

SPOTLIGHT ON...



HALF TERM APPROACHING

Please note that the final day of this half term is Thursday, 12th February. We return to college on Monday 23rd February.

Reminder



KEY NOTICES AND REMINDERS

WELL DONE Y13

Well done to Y13 who have completed their Progress Check 3 with mock examinations and assessments. All this is great preparation for the final exams coming up soon. We're proud of you!



ENRICHMENT

Our enrichment programme is available now for this term and you can find a full copy of the timetable on page 6 of this issue.



NATIONAL APPRENTICESHIP WEEK

National Apprenticeship Week starts on 9th February and we'll be sharing more information about apprenticeships and events taking place.



BBC Weekly News Quiz

QUIZ



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



7
FEB

**COURSE INFORMATION
MORNING**

9
FEB

**NATIONAL APPRENTICESHIP
WEEK**

12
FEB

FINAL DAY OF HALF TERM

23
FEB

BACK TO COLLEGE

25
FEB

Y12 PROGRESS CHECK

IMPORTANT DATES



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

Happy Birthday!



“Cowley Conversations” Primary School Teaching

As part of our weekly Cowley Conversations assemblies, we were delighted to welcome back former student, Sam, to speak to both our Year 12 and Year 13 students about her journey into teaching and her career as a primary school teacher.

Sam shared her honest insights into the training, day-to-day classroom life as well as the rewards and challenges of working in primary education, offering plenty of practical advice and inspiration for students considering a future in teaching or working with children.

It was brilliant for our students to hear from a Cowley alumna who has gone on to build such a fulfilling career and to see first-hand the many pathways available after sixth form.

Huge thanks to Sam for giving up her time and coming back to inspire the next generation!

There are plenty more Cowley Conversations assemblies lined up for the rest of the term, including talks about careers in chemistry, nuclear engineering and adhesives.

If any former students are reading this and interested to come in to speak to our Sixth Form students, please drop us an email to cowleycareers@cowleysthelens.org.uk.

LATEST NEWS

THANK YOU!

PARENTS' EVENING

Thank you to all the parents and carers who attended the recent Parents' Evening at the college.

It was fantastic to see so many of you and to discuss your daughter/son's progress at Cowley Sixth Form with you.

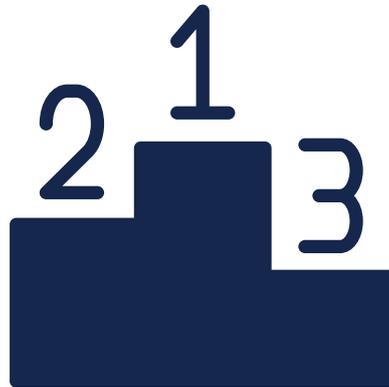
Following the survey completed on the night, we can proudly report the following findings:

- *98% of parents would recommend Cowley Sixth Form*
- *99% of parents say their son/daughter feels safe at college*
- *99% of parents strongly agree or agree that their son/daughter is happy at college*
- *93% of parents strongly agree or agree that the college communicates well with them*
- *98% of parents strongly agree or agree that the Sixth Form provides the right support to enable their son/daughter to learn well.*



LATEST NEWS

STUDENT OF THE MONTH



Congratulations to two of our fantastic students for being chosen for January's Student of the Month award!

In Y12, Lauren was nominated by the French department. Lauren has worked with Y10 French students for a Period 6 and helping mentor the younger language students.

Her first session was fantastic, and the Y10 students were very complimentary about her and how she has been helping them.

For Y13, Sophia was nominated by both the Psychology and Sociology departments. Sophia has continued to work extremely hard in preparation for her mock exams.

Well done to both students and keep up your fantastic work!

Congratulations!

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



TUE

A LEVEL PHYSICS

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

WED

A LEVEL MATHS

WEEK A, 14:55PM, C11, MR UNSWORTH

A LEVEL MATHS

WEEK B, 14:55PM, C11, MR UNSWORTH

A LEVEL MATHS

WEEK A, 14:55PM, C12, MR HOUGHTON

A LEVEL PHYSICS

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

A LEVEL PHYSICS

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

A LEVEL / AS CHEMISTRY

WEEK A, 14:45PM, C20, MR JONES

A LEVEL / AS CHEMISTRY

WEEK B, 14:45PM, C20, MR JONES



Y12 Progress Check - 25th February - 4th March

After the half term break, Y12 students will be taking part in their Progress Check with mock examinations and assessments.

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!

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

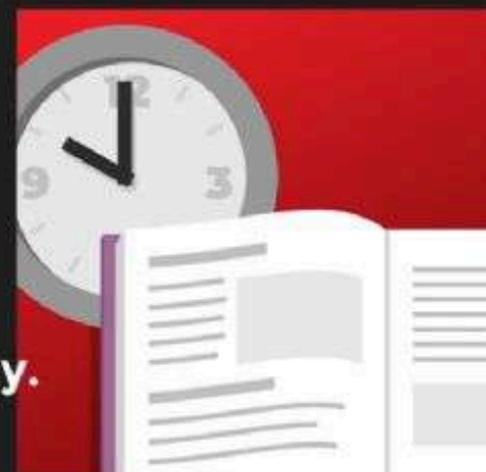
Spread out your learning of material across several days and revisit it.

This helps transfer information to your long-term memory.

STOP PROCRASTINATING

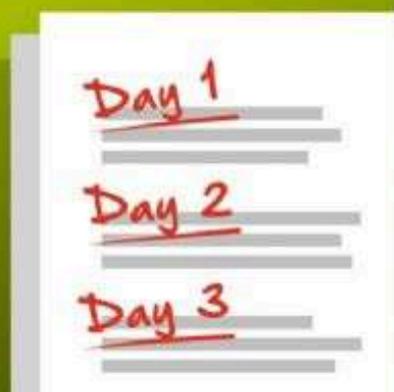
Schedule the revision of harder topics for the morning when you will be most awake.

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.



9 Ways to Beat Revision Stress

by @inner_drive | www.innerdrive.co.uk



Do the actual work – revise!



