

APRIL/MAY 2026

THE APPRENTICE UPDATE



HAPPY EASTER and HELLO SPRING!

Easter is one of the most important celebrations in the UK, marking a time of growth and new beginnings. While it has strong religious roots, commemorating the resurrection of Jesus Christ, it is also widely recognised as a seasonal holiday that signals the arrival of Spring.

For apprentices, Easter can be more than just a long weekend or chocolate eggs, it is an opportunity to reflect, reset, and refocus on personal and professional goals.

One of the key themes of Easter is renewal. Just as nature begins to bloom again after winter, apprentices can use this time to evaluate their progress. Whether you're learning a trade, developing technical skills, or gaining workplace experience, Easter is a great moment to ask yourself: What have I learned so far? What can I improve? Taking time to reflect can help you identify strengths and areas for growth.

Easter also represents balance. Apprenticeships often involve juggling work, study, and personal life, which can sometimes feel overwhelming. The Easter break provides a chance to rest and recharge. Stepping away from your routine even briefly can improve focus, motivation, and overall wellbeing when you return to your training.

Finally, Easter is about looking forward. As the year progresses, this season is a reminder that growth takes time, patience, and effort. Every skill you develop and every challenge you overcome contributes to your long-term career. Use this time to set new goals, stay motivated, and continue building your future.

KEY DATES

April

- 1st - April Fools
- 1st - 9th - Passover
- 2nd - World Autism Day
- 3rd - 6th - Easter Weekend
- 7th - World Health Day
- 23rd - St George's day

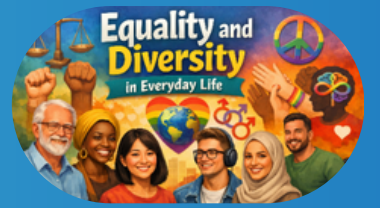
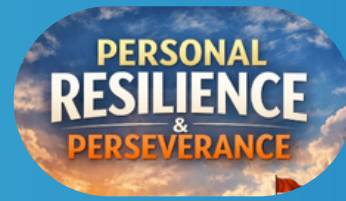
May

- 1st - May Day/Labour Day
- 5th - Cinco de Mayo
- 6th - Coronation of King Anniversary
- 9th - Spring Bank Holiday





E-LEARNING OPPORTUNITIES ONEFILE COURSES

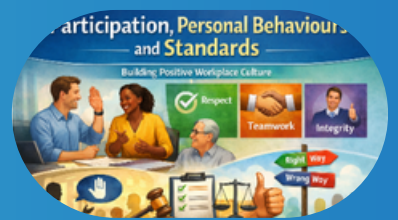


All apprentices have access to additional learning through OneFile, where you can complete a range of online e-learning modules to support your development alongside your apprenticeship. These short, flexible courses are designed to help build your knowledge and skills beyond your main programme and can be completed at your own pace.



Available modules include further learning topics such as Safeguarding, Digital Skills, and Employability Skills. There are modules available relating to Mental Health, Forming Positive Relationships, Equality and Diversity and Personal Resilience and Perseverance. Log in to OneFile to explore what's available and make the most of this extra learning opportunity.

For more support and guidance regarding these courses, please contact your tutor or apprenticeship coordinator.



Let's talk about.... OFF THE JOB HOURS

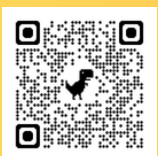


What is 'off the job' ?

'Off The Job' is any time spent developing knowledge, skills or behaviours linked to your Apprenticeship Standard. It is important that it is within your working hours.



You can download OneFile onto your mobile or tablet:



Are you remembering to record your weekly 'Off the Job' hours in your 'Learning Journal'?

SAFEGUARDING

Semester Learning and Development are here to support and listen!
If you have worries or concerns regarding your safety, or the safety of someone you know, please use the hotline number or email address below:

01792 278154

safeguarding@semesterlearning.com

Worries and concerns could relate to:

- Working Hours
- Being underpaid
- Working in dangerous conditions
- Living conditions
- Financial worries and difficulties
- Mental Health worries and concerns
- Concerns relating to radicalisation and



For emergencies relating to your safety or someone you know, please contact 999.

Apprentices & Mental Health

Think of mental health like a physical wound.
When you get cut, you clean it, protect it, and let it heal. You don't constantly reopen it. So why are we so hard on our minds?

It is important to TALK before you get to the point where everything becomes to much.

Here at Semester Learning and Development, we want to support you with developing ways to deal with stress, anxiety and improve your overall mental health.

We are here to listen, support and offer guidance!

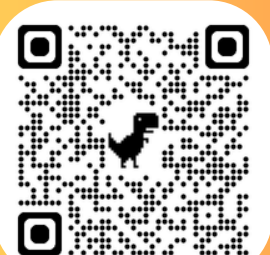
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safeguarding@semesterlearning.com

Samaritans
116 123
(UK helpline)



Mind



Young
Minds



NHS
Mental
Health

8 WEEKLY TOPIC:

Setting and Achieving Personal Goals

Goal setting is one of the most powerful tools for shaping both personal and professional achievements. Whether you are aiming to improve your health, develop your career, or build meaningful relationships, clear goals provide direction, motivation, and a measurable sense of progress.

Why Goal Setting Matters

Goal setting transforms vague ambitions into actionable plans. Instead of saying “I want to be successful” a well-defined goal might be “I want to earn a promotion within 18 months by developing leadership skills and increasing team performance”.

Research in Psychology consistently shows that people who set specific, challenging goals are more likely to succeed than those who do not. Goals help prioritise time, reduce distractions, and create accountability.

Personal Goals: Building a Better You

Personal goals often focus on self-improvement, health, relationships, and mental well-being. These goals are deeply individual but share a common theme: growth.

For example:

- Improving physical fitness
- Developing a new skill or hobby
- Strengthening relationships
- Enhancing mental resilience



A powerful real-world example comes from the global response to the COVID-19 pandemic. During lockdowns, millions of people set personal goals, learning new skills, starting home workouts, or prioritising mental health. This period highlighted how adaptable goal setting can help people cope with uncertainty and regain a sense of control.

Career Goals: Climbing the Professional Ladder

Career goals provide direction in an increasingly competitive and fast changing job market. These goals might include:

- Earning a promotion
- Switching industries
- Starting a business
- Gaining new qualifications

Companies like Microsoft have invested heavily in employee development programs, encouraging workers to set career goals around upskilling in areas like artificial intelligence and cloud computing.

This reflects how modern workplaces increasingly value continuous learning.

Lessons from Real-Life Success Stories

Goal setting is not just theory, it is proven in real-life stories reported in the news:

- **Elon Musk famously set ambitious long-term goals for companies like Tesla and SpaceX, focusing on sustainable energy and space exploration. His success highlights the power of bold, clear vision.**
- **During the Paris 2024 Olympics preparations, many athletes shared stories of years of disciplined goal setting, breaking down massive ambitions into daily training targets.**
- **In the UK, initiatives supported by National Health Service have encouraged healthcare workers to set career development goals, particularly after the strain of the pandemic, helping retain talent and improve morale.**

8 WEEKLY TASK

Across the 8 week period, please aim to complete the ‘Setting and Achieving Personal Goals’ course on OneFile.

You will be able to access this course on your OneFile account within the ‘Courses’ tab.

Upon completion, please log in your learning journal and make a note about what you have learnt during this course and we can explore this within your progress reviews.



**Setting and
Achieving
Personal Goals**