

## PARENT COLUMN

WE'VE all had that sinking feeling when asked to send in a CV for new job. So spare a thought for young people who are wondering how to write their first CV when applying for a job.

Faced with a blank sheet of paper, they often don't have a clue where to start. We at least have some sort of employment history that we can list, but if your teen is applying for their first job, they have nothing.

It can seem like a chicken and egg situation. They want experience to put on their CV but have to get that experience to do that. And to get that experience they need a CV.

I have just put together a blog post listing a few tricks that school-leavers and school-age kids (and even students) can use to put together an impressive CV for their first-ever job.

You don't have to know how to write your first CV from scratch. There is a fairly standard format for most CVs, although the choice of layout is up to you. There are some useful templates that can get you started online.

As a minimum, you must include your contact details, which are your full name, postal address, telephone number and email address.

You also need a personal summary. This is not your life story, just a summary of where you are now. Something like: "I am completing my A-level studies in maths and sciences and am looking to gain work experience in the retail sector."

Then pop in your main achievements. You can list these as bullet points. Include awards, positions of responsibility, captaincies of teams and so on.

Talking about work experience can be tricky, but don't worry if it was unpaid. Put down the job title, the name of the company and what you did when you were there.

It is essential that you list all your qualifications, starting with the highest. Don't forget short courses.

Then add in your interests. Mention any music and sports and membership of organisations such as Scouts.

Finally, you need references. All CVs need a reference. If this is your first job, it should be your head of year or the person who runs a club that you are a member of.

Good luck!

Dr Sharon Parry is a mother of three and a former public health research fellow. She shares useful tips and her experiences of having three daughters in school and university in Wales on her website [www.aftertheplayground.com](http://www.aftertheplayground.com)

# Helping our dreams become reality

Each year £40,000 worth of scholarships are handed to learners in Wales by the Worshipful Livery Company of Wales. This weekend the organisation launches a £100,000 Jubilee appeal to increase that amount. Education editor Abbie Wightwick looks at the Company's work – and some of those it has helped

**A** £100,000 Silver Jubilee fundraising appeal is being launched by the Worshipful Livery Company of Wales to celebrate its 25th anniversary this year.

The fund will be spent on additional awards and bursaries to young learners in Wales over the next decade.

Announcing the appeal, Professor Gillian Davies, Master of the Company, says she wants to raise the profile of the organisation, which works to promote education, the arts, science and technology in Wales.

The Company currently gives out £40,000 of awards every year, which it hopes will rise to £50,000 with the Jubilee Appeal.

At Sunday's official launch at Atlantic College, St Donat's Castle, two awards will be presented to students for community projects they complete as part of their International Baccalaureate course.

£500 each will be presented to Eve Sharples for her community project – working with the Bardsey Island Bird Observatory – and to Joshua McCarthy for his community project – improving the lives of autistic children at St Illtyd Primary School.

The launch will also include a recital by professional singer and actress Caitlin McKee, who received awards from the Company in 2011 and 2015. Studying at the University of Wales Trinity St David, Caitlin was awarded a £1,000 performing arts travel scholarship to Rio Grande University in 2011, and then in 2015 a £500 bursary at the Royal Welsh College of Music & Drama.

Here, some other recipients talk about how awards from the Company have helped them:

Adam Tuft, 24, from Hawarden, Flintshire, is an undergraduate engineering apprenticeship at Airbus in Broughton.

"I have a passion for engineering and wing manufacture, and the support given to me by the Livery Company and Airbus enables me to pursue the various training and qualifications needed to further enhance my knowledge and broaden my skills."

"I am a manufacturing engineer at



Chantal Spiteri, from Cardiff, with daughter Olivia Rose, two

Airbus UK, Broughton (north Wales), where we build wings for all Airbus commercial aircraft.

"I'm really enjoying working alongside cutting-edge manufacturing techniques and I'm looking forward to being involved with future projects."

Natalie Lubbock, 27, from Pontypridd, is currently studying for a PhD and working at the University of South Wales. In 2014 she won a £1,000 travel scholarship to study coral conservation in Honduras, Central America.

"The scholarship made it possible for me to travel to Honduras, where I was able to conduct research and fieldwork for my MSc dissertation



Prof Gillian Davies

project. Winning a £1,000 scholarship made a tremendous difference, as I was able to afford to join the expedition with Operation Wallacea and fulfil my dream.

"I am currently looking to apply my surveying skills to degraded seagrass meadows in Wales. These habitats exist in Milford Haven, the Llyn Peninsula and even Skomer Island.

"Seagrass meadows, kelp forests and horse mussel beds are vital for the existence of economically valuable fish such as cod and they are seriously under threat."

Chantal Spiteri, 36, from Cardiff won a Gold Award in 2012 which shaped her career in dance.

"The prize funds I received helped shape and progress my career enormously. It enabled me to seek much-needed advice from solicitors and accountants about running a company. With that information, I was able to reach out to some very high-status organisations in Wales, namely Wales Millennium Centre and National Dance Company Wales, and broker relationships with them around my vision for a new ZooNation Hip-Hop Academy in Wales.

