



JULY 2018 BISHOP'S HATFIELD GIRLS' SCHOOL

'Building My Life Toolkit'

This booklet belongs to:



Bishop's Hatfield Girls' School Alumna Association



@BHGSAlumna



@BHGSAlumna



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ABOUT ALUMNA DAY

"Alumna" means a female former pupil or student of a particular school, college, or university. I truly believe that there is a wealth of knowledge stored within Alumni networks be it within schools, universities or activity groups. Each person's story and life experience holds immense value and should have a platform to be showcased to encourage others.

Our Alumna network provides the connections to Entrepreneurs, students studying Medicine and Dentistry, Solicitors, Project Managers, people working in STEM and many more industries represented by Alumna/parents of Alumna. Every year they give up their time to share their journeys with students like you on this special day!

I hope that this year's Alumna Day will be insightful, encouraging and impactful for each and every Year 10 student.

Deborah Olubiyi

*Founder and Lead Coordinator
of Bishop's Hatfield Girls' School
Alumna Association*



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MEET THE WORKSHOP HOLDERS



HELEN BUGG Critical Thinking in Practice

Critical thinking is one of the most sought after skills in the professional world. The aim of this workshop is to help you identify what aspects of critical thinking you excel at so you can emphasise them when the time is needed. I will look briefly at my educational background and also my work history to date in order to highlight the importance of transferable skills. I will also talk about different scenarios I face during an average day and identify how critical thinking skills have not only led me to where I am but how they continuously help to improve my professional life.



PUNTA GANDECHA Media Literacy

This workshop explores media literacy, what does it mean, why is it important, what to be aware of and how to use it for your professional benefit. You will be exploring various media platforms and their uses by both companies and individuals. I will also explain my personal journey from Bishops to my career in Management Consulting and the role these platforms have played in my career.



AMY MCCRAITH Creativity, Advertising & Arts

Do you like being creative and solving problems? Then advertising or another job in the creative industry may be for you! This workshop will tell you about the advertising world and how to get into it. We'll be doing some tasks that will give you a taste for what it's like to work in an advertising agency and look at how communicating effectively is super important, not just in advertising, but in the working world in general. Hopefully this workshop will help you discover an industry you might not have known much about, but most of all, I hope you all have some fun!



KIMBERLY BARTLETT Engineering, CV Writing and Cover Letter

A look at how tailoring your CV and cover letter can open doors to previously unimaginable careers and opportunities. With examples geared towards Engineering and group tasks, I will highlight how thinking outside of the box can show you that you are capable of entering and being successful in almost any career you put your mind to with the help of lateral thinking and active problem solving.



NATALIE ATFORD Veterinary Science

My workshop is an introduction to the Veterinary field, with a focus on the wider aspects of Veterinary Science including clinical, research and public health. I'm currently a University student at the Royal Veterinary College. In my workshop I will be explaining my journey to becoming a Vet including the importance of work experience. In addition, I will focus on the tool 'Public Speaking' and the importance it has played in my journey so far.

MEET THE WORKSHOP HOLDERS



SELIN HUSSEYIN Media/TV

My name is Selin and my workshop will be an introduction into the media/TV industry. I am currently working in TV Production and will explain how all my experiences at Bishop's and work experience at university have led me into this industry. My journey has involved a lot of learning on the job and showing a passion for TV by trying to gain a variety of skills. I hope to share my knowledge and highlight how putting in extra work and standing out, can help you achieve your dream jobs



MEGAN ROLLINGS Conflict Resolution

What is conflict? Who do we come into conflict with? Why do we come into conflict with others? How do we get the best outcome for everyone involved? Conflict is inevitable in all walks of life so how do you prevent it from happening in the first place? How should you handle conflict if it does become an issue at school or work? We will look at how to resolve conflict as a 3rd person, resolving conflict between others, and as someone directly involved in conflict with someone else.



ELEANOR FITTON Town Planning

This workshop will reflect on my story so far post BHGS and the different opportunities and challenges I have faced to get me to the position I am in now. From leaving Bishops' in 2015 I am currently undertaking a year in industry as part of my course at Cardiff University studying Town Planning. As part of this industry year I have been employed by the Berkeley Group, one of the largest property developers in London. The workshop will provide a brief introduction into the 'planning' profession, what my job role entails and how Bishops' has shaped my career progression and increased my confidence. At the end of the workshop, hopefully students should have the motivation to put themselves out there by achieving their desired A-level choices or job role in the near future.



