

JUNE/JULY 2026

SEMESTER LEARNING AND DEVELOPMENT



THE APPRENTICE UPDATE

Celebrating Our Recent Apprentice Successes

We are delighted to recognise and congratulate our recent apprentices who have successfully completed their End-Point Assessments (EPA). Their hard work, commitment, and determination throughout their apprenticeship journey have led to some fantastic results.

A special congratulations to all those who achieved Pass, Merit, and Distinction grades. These outcomes reflect not only technical knowledge and practical skill, but also resilience, professionalism, and a strong commitment to personal development.

Completing an apprenticeship is a significant milestone, and every apprentice should be proud of what they have accomplished. We also extend our thanks to the employers, mentors, and colleagues who have supported them along the way.

CONGRATULATIONS TO...

Ethan Wheeler



Congratulations to Ethan Wheeler of Hi-Line Industries on successfully completing his Welder Apprenticeship with a MERIT!

Your hard work, dedication, and commitment to developing your skills have led to this outstanding achievement.

Completing this apprenticeship is a testament to your perseverance and craftsmanship, and it marks an important milestone in your professional career.

We are so proud of your accomplishment and look forward to seeing your continued success in the welding industry.

Congratulations, Ethan!



Kind Regards,

Semester Learning
& Development



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.



OFF THE JOB HOURS

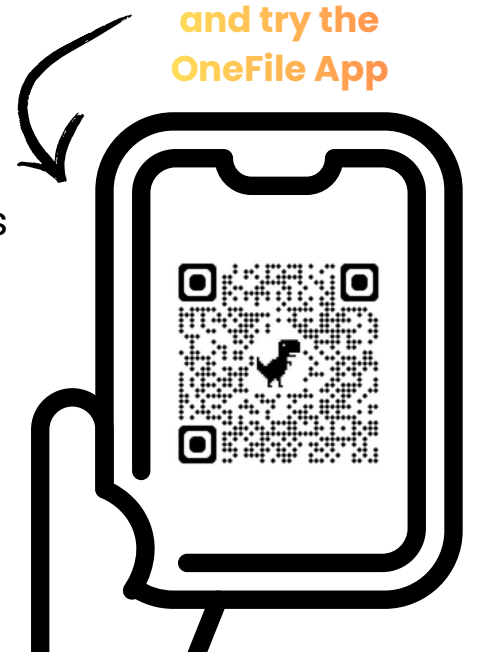
Writing A Learning Journal Reflection

Off-the-job training is a key part of every apprenticeship. It helps apprentices develop the knowledge, skills, and behaviours needed to become fully competent in their role. Logging your off-the-job hours correctly is important because it provides evidence of the learning and development you are completing throughout your apprenticeship.

Keeping your learning journal updated:

- Shows the progress you are making
- Helps prepare for reviews with your tutor or assessor
- Demonstrates commitment to your apprenticeship
- Provides evidence for your End Point Assessment (EPA)
- Ensures your apprenticeship remains compliant with funding requirements

Download
and try the
OneFile App





OFF-THE-JOB HOURS

WRITING A REFLECTION

- **Be specific about what you learned**
Don't just say "I learned communication skills." Explain what you learned, how you learned it, and where you used it in practice.
- **Link your reflection to your job role**
Show how the learning connects to your day-to-day tasks, responsibilities, or workplace situations. This makes the reflection more relevant.
- **Explain the impact of the learning**
Describe how the learning improved your confidence, knowledge, performance, or understanding. Include examples of how it helped you work more effectively.
- **Include challenges and how you overcame them**
Good reflections are honest. Mention any difficulties you faced and what you did to solve them or improve your skills.
- **Set a clear next step or action**
Finish by explaining what you will do next to continue developing, such as practising a skill, asking for feedback, or applying the learning in a new situation.

EXAMPLE REFLECTION

What You Have Done

"Today I completed a two-hour customer service workshop delivered by manager. During the session, we discussed professional communication, active listening, and how to deal with difficult customer situations. We completed role-play activities where I practised responding to customer complaints and working professionally with colleagues."

What You Have Learnt

"From this training, I learnt the importance of active listening and clear communication when supporting customers. I developed a better understanding of how tone of voice, body language, and questioning techniques can improve customer interactions. I also learnt strategies for staying calm and professional when handling challenging situations. This learning will help me in my job role because I regularly communicate with customers and team members. I now feel more confident speaking with customers and resolving issues effectively. Moving forward, I will continue practising these communication skills during my daily work activities."

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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 extremism.



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

MEN'S HEALTH WEEK

15TH - 21ST JUNE 2026



Men's Health Week is a national awareness week that encourages men to take better care of their physical and mental health. It aims to start conversations about health, reduce stigma around asking for help, and remind people that small lifestyle changes can make a big difference.

For apprentices, balancing work, training, deadlines, and personal life can sometimes feel overwhelming. Men's Health Week is a good reminder to check in with yourself and others, whether that means getting enough rest, staying active, talking about stress, or booking a health check if something doesn't feel right.

The week also highlights important issues such as:

- Mental wellbeing and stress management
- Physical fitness and healthy habits
- Sleep, diet, and hydration
- Preventative health checks
- Speaking up and seeking support when needed

#MENSHEALTHWEEK

Looking after your health is just as important as developing workplace skills. Taking care of your wellbeing can improve focus, confidence, energy levels, and overall performance both at work and outside of it.

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WORLD NEWS

FIFA World Cup 2026: The Biggest Tournament Yet

The 2026 FIFA World Cup will start on 11 June 2026 and finish with the final on 19 July 2026.

The 2026 FIFA World Cup will be the biggest World Cup ever. It will take place in United States, Canada and Mexico, with 48 teams competing for the trophy.



Matches will be played in major cities across North America, and millions of fans are expected to watch both in stadiums and online. The tournament is expected to bring exciting games, new technology and a huge boost for tourism and business.

The World Cup also shows how many different jobs are needed behind the scenes. Careers in construction, media, security, hospitality and event management all help make major sporting events possible.

The 2026 World Cup is expected to be one of the biggest sporting events in history and will bring people together from all around the world.



SCAN ME!



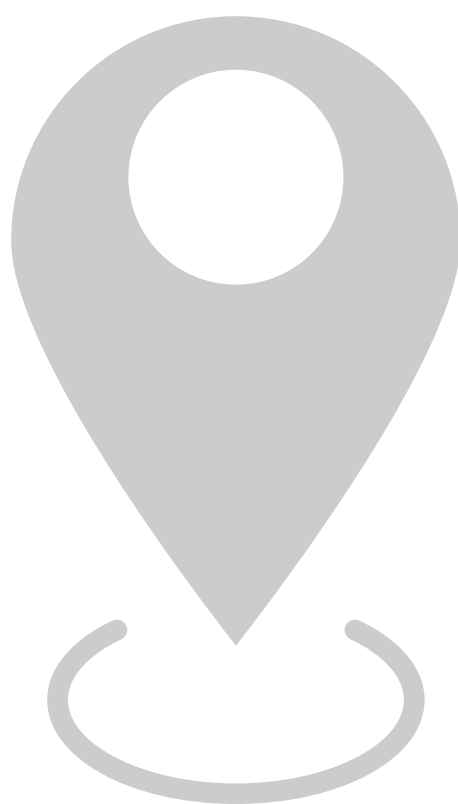
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Local News

Included in this edition are links to local council news pages relevant to apprentices' local authority areas, helping you keep up to date with regional opportunities, community updates, and local initiatives.

This has been created to support apprentices by bringing together useful information, updates, and opportunities from across your local authority areas. By including links to local council news pages, apprentices can easily access information that is relevant to where they live and work.



[Bedfordshire](#)

[Berkshire](#)

[Buckinghamshire](#)

[Cambridgeshire](#)

[Cheshire](#)

[Cornwall](#)

[Cumbria](#)

[Derbyshire](#)

[Devon](#)

[Dorset](#)

[County Durham](#)

[East Sussex](#)

[East Yorkshire](#)

[Essex](#)

[Gloucestershire](#)

[Greater London](#)

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[Oxfordshire](#)

[Rutland](#)

[Shropshire](#)

[Somerset](#)

[South Yorkshire](#)

[Staffordshire](#)

[Suffolk](#)

[Tyne and Wear](#)

[Warwickshire](#)

[West Sussex](#)

[West Midlands](#)

[West Yorkshire](#)

[Wiltshire](#)

[Worcestershire](#)

These links help signpost you to local events, community updates, initiatives, wellbeing support, training opportunities, careers information, and employment opportunities that may benefit you both personally and professionally.

Staying connected with local authority updates can also help apprentices become more aware of projects, networking opportunities, volunteering activities, and regional developments happening within their communities.

Our aim is to provide you with a central source of information that encourages engagement, supports personal development, and helps you make the most of the opportunities available within your local areas.

We hope you find this section of the newsletter useful and informative.



8 WEEKLY TOPIC: 'Inside the Manosphere'

A new documentary called 'Louis Theroux: Inside the Manosphere' explores a growing online world where some influencers target young men with messages about success, masculinity, dating, and power. While some advice may appear helpful on the surface, the documentary reveals how certain spaces can promote harmful attitudes, unrealistic expectations, and disrespect towards women.