"I am extremely proud to say both organisations have agreed to a partnership and we are due to open the doors to a brand-new ZAD Cardiff, which will see weekly hip-hop classes for ages four to 21 running at the Dance House at WMC.

"The prize from the Welsh Livery Guild not only helped me get my

vision under way financially, but in some ways even more importantly, the validation from the Livery Guild helped to build my confidence not only to dream but to set about achieving that dream. In the most clichéd of ways, it really did help me believe in myself and to believe I can make things happen.

"I have just been granted a new post as executive director of ZooNation Dance Company's resident company at Sadler's Wells theatre, London, which will start in April 2018. Alongside this role, I will also continue to run academies and training opportunities across the UK, training over 250 students each week."

Professor Tom Crick MBE, 27, won the Company of Wales Gold Award in 2013 while at Cardiff Metropolitan University.

"It was an honour to be awarded the Worshipful Livery Company of Wales Gold Award in 2013. The award came at a key time for me and provided the necessary platform and resources for the future.

"I had just chaired a review of the ICT curriculum for the Welsh Government, which has now led into chairing the development of a new Digital Competence Framework for all schools in Wales, as well as being invited to chair the recently-announced National Network for Excellence in Science and Technology, a £4m investment by the Welsh Government.

"I have no hesitation in highlight-

ing the impact of the Gold Award on my career."

Trainee eye surgeon Dr Sejal Bhatt, 29, from Cardiff, was a winner in 2016.

"I used the grant to support my educational commitments including the purchase of a range of eye-dummies of course! – to hone my surgical skills with the precision, dexterity and decisiveness to ensure satisfactory patient outcomes."

What is the Welsh Livery Guild?

The Welsh Livery Guild was founded in 1993 to promote education, the arts, science and technology in Wales. In 2013 the guild was presented with the Royal Charter and renamed the Worshipful Livery Company of Wales.

Unlike other livery companies, it is not associated with any one trade or profession, but seeks to help young people in Wales develop skills through an annual awards programme of scholarships and bursaries.

Young people in schools, colleges and universities, apprentices and those in the armed forces can apply.

The awards available are travel scholarships, apprentice awards, bursaries, school awards and ad hoc awards.

To find out more visit [www.liverycompanywales.cymru](http://www.liverycompanywales.cymru) or email [awards@liverycompanywales.cymru](mailto:awards@liverycompanywales.cymru)



Prof Tom Crick



Natalie Lubbock, 27, from Pontypridd

## UNIVERSITY VIEW

Kevin Price

MUSIC education across all sectors is rapidly evolving and adapting, with partnership and collaboration being the key to future success.

A fundamental objective for the Royal Welsh College of Music & Drama is to maximise the education and training in music for all young people, ensuring that moments of inspiration and opportunity are balanced and integrated according to the needs and challenges of our educational partners in Wales and beyond.

In order to achieve long-term benefits, grassroots music services need to be consulted and supported in their essential work. In response, new models are evolving, with a cyclic pattern of workshops and outreach projects which conclude with large-scale performance events.

This year sees the second cycle of the RWCMD Orchestradventure project, which has been conceived to offer young people aged seven to 11 (Key Stage Two) opportunities to enjoy high-quality and inspiring arts and cultural activities made possible by a new partnership with the RWCMD and 20 primary schools (10 in 2017-18 and 10 in 2018-19).

Orchestradventure captures the imaginations of children and teachers through a series of workshops that prepare them for a large-scale "experience the arts" event – a concert with a live symphony orchestra that will take place in St David's Hall.

Discovery, participation and learning before the performances are at the very heart of the project, with participating schools receiving workshops and supporting material.

While the college has in the past presented occasional concerts suitable for young people, this will represent the first time that it has worked in collaboration with schools to devise a programme of integrated learning experiences, thematically linked in terms of musical repertoire and narrative, maximising the enjoyment and learning they can derive from the final

concert.

The concerts are presented by musician and broadcaster Tom Redmond and the RWCMD Symphony Orchestra, featuring music, singing and dancing in order to introduce the instruments and inner workings of an orchestra using interactive presentation and live musical demonstration, so that the concert experience is perceived as a natural outcome of the educational process and journey.

Joining the college in 2005 as head of brass and percussion studies, I was proud to build on the rich tradition of high-level performance and oversee the development of vocational activities in brass chamber music, historical performance, educational outreach, brass teaching methods and healthy practice.

Last year I was appointed to head of music performance. This newly created role mediates between the industry-facing training of music students and the diverse, outward-facing arts programme, ensuring that each world-class artist visiting RWCMD brings with them a significant benefit to the student's training experience.

While developing and facilitating cross-disciplinary performance opportunities and ongoing enhancements for students, I also support the development of the college's profile as the National Conservatoire of Wales, and its participation within music education in Wales and music industry networks, both nationally and internationally.

Inspiration and opportunity must be balanced and integrated according to the needs and challenges of RWCMD's educational partners in Wales and beyond, in order to safeguard and nurture our musicians of the future and to preserve the precious and essential "soundtrack to our lives" which must never be taken for granted.

Kevin Price is head of music performance at the Royal Welsh College of Music & Drama.



An Orchestradventure workshop, given by RWCMD music students