PM, C12, MR UNSWORTH

A LEVEL MATHS

WEEK B, 2:55PM, C11, MR UNSWORTH

A LEVEL MATHS

WEEK A, 2:55PM, C12, MR HOUGHTON

A LEVEL PHYSICS

7:30AM, C22, MR HESKETH

A LEVEL / AS CHEMISTRY

WEEK A, 2:45PM, B01, MR JONES

A LEVEL / AS CHEMISTRY

WEEK B, 2:45PM, B01, MR JONES

MEDICS, DENTISTS, VETS UCAT

2:45PM - 3:30PM, B01

BTEC DIGITAL MEDIA

WEEK A, 2:55PM, B22, MR LILLEY

BTEC DIGITAL MEDIA

WEEK B, 1:45PM, B22, MR LILLEY

A LEVEL LAW

2:45PM, C23, MR MCKEOWN

BTEC APPLIED SCIENCE

WEEK B, 1:15PM, B20, MISS BERGIN

EXCEL HOURS



THU

CRIMINOLOGY

10:45AM, B14, MISS SMART

A-LEVEL PSYCHOLOGY

10:45AM, C23, MR MCKEOWN

A-LEVEL LAW

WEEK A, 2:45PM, C23, MR MCKEOWN

CRIMINOLOGY

2:45PM, B14, MISS SMART

A LEVEL BIOLOGY

2:45PM, B20, MR BROOKS

BTEC PROFESSIONAL MUSICAL THEATRE

2:45PM, COWLEY HALL, MR WATKINS/MISS RADFORD



FRI

CRIMINOLOGY

10:45AM, C23, MR MCKEOWN

A-LEVEL LAW

WEEK B, 2:45PM, C23, MR MCKEOWN





Y13 Progress Check - 16-20th March

Y13 students will be taking part in their final Progress Check with mock examinations and assessments later this half term.

Think of mocks as your practice run before the real deal. They're basically showing you exactly where you need to focus your energy, so future-you will massively thank present-you for putting in the work now.

Start early (yes, really), break your revision into chunks and mix up your techniques – flashcards, mind maps, teaching concepts to your confused pet, whatever works for YOU. Your brain needs variety to actually remember stuff.

Check out the revision tips and stress-busting strategies in the posters included in this newsletter. They're genuinely useful, not just the usual "just relax" advice.

You've got this. Small steps now = big results later. Let's make these mocks count before the real thing take place later in the year!

Good Luck
YOU GOT
THIS!

PROGRESSES CHECK

How Can Students Revise Effectively?

by @inner_drive | www.innerdrive.co.uk

TEST YOURSELF

Research has shown that testing yourself helps you remember significantly more than just re-reading information.

Testing yourself can also help reduce the negative effects of stress associated with exams.



USE SPACING

Spread out your learning of material across several days and revisit it.

This helps transfer information to your long-term memory.

STOP PROCRASTINATING

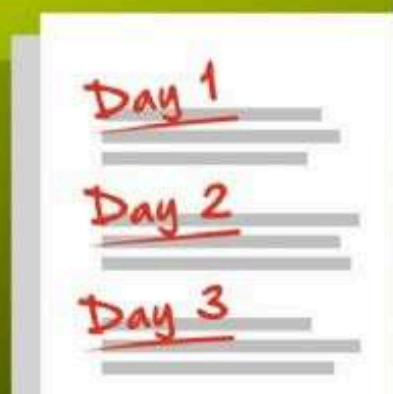
Schedule the revision of harder topics for the morning when you will be most awake.

This stops you using tiredness as an excuse for leaving the harder topics until the next day.



MANAGE YOUR TIME

Break your revision down and give yourself a certain amount of content to learn each day.



CAREERS



Our Careers website includes labour market information and a link to Unifrog amongst many other things. Please take a look.

Want to find a bit more information about industry sectors, the skills required and salary expectations? Please take a look at the Labour Market Information section of the website and the linked presentation with lots of useful information: Top careers to consider.

You are able to request a 30-minute appointment with our independent Careers Advisors at any time during your time at Cowley. Please email cowleycareers@cowleysthelens.org.uk to arrange.

Useful information

UCAS.com - All the information about universities, how to apply and upcoming events can be found on the UCAS website.

OpenDays.com - Full listings of all UK university Open Days and events can be found via this link.

www.amazingapprenticeships.com - Explore some of the apprenticeship opportunities that are available.



Headline Sponsor:



NatWest
Thrive

2ND-7TH MARCH 2026

#NCW2026



**BUILD SKILLS FOR
WHAT COMES NEXT.**

**NATIONAL
CAREERS
WEEK 2026**



National Careers Week

NCW

Choosing the Next Step (Not the Whole Career)

live online career panel, sharing real stories and career journeys to help you **Own Your Future**

Thursday 5th March @ 18:00



REGISTER



Ailyyha Mohammed
Government Science and
Engineering Fast Streamer
Department of Transport



Archie Flynn
Technology Consultant
Degree Apprentice
HSBC



Medha Khurana
Business Intelligence
Specialist
Jones Lang LaSalle (JLL)



STEP OUTSIDE YOUR COMFORT ZONE. DO AND TRY THINGS YOU NEVER THOUGHT YOU COULD DO, IT MAY BE SCARY AT FIRST BUT IT WILL ALL BE WORTH IT IN THE END, YOU COULD FIND OUT THAT SOMETHING YOU ONCE DISLIKED COULD ACTUALLY BE SOMETHING YOU LOVE!

KELLY YOUNG, APPRENTICE

#NCW2026



DISCOVER!

creative careers

National Careers Week

Meet the creatives. Ask the questions. Plan your future.

Connect with industry professionals and discover real pathways into the creative industries, with expert tips and next steps to get started.

Daily Digital Workshops 2nd – 6th March

Ages 11-15 | [More info](#)

Ages 16-18 | [More info](#)

Industry Insights with Futures for All 3rd – 13th March

Ages 14-19 | [More info](#)

Inspiring speakers.

Practical advice.

Creative futures.

Book your place now



National Careers Week

NCW

FUTURES FOR ALL

UNIVERSITIES

An aerial view of the Aberystwyth University campus, showing the town built on a cliffside overlooking the sea. The university's crest and name are visible at the top. The text '2026 Open Days' is overlaid in large white letters. A QR code is positioned on the right side, with the text 'Register your interest today' below it.

1872 PRIFYSGOL
ABERYSTWYTH
UNIVERSITY

2026
Open Days

Register your
interest today

A photograph of a young woman with dreadlocks, wearing sunglasses and a black top, smiling and holding a water bottle. Another woman is partially visible behind her. The University of Salford logo is in the top right corner. The text 'BECOME UNSTOPPABLE' is written in large, bold, white letters. Below it, the text 'Book an Open Day today' and the URL 'salford.ac.uk/open-days' are displayed. A QR code is located in the bottom right corner.

University of
Salford
MANCHESTER

**BECOME
UNSTOPPABLE**

Book an Open Day today
salford.ac.uk/open-days

UNIVERSITIES



You're the future.
Make Newcastle yours.



Book an
Open Day
now



ncl.ac.uk/study/meet/undergraduate-open-day/

GET READY FOR LAUNCH

Open Days. Book your place.



UNIVERSITIES



Discover Leeds from anywhere



360° virtual experience – a chance to explore everything we have to offer at Leeds, from accommodation and campus to labs, performance spaces and specialised design studios.

explore.leeds.ac.uk


UNIVERSITY OF
DERBY

THE FUTURE IS YOU

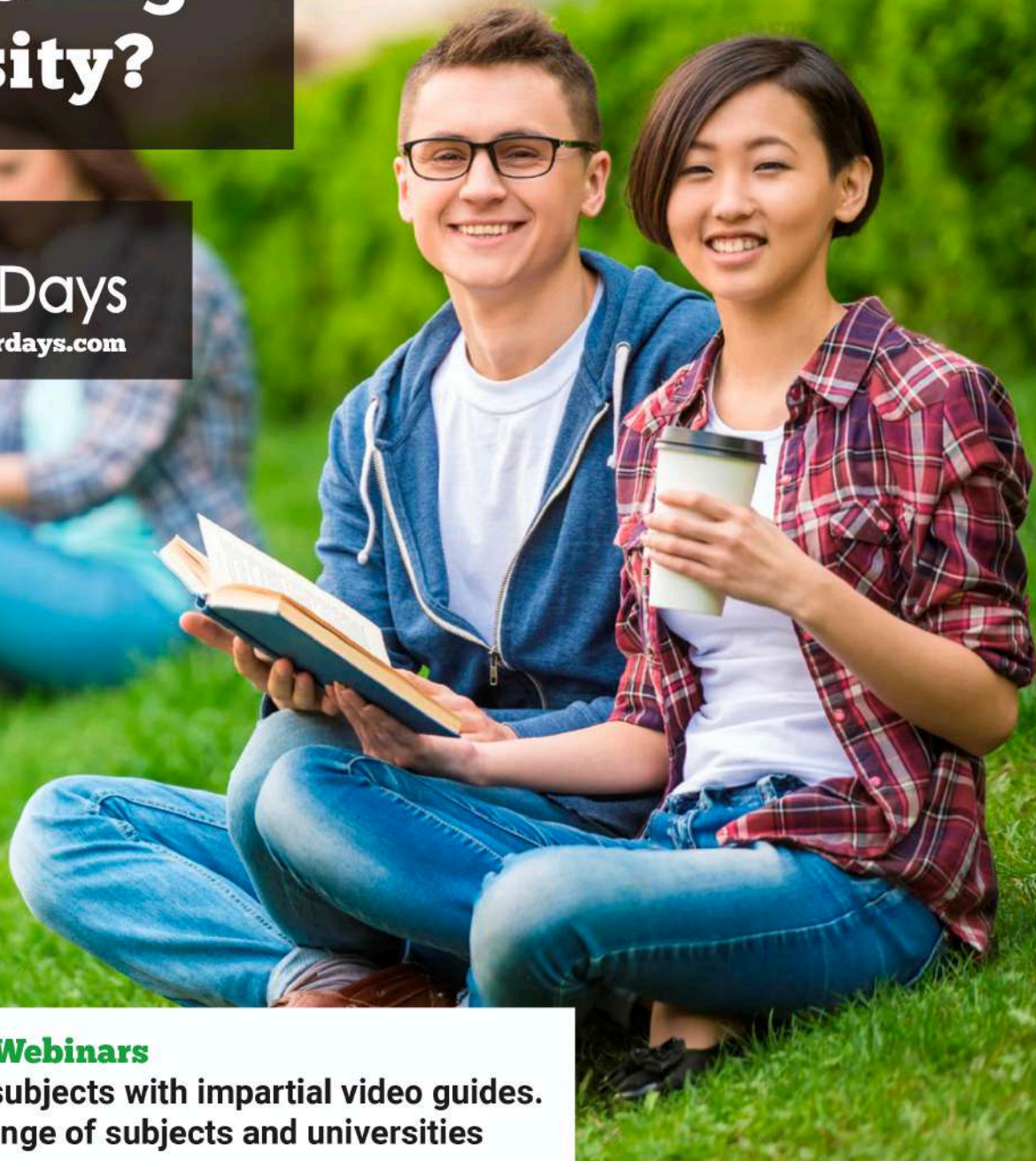
BOOK YOUR
OPEN DAY

derby.ac.uk/opendays



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www.unitasterdays.com



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UNIVERSITY OF SOUTHAMPTON AND THE SUTTON TRUST SUMMER SCHOOL

7-10 JULY 2026



Join us on campus for a **4-day, 3-night programme**, giving you the opportunity to experience the **academic and social side** of university life. You'll be provided with **free accommodation and meals** for the duration of the residential.

You'll get to meet our enthusiastic team of current students studying the courses you are aspiring to, as well as academics, researchers, and alumni. This residential is open to Year 12 or Level 3 (Year 1) students who meet our academic and **Widening Participation eligibility criteria** (see overleaf).

During the 4 day programme, you will:

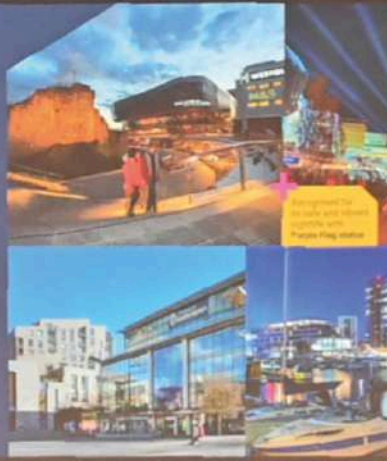
- experience student life through clubs and societies, activities, tasters, and tours
- receive information and guidance around the topics of student finance and the cost of living as a student
- have the opportunity to socialise with others and meet like-minded individuals through a variety of social activities
- stay in student halls
- plan a meal on a budget
- tour the city of Southampton with a current student
- experience teaching and research within a subject area
- find out where our graduates ended up after they studied at UoS



YOUR CITY

Live in one of the most vibrant and exciting student-friendly cities on the south coast

- World-class arts venues host major artists and rising musicians, touring West End productions and open mic nights
- Annual celebrations: Southampton Pride, art and cultural festivals, marathon and Christmas markets
- And independent scene, from local makers to global flavours
- Safe, walkable city
- E-scooters and e-bikes available to rent across the city
- Our City Centre Campus is based in the cultural quarter



Degree Programmes/ Subject areas on offer for 2026

- Biological Sciences
- Business
- Economics
- Engineering
- Geography
- History and English
- Law
- Physics

ELIGIBILITY

To be eligible, applicants must;

- **attend, and have always attended, a state-funded, non-fee paying school or college.**
- **be studying in Year 12 in England or Wales, Year 13 in Northern Ireland, or S5 in Scotland.**
- **be taking relevant and required qualifications and subjects for their chosen taster degree subject.**

Applicants must also meet at least one of the following Widening Participation criteria:

- be the first generation of your family to attend university.
- have received free school meals while at secondary school.
- attend a school or college with below average attainment or a low rate of progression to the top third of higher education institutions.
- live in a neighbourhood with a low rate of progression to higher education and/or a high level of socio-economic deprivation.
- be or have been, looked after or in care.



Apply Now

[www.southampton.ac.uk/
schools-colleges/
experience-summer-event.page](http://www.southampton.ac.uk/schools-colleges/experience-summer-event.page)



Contact our Residential Coordinator:

c.e.bolton@soton.ac.uk

APPRENTICESHIPS



What is an apprenticeship?

An apprenticeship is a paid job where the employee learns and gains valuable experiences. Alongside on-the-job training, apprentices spend at least 20% of their working hours completing classroom-based learning with a college, university or training provider which leads to a nationally recognised qualification.

An apprenticeship includes:

- paid employment with holiday leave
- hands-on-experience in a sector/role of interest
- at least 20% off-the-job training
- formal assessment which leads to a nationally recognised qualification

Please click [here](#) for full listings of Higher and Degree Apprenticeships with more than 2000 listings from over 80 employers, including locations, salary information and direct application links.

For further information and to apply for apprenticeships, please visit the [**National Apprenticeships website**](#).

Don't forget to use [**Unifrog**](#) to explore Apprenticeship opportunities as well!



ARMY CAREERS

Army careers resources: online events



Tuesday

3rd March 2026

British Army - Seven Career Streams,
Endless Opportunities

Join us this National Careers Week and International Women's Day for an inspiring webinar exploring the breadth of career opportunities within the British Army.

Tuesday 3 March 18:30 – 19:30

Event Type: Virtual

Register Today:

<https://britishar.my/SevenCareerStreamsEvent>



Starts at :

6:30pm



Wednesday

11th March 2026

Women in the Army – Real Stories,
Real Impact

Join us for an online event celebrating women in the Army and the many career opportunities you can explore. You'll hear from soldiers and officers as they chat about their roles, the sports they get involved in, the places they've travelled, and how they balance Army life with family life.

Date: Wednesday 11 March 18:00 – 19:00

Event Type: Virtual

Register Today:

<https://britishar.my/RealStoriesRealImpact>



Starts at :

6:00pm