NOOR AZIZ Medicine/Dentistry

Interested in Medicine/Dentistry or wonder what it's like to study abroad? This workshop will be all about studying Medicine/Dentistry and studying abroad, that being one of the biggest decisions I've made in life so far. I will be giving you an insight into Medical/Dental school, the journey, the ins and outs, ups and downs, requirements and skills needed. Of course no journey is straightforward and the path to success is never easy, sometimes you need to make quick back up decisions but it's all about keeping focussed, perseverance and hard work and most of all keeping your eye on your goals!!!



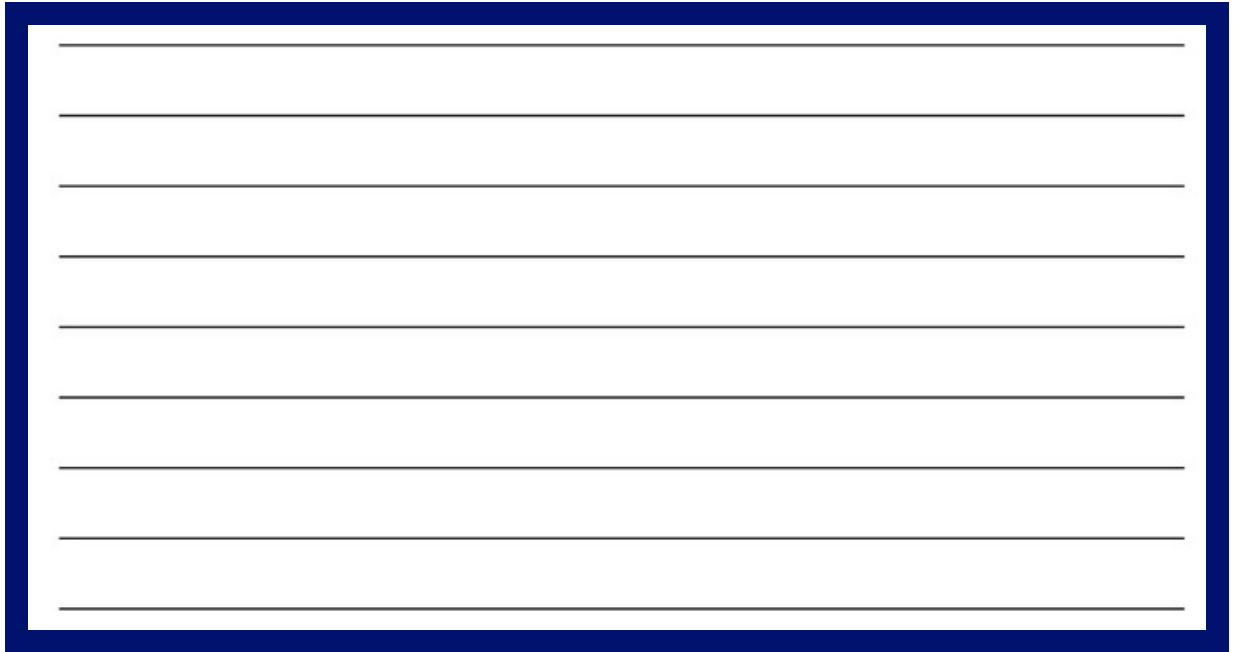
JESSICA GILBERT Computer Science

During my workshop I'll tell you about me, my journey since leaving school (with terrible A-level results) and how I ended up as a Computer Programmer and now the Head of Engineering for a Tech Startup in Old Street, London.