For apprentices, this is an important topic because many young people entering work are also trying to build confidence, identity, and a future career. Understanding the language and ideas used online can help apprentices think critically and make better choices.

What Is the Manosphere?

The manosphere is a collection of online communities, podcasts, videos, and forums that focus on men's issues. Some groups discuss genuine topics such as mental health, fitness, confidence, and self-improvement. However, other parts of the manosphere promote anger, blame, and sexist views.

The documentary investigates how some creators use personal development content to attract followers before introducing more extreme messages.



Key Terminology Explained:

Toxic Masculinity

- Toxic masculinity refers to harmful ideas about how men should behave. This can include beliefs that men must never show emotion, must always dominate others, or should solve problems through aggression.



Misogyny

- Misogyny means hatred, prejudice, or discrimination against women. It can appear through jokes, insults, stereotyping, or blaming women for personal problems.

Alpha Male

- The term alpha male is often used online to describe a man who is dominant, powerful, wealthy, and in control. Many influencers sell this image as the ideal version of masculinity.

Echo Chamber

- An echo chamber is an online space where people only hear opinions they already agree with. Different views are ignored or attacked.

For more information relating to Echo Chambers, explore the LIMB announcement for March 26: [MARCH 2026 LIMB](#)

Radicalisation

- Radicalisation is when someone is gradually influenced towards extreme beliefs. This often happens slowly through repeated exposure to content online.

For more information relating to Radicalisation, explore the LIMB announcement for Dec 2025 : [DECEMBER 2025 LIMB](#)

Why This Matters for Apprentices

As an apprentice, your reputation is built on your behaviour, attitude, and willingness to learn. Following negative online role models can affect how you speak to others, accept feedback, or behave in the workplace.

Inside the Manosphere is not just about social media, it is about influence, identity, and critical thinking. Apprentices should understand the language used online and question messages that promote hate, division, or unrealistic lifestyles.

Real success comes from learning skills, building relationships, staying professional, and treating others with respect.

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Teaching young people about misogyny is important because it helps you to recognise unfair attitudes and behaviors toward women and girls before those ideas become “normal.” It also gives provides you the tools to build healthier relationships, safer communities, and more equal opportunities for everyone.

Prevents harmful behavior early

Young people are constantly exposed to messages online, in media, and from peers. Without guidance, sexist stereotypes or disrespectful behavior can seem acceptable. Education helps them identify harmful ideas before they become habits.

Promotes respect and empathy

Learning about misogyny encourages young people to understand how words, jokes, exclusion, harassment, or unequal treatment affect others. This can improve friendships, school culture, and future relationships.

Supports gender equality

Misogyny can limit confidence, opportunities, and safety for women and girls. Teaching about it helps young people challenge unfair expectations and support equal treatment in education, work, leadership, and everyday life.

Improves online safety and digital literacy

Many young people encounter misogynistic content through social media, influencers, gaming spaces, or group chats. Understanding misogyny helps them think critically about what they see and resist harmful online trends.

Encourages healthy masculinity

Teaching about misogyny is not about blaming boys. It helps boys and young men understand that strength does not require dominance, aggression, or disrespect. It encourages emotional intelligence, accountability, and healthy self-expression.

Reduces bullying, harassment, and violence

Research shows that sexist attitudes can be linked to harassment and abuse. Early education can help reduce these behaviors by promoting consent, boundaries, and mutual respect.

Builds confident bystanders

Young people who understand misogyny are more likely to speak up when they witness sexist jokes, harassment, or unfair treatment instead of staying silent.

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8 WEEKLY TASK:

Inside the Manosphere Learning Task

Forming Positive Relationships

As part of your Week 8 tasks, please complete the Forming Positive Relationships course on OneFile.

This course is designed to help you develop the knowledge and skills needed to build and maintain positive, respectful, and supportive relationships both in the workplace and in everyday life. Forming positive relationships is not only important for working effectively with colleagues, managers, children, families, and professionals, but also for developing healthy personal relationships through communication, trust, empathy, and mutual respect.

Overview of the Course

The course covers:

- The importance of positive working and personal relationships
- Effective communication skills
- Building trust and respect with others
- Professional behaviour and teamwork
- Managing conflict appropriately
- Promoting inclusion, empathy, and understanding
- Maintaining professional boundaries
- Developing strong interpersonal skills for both work and personal situations



By completing this course, you will gain a better understanding of how positive relationships contribute to personal wellbeing, teamwork, and professional success.