When really stressed, talk to someone about it



Get some fresh air each day



Stick to regular mealtimes



Do something to switch off an hour before bed



Don't dwell on worst case scenarios



A good sleep the night before is better than last minute cramming



Once you've done the exam, move on to the next one

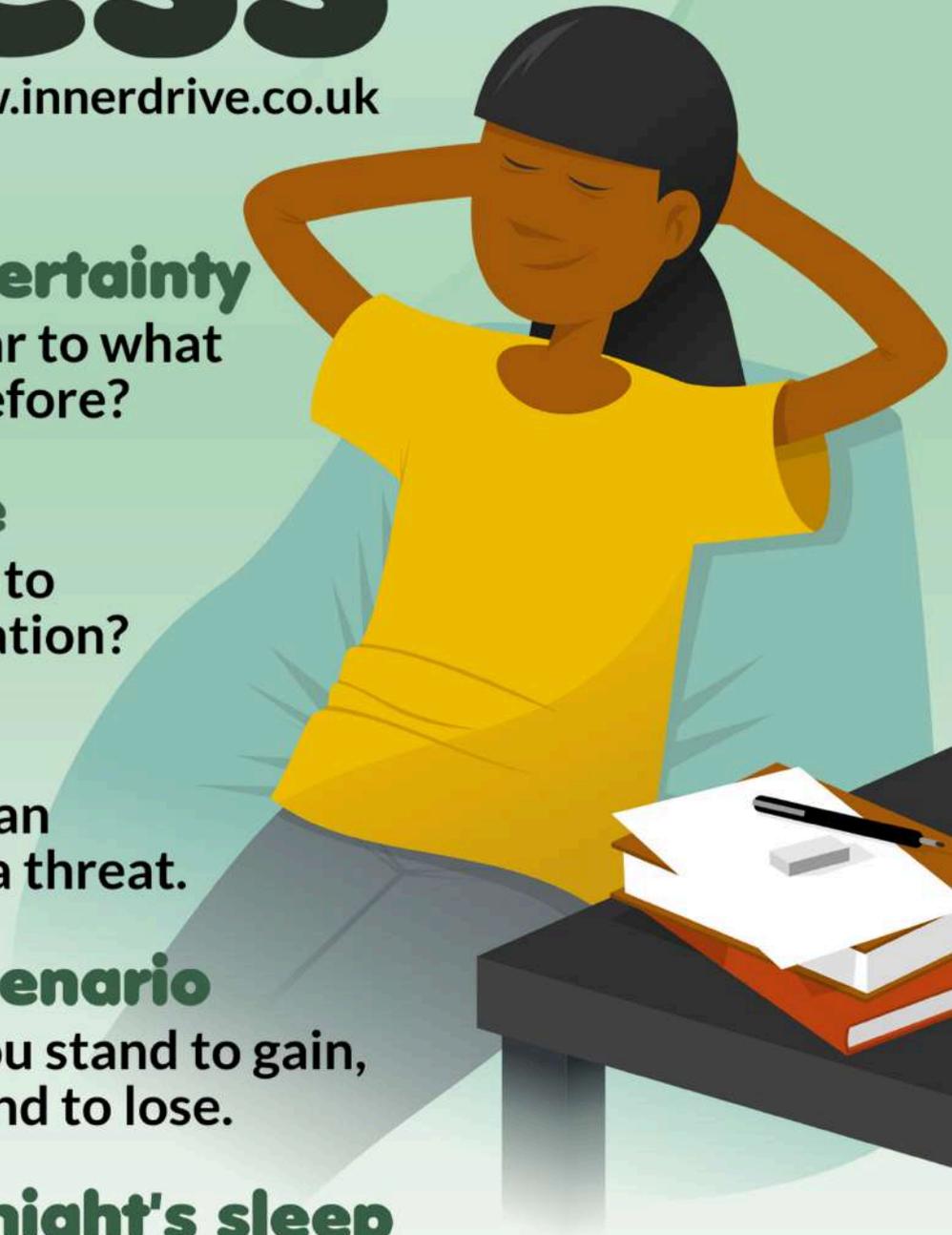


Don't aim for perfection – it's a myth and doesn't exist

6 Ways to Reduce Stress

by @inner_drive | www.innerdrive.co.uk

- 1 Remove uncertainty**
How is this similar to what you have done before?
- 2 Be proactive**
What can you do to improve the situation?
- 3 Reframing**
View the task as an opportunity not a threat.
- 4 Best case scenario**
Focus on what you stand to gain, not what you stand to lose.
- 5 Get a good night's sleep**
It's the way the brain works, everything seems worse when you are really tired.
- 6 Talk to someone**
Don't struggle in silence.



UNIVERSITIES



1872 PRIFYSGOL
ABERYSTWYTH
UNIVERSITY

2026
Open Days



Register your
interest today

**BECOME
UNSTOPPABLE**

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



University of
Salford
MANCHESTER

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

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OPEN DAY

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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:

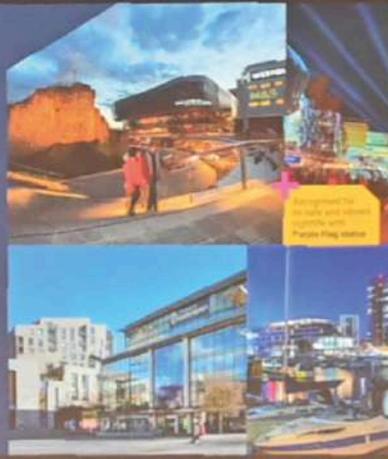
- experience student life through clubs and societies, activities, tasters, and tours
- receive information and guidance around the topics of student finance and the cost of living as a student
- have the opportunity to socialise with others and meet like-minded individuals through a variety of social 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

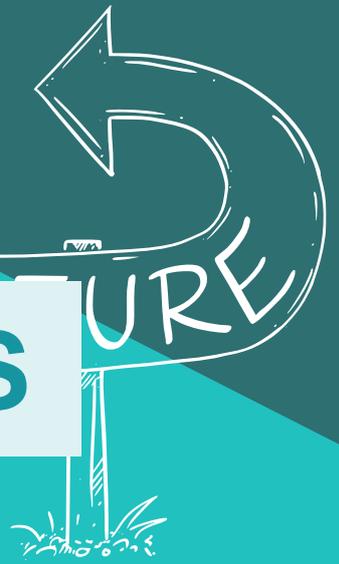
Please click [here](#) for full listings of Higher and Degree Apprenticeships with more than 2000 listings from over 80 employers, including locations, salary information and direct application links.

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!



APPRENTICESHIPS



unifrog
APPRENTICESHIP FAIR
Wednesday 11 February 4pm - 6pm

Join our virtual fair to learn all about the world of apprenticeships.

UNIFROG APPRENTICESHIP FAIR 2026

As part of National Apprenticeship Week, our partners, Unifrog, are running a virtual Apprenticeship Fair to offer students a host of information and opportunities available.

Wednesday 11 February
 4:00-6:00pm

<https://webapp.spotme.com/login/eventspace/apprenticeship-fair>

Education Books and Apps
NAO
National Audit Office

KICKSTART YOUR CAREER IN AUDIT

10 FEBRUARY, 6:30-7:15 PM

Real Stories from NAO Apprentices.

DEGREE APPRENTICESHIPS IN ACCOUNTANCY

As part of National Apprenticeship Week, National Audit Office are running this virtual event to help make your application stand out from the crowd.

Tuesday 10 February
 6:30-7:15pm

Register to attend: <https://tinyurl.com/NAOevent1>

HOW MUCH DO YOU KNOW ABOUT APPRENTICESHIPS?

Scan the QR code to take part in the BBC Bitesize quiz about apprenticeships.



SCAN HERE



National Apprenticeship week

NHS

North West
Ambulance Service
NHS Trust



NWAS CAREERS

LIVE CHAT

Are you thinking about a career
in the ambulance service?

Are you considering
alternatives to University,
such as apprenticeships?



SCAN HERE TO FIND
OUT HOW TO CHAT
TO US ONLINE

 **Tuesday 10th February 2026**

 **1 pm- 2 pm**

 **4 pm- 5 pm**

For more information and advice on
roles and opportunities available,
join our live chat at the specified
times via this link:

<https://www.nwas.nhs.uk/careers>

For more information, please email:
talentfor.care@nwas.nhs.uk





Avove Open Roles

Level 6 Degree Apprenticeships

An Avove apprenticeship combines real-world experience with recognised qualifications. From your first day, you'll be part of the team, working on meaningful projects, learning from experienced professionals, and developing the skills needed for long-term career success.

APPLY

Quantity Surveyor

You'll learn directly from experienced Quantity Surveyors, gaining hands-on experience and building your knowledge across all aspects of the role. You'll apply what you learn to live projects, supporting the delivery of wastewater and water network infrastructure and treatment facilities. Alongside your work, you'll study towards a Level 6 Degree Apprenticeship in Chartered Quantity Surveying earning a BSc (Hons) in Professional Practice.

Entry requirements:

- Minimum of 5 GCSEs including Maths and English at a grade 4 or above.
- Level 3 qualifications such as A Levels, a T Level qualification or a BTEC qualification

Open application locations:

- Durham
- Derby
- Warrington

APPLY

Civil Engineering

You'll learn directly from our experienced team, building your understanding of all aspects of civil engineering. You'll apply your knowledge to live projects, delivering a wide range of design and construction (D&C) projects for water and wastewater networks and treatment facilities, helping ensure they meet technical standards and are delivered on time, within budget, and to the required quality. Alongside your work, you'll study towards a Level 6 Degree Apprenticeship in Civil Engineering earning a BEng (Hons) with our university partner.

Entry requirements:

- Minimum of 5 GCSEs including Maths and English at a grade 4 or above.
- 3x A Levels at grades BBC as a minimum and one must be Maths. General Studies is not accepted. Or BTEC DMM minimum - at least a merit in both Maths and Further Maths units. Acceptable courses are Civil Engineering, Aerospace, Construction, and Mechanical Engineering.

Open application locations:

- Birmingham



Want to know more?
Visit our careers site [here](#).



Start your career at Above

Our application process



Resources to help with your application

Cover letter

A cover letter is an accompanying document that you can submit in addition to your CV to add further context to the skills outlined in your CV. It also offers an extra opportunity for you to explain your experience in a bit more detail demonstrate why you are right for the role.

CV Writing

Your CV offers the business a first impression of you and your skills – so it's important to showcase your talent and stand out from the crowd. Whether this is your first time writing a CV or you're looking for some helpful tips to improve your existing CV, we're here to help.

Application

Interviews can seem daunting, especially if you've never attended one before. The most important thing to remember is to be yourself – this is your chance to shine and demonstrate what you can do! We understand interviews can feel overwhelming, so we've put together a guide with everything you need to know to walk into your interview with confidence.



Apprentice Spotlight

Katie Dickinson
Degree Apprentice Quantity Surveyor

Why you chose a degree apprenticeship?

I knew the traditional university experience wasn't for me but I still held the view education was super important. Having 5 years of experience and a chartered degree supports my career going forward.

Why you chose QS?

I love maths and problem solving and in my day to day role, I use a lot of both. I also get to work with such a varied workforce, which is so interesting and I learn a new things every day.

What's it like being a QS at Above?

Amazing - every one of my team has a unique way of doing things so, I'm able to see which way works best for me.

What are your top tips for applying for a degree apprenticeship?

Do your research! Degree apprenticeships aren't for everyone. Make sure the companies you are applying for fit you, your values and your personality.

Supporting Resources

Apply



Ambulance Awareness Day

See the people. Learn the skills. Join the service.

Whether you're a young person exploring career options, a parent or guardian, or simply curious about the ambulance service, our free event is for you.

 **11am - 1pm**
Interactive Event

Discover. Learn. Get involved.
Join us at our hands-on event:

- ✓ Ambulance and partnering services
- ✓ Career pathways, volunteering, and apprenticeships
- ✓ Live CPR and first aid demonstrations
- ✓ Self-help and wellbeing information
- ✓ Free ambulance-themed giveaways
- ✓ **Free lunch and refreshments**

 **Tuesday 24 February 2026**

 **11am - 1pm**

 **Aintree Racecourse
Ormskirk Road
Aintree, Merseyside,
L9 5AS**

Reserve your free place now:

-  Email: talk.tous@nwas.nhs.uk
-  Call: 07812 305 630

Scan the QR code to book your free place through Eventbrite:



CAREERS



Our Careers website includes a calendar of upcoming events, 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 careers.info@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.