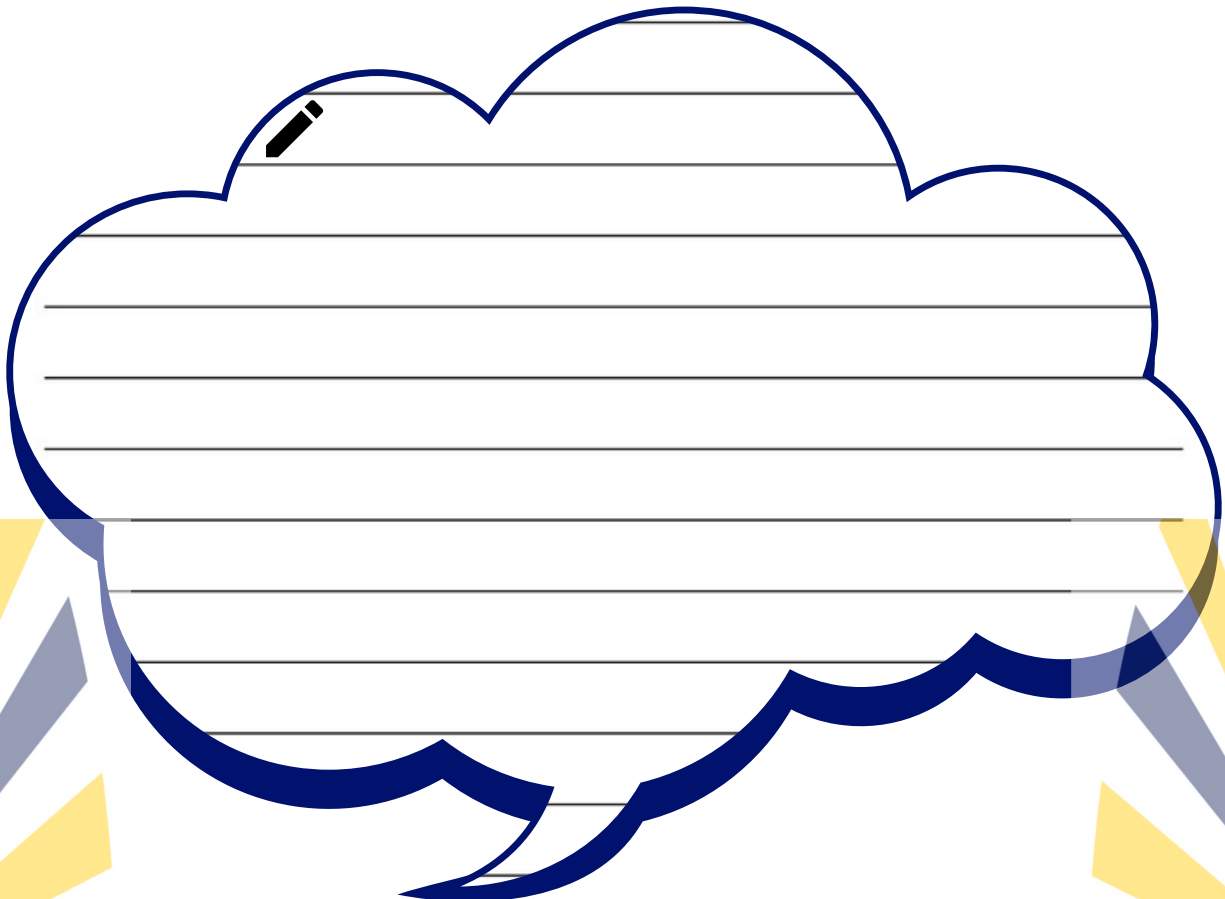
We will then look at what kind of qualities I now look for in candidates interviewing for entry-level roles and what's important to an employer when you're interviewing for roles at the start of your career.

REFLECTIONS OF THE DAY

Are there any workshops that seem particularly interesting to you? Why?



What is your dream job? Why?



NOTES

This space is for you to write down notes throughout the day as you take part in the workshops



A large rectangular area with horizontal lines for writing notes. The area is framed by a thick dark blue border. The lines are light gray and evenly spaced. There are decorative geometric shapes in the bottom corners: yellow and blue triangles and trapezoids.

CAREER INSIGHT: INTERVIEWS WITH AN ALUMNA MEMBER – ISOBEL GRANT

Introduction

Hi, my name is Isobel Grant and I left Bishop's in July 2016. I studied Biology, Psychology and History at A-Level, as well as completing an Extended Project Qualification which investigated differences in conservation efforts between the critically endangered black rhino, and the vulnerable red panda.

What are you doing at the moment academic wise?

I have completed my second year at the University of Southampton, where I study a 3-year Bachelor of Science degree in Zoology.

Why did you decide to study your course?

I decided to study Zoology because I've always had an interest in animals, especially in terms of their behaviour, evolution and the importance of conservation for endangered species. Zoology was a great way to combine my love of biology with my love for animals, and incorporate elements of psychology.

What has been a highlight of your University experience so far?

One of the highlights of university was definitely the field trip to Spain in my first year of university. I had the chance to see such a diverse range of vertebrate and invertebrate species, even managing to see an octopus up close and go chameleon searching at night!

Where are you off to this Summer? How did you manage to secure it?

As part of my dissertation research, I will be jetting off to Madagascar for 6 weeks to study the Human-animal interactions between humans and Sifaka lemurs, and the negative impact these may have. This is a project run through the wildlife conservation research organization Operation Wallacea.

Advice you would give your 15 year old self?

It's okay to change your mind about things! When I began to debate the prospect of going to university, I would often chop and change my mind of what degree I wanted to pursue. It's so important that you choose a subject that you have a real interest in!

CAREER INSIGHT: INTERVIEWS WITH AN ALUMNA – MADELINE SLADER

Name

Madeline Slader

What are you doing at the moment academic wise?

I am currently a History student at Oxford University approaching my third and final year in October.

Why did you decide to study your course?

I love the independence of being a History student, and the amount of choice involved in the course, regarding historical topics and the amount of material on offer to study. I have always enjoyed reading and writing, and whilst History requires you to analyse sources in an objective way, there is also scope for creativity in developing your own ideas and arguments.

What has been a highlight of your University experience so far?

Alongside the everyday experience of working in some of the oldest and most beautiful university buildings, my ultimate highlight is the annual Varsity ski trip. Skiing for a week with your closest friends in some incredible surroundings, with great events in the evenings isn't something you often get to do.

Where are you off to this Summer? How did you manage to secure it?

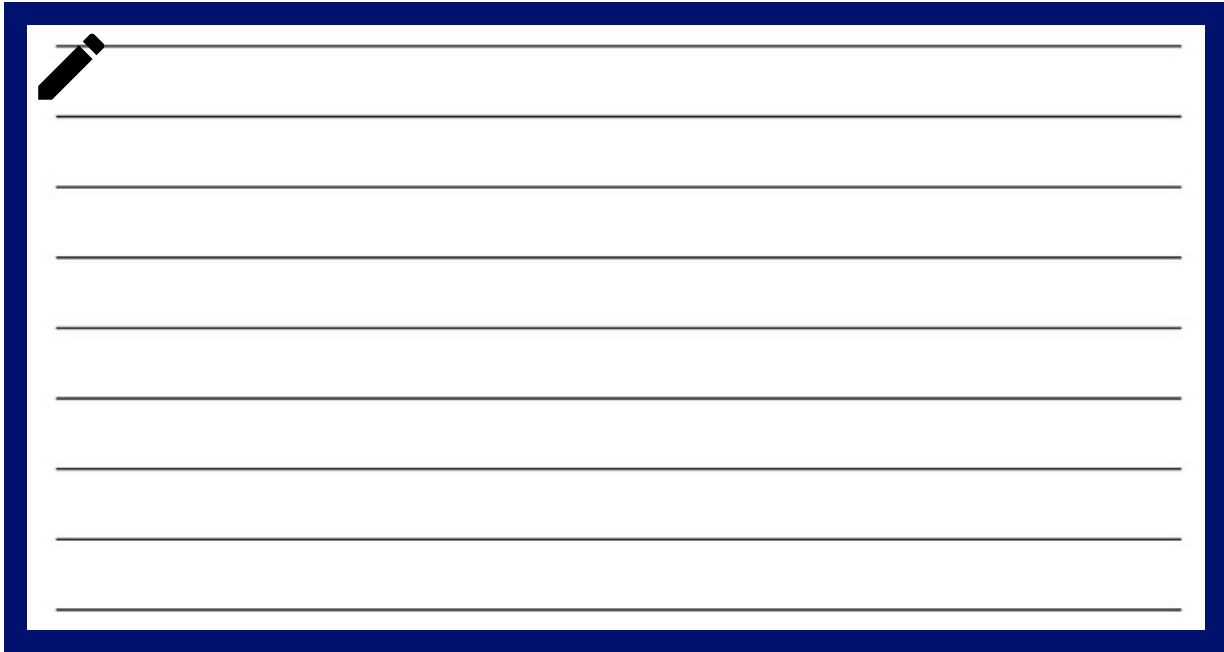
This summer I will be doing a consultancy internship in London and beginning research for my Thesis on Native American dance culture in the late Nineteenth Century. I am lucky to be working with the world's leading specialist on Native American culture, and can't wait to get stuck in!

Advice you would give your 15 year old self?

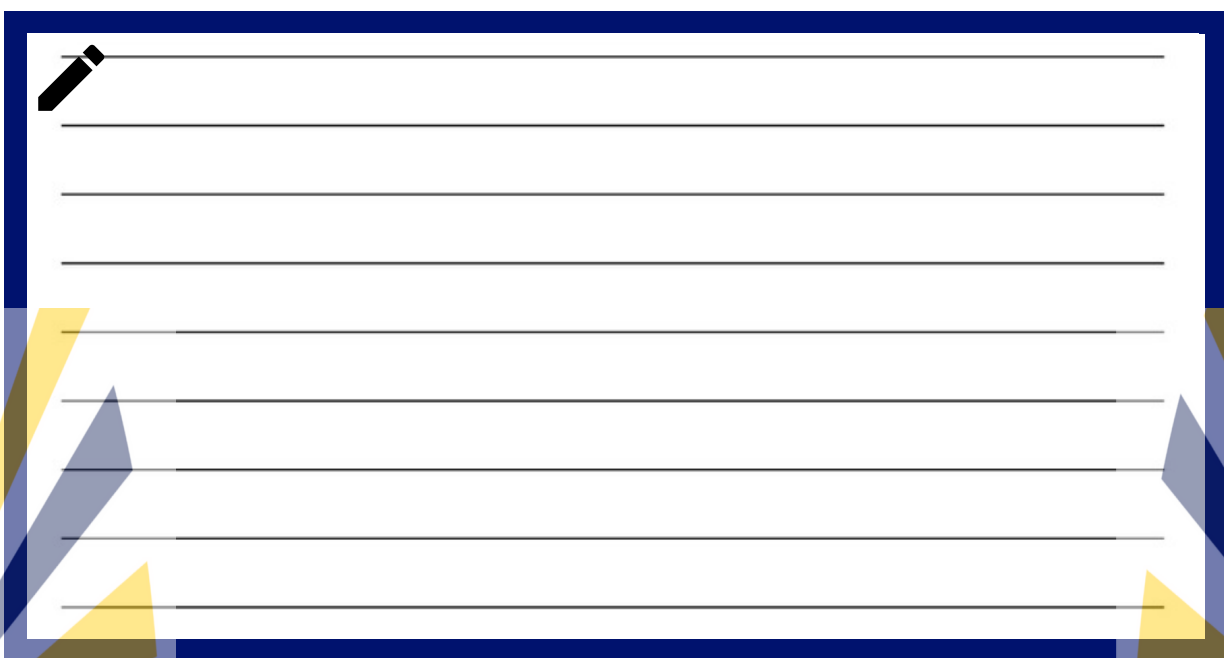
I would remind myself to take every opportunity that comes my way. Always challenge yourself, and even if your goals seem out of reach, every experience is character-building. At the same time, do not put too much pressure on yourself. pursue the things you enjoy, and have fun!

REFLECTIONS OF THE DAY

1. Are there any new areas of interest that you would like to consider as a result of the workshops?



2. What skills do you value in yourself?



COMPETITION


Match the correct workshops to the correct workshop holders for a chance to win a prize!

 **Town Planning**

Eleanor Fitton

 **Computer Science**

Kimberly Bartlett

 **Critical Thinking**

Amy McCraith

 **Media Literacy**

Jessica Gilbert

 **Creativity, Advertising & Arts**

Megan Rollings

 **CV & cover letter**

Noor Aziz

 **Veterinary Science**

Selin Husseyin

 **Conflict resolution**

Natalie Atford

 **Medicine/Dentistry**

Helen Bugg

 **Media/TV**

Punita Gandecha

A special thank you...

The Alumna Association Team would like to
thank the sponsors of BHGS Alumna Day 2018
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