

STUDENT CPD WEEK 2022/23

Welcome to your Spring Student CPD week 2022/23.

CPD means continuous Professional Development. Student CPD Weeks take place 3 times a year in November, February and May.

During these weeks we will provide you with a range of activities and events designed to support your personal and professional development.

Each CPD Week will include guest speakers, enrichment events and bite sized courses covering 4 themes: Sustainability // Leadership // Mental Health & Wellbeing // Digital.

During CPD Week, you will attend your normal timetable and access CPD sessions alongside.

Your tutors, trainers and assessors will support you to access these sessions.

ALL SESSIONS SHOULD BE BOOKED VIA THE EVENTBRITE LINK WITHIN THE PROGRAMME.

We hope that you make the most of all events we have on offer.

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**HULL
COLLEGE**




CAREERS FEST 2023





Horncastle Lecture Theatre
Tuesday 28th February 10am - 2pm





Over 40 local and national employers, higher education providers and voluntary organisations to talk to about your career options and aspirations.





No booking necessary, just drop in to the Horncastle Theatre to discuss a wide range of exciting career options.

Book your place on each session by **CLICKING THE LINK** within the programme.

Sustainability		Leadership		Mental Health & Wellbeing		Digital		hull-college.ac.uk
MONDAY 27th FEB				10am - 3.45pm Humberside Police A range of discussion based sessions to investigate the challenge of different crimes that affect young people and the powers the police have to tackle the issues. LOCATION: HSAD Lecture Theatre Various sessions - Only 20 spaces available per session so book early 10am - 10.45am County Lines CLICK TO BOOK 11am - 11.45am Bullying CLICK TO BOOK 1pm - 1.45pm Hate crime - cyber, harassment and cat calling CLICK TO BOOK 2pm - 2.45pm Police powers- use of force in the service CLICK TO BOOK 3pm - 3.45pm Knife crime CLICK TO BOOK				
				11.15am - 12.15pm Caring for your mental health This introductory session for students will focus on: <ul style="list-style-type: none">What is mental health?My feelings'Supporting a friendTips for staying wellBuilding resilience The session will also include some brief practical techniques such as a grounding exercise, breathing technique, and reframing thoughts activity Having tried and tested healthy coping strategies to deal with intense and difficult feelings and emotions is an important skill for all of us and helps keep us well. LOCATION: QG-426 CLICK TO BOOK				

TUESDAY 28th FEB	Sustainability 	Leadership 	Mental Health & Wellbeing 	Digital 
	<div>10am - 11am</div> <p>Social Value – Considerate Constructors</p> <p>A presentation by Hobson & Porter about how they are working to improve the behaviours and impact of construction, under the Considerate Constructors Scheme.</p> <p>LOCATION: HSAD Lecture Theatre CLICK TO BOOK</p>	<div>9.30am - 10.15am</div> <p>Careers in Cloud Based Computing</p> <p>Martyn Coupland - Head of DevOps at Transparency. He has extensive enterprise experience and has built cloud based services for the likes of Virgin Atlantic, Starbucks, and Sky.</p> <p>Introduction to careers in cloud computing</p> <p>In this session, we look at cloud computing, what it is, why it's so important to our world today and what careers you can expect, discussing the skills needed to be successful in various roles within cloud computing.</p> <p>LOCATION: Green Energy Building Room CS026 CLICK TO BOOK</p> <div>10.45am - 11.30am</div> <p>Building services using cloud technology</p> <p>In this session, we look at how cloud technology is used by organisations to build services you commonly use today.</p> <p>LOCATION: Green Energy Building Room CS026 CLICK TO BOOK</p> <div>1.30pm - 2.30pm</div> <p>ALUMNI KEYNOTE SPEAKER - Lucy Blackley – Founder & CEO Bombyx PLM</p> <p>Lucy is an entrepreneur and Alumni student of the College - Fashion BTEC.</p> <p>After a successful career in fashion design and technology, Lucy developed a PLM - Product Lifecycle Management platform which has become a global business of excellence in technology.</p> <p>LOCATION: HSAD Lecture Theatre CLICK TO BOOK</p>	<div>1.15pm - 2.15pm</div> <p>Caring for your mental health</p> <p>This introductory session for students will focus on:</p> <ul style="list-style-type: none"> What is mental health? 'My feelings' Supporting a friend Tips for staying well Building resilience <p>The session will also include some brief practical techniques such as a grounding exercise, breathing technique, and reframing thoughts activity</p> <p>Having tried and tested healthy coping strategies to deal with intense and difficult feelings and emotions is an important skill for all of us and helps keep us well.</p> <p>LOCATION: QG-426 CLICK TO BOOK</p>	<div>10am - 3pm</div> <p>Esports / Gaming</p> <p>Join us in the White Space at the bottom of the Tower Block to take part in our E-Sport Gaming Lab. No booking is required for this activity.</p> <p>LOCATION: The White Space – bottom of the tower block</p>
WEDNESDAY 1st MAR	<div>10am - 11am</div> <p>KEYNOTE SPEAKER KCOM – Sustainability across the organisation</p> <ul style="list-style-type: none"> Launch Net Zero plan... A day in the life of... Essential Skills... Career ambassadors <p>LOCATION: Horncastle Lecture Theatre CLICK TO BOOK</p> <div>1pm - 2pm</div> <p>KEYNOTE SPEAKER Siemens – Sustainability across the organisation</p> <p>LOCATION: Horncastle Lecture Theatre CLICK TO BOOK</p>	<div>2pm - 3pm</div> <p>Disruptive thinking and innovation – Edenic</p> <p>An interactive session to investigate how to <i>Be Disruptive, Embrace Digital and Think Differently!</i></p> <p>LOCATION: QG-313 CLICK TO BOOK</p>	<div>10am - 11am</div> <p>Caring for your mental health</p> <p>This introductory session for students will focus on:</p> <ul style="list-style-type: none"> What is mental health? 'My feelings' Supporting a friend Tips for staying well Building resilience <p>The session will also include some brief practical techniques such as a grounding exercise, breathing technique, and reframing thoughts activity</p> <p>Having tried and tested healthy coping strategies to deal with intense and difficult feelings and emotions is an important skill for all of us and helps keep us well.</p> <p>LOCATION: QG-302 CLICK TO BOOK</p>	<div>10am - 3pm</div> <p>Esports / Gaming</p> <p>Join us in the White Space at the bottom of the Tower Block to take part in our E-Sport Gaming Lab. No booking is required for this activity.</p> <p>LOCATION: The White Space – bottom of the tower block</p>

Sustainability 		Leadership 	Mental Health & Wellbeing 	Digital 
<div>9.15am - 12noon</div> <div>Foodcycle Sustainability</div> <p>Foodcycle are a Hull based charity whose vision is to make food poverty, loneliness, and food waste a thing of the past for every community. During these hands-on cookery sessions, you will use supermarkets cooking sessions you will learn how to make meals quickly and sustainability.</p> <div>LOCATION: QG-023</div> <div>TIMES:</div> <div>9.15am - 10.30am CLICK TO BOOK</div> <div>10.45am - 12noon CLICK TO BOOK</div>		<div>Careers in Cloud Based Computing</div> <p>Martyn Coupland - Head of DevOps at Transparency. He has extensive enterprise experience and has built cloud based services for the likes of Virgin Atlantic, Starbucks, and Sky.</p> <div>9.30am - 10.15am</div> <div>Leading a career in Tech Industries</div> <div>LOCATION: QG-202</div> <div>CLICK TO BOOK</div> <div>10.45am - 11.30am</div> <div>Leading a career in Tech Industries</div> <div>LOCATION: QG-202</div> <div>CLICK TO BOOK</div>	<div>11am - 3.45pm</div> <div>Humberside Police</div> <p>A range of discussion based sessions to investigate the challenge of different crimes that affect young people and the powers the police have to tackle the issues.</p> <div>LOCATION: QG-414</div> <div>11am - 11.45am Bullying</div> <div>CLICK TO BOOK</div> <div>1pm - 1.45pm Hate crime - cyber, harassment and cat calling</div> <div>CLICK TO BOOK</div> <div>2pm - 2.45pm Police powers- use of force in the service</div> <div>CLICK TO BOOK</div> <div>3pm - 3.45pm Knife crime</div> <div>CLICK TO BOOK</div> <div>10am - 3pm</div> <div>Hull College Health Fayre</div> <p>18 Community and Health Groups join us for a fayre about all things relating to health & wellbeing:</p> <p>Yorkshire Mesmac Refresh Stop Smoking Hull College Nurse Sendias Aim Higher Fit 24 Commmando Fitness DAP Special Stars Period Dignity Andy's Man Club Dementia Care Matthews Hub</p> <div>LOCATION: The White Space – bottom of the tower block</div> <div>10.30am - 3pm</div> <div>Relaxation sessions</div> <div>LOCATION: QG-218</div> <div>TIMES:</div> <div>10.30am - 11.30am CLICK TO BOOK</div> <div>12.30pm - 1pm CLICK TO BOOK</div> <div>2pm - 3pm CLICK TO BOOK</div> <div>10.30am - 3pm</div> <div>Mindfulness sessions</div> <div>LOCATION: QG-516</div> <div>TIMES:</div> <div>10.30am - 11.30am CLICK TO BOOK</div> <div>12.30pm - 1.30pm CLICK TO BOOK</div> <div>2pm - 3pm CLICK TO BOOK</div>	

Sustainability 		Leadership 	Mental Health & Wellbeing 	Digital 
<div>9.15am - 12noon</div> Foodcycle Sustainability Foodcycle are a Hull based charity whose vision is to make food poverty, loneliness, and food waste a thing of the past for every community. During these hands-on cookery sessions, you will use supermarkets cooking sessions you will learn how to make meals quickly and sustainability. LOCATION: QG-023 TIMES: 9.15am - 10.30am CLICK TO BOOK 10.45am - 12noon CLICK TO BOOK			<div>10.30am - 11.30am</div> Rachel Hardcastle Pearce – NHS Trust Young Health Champions Volunteer Scheme LOCATION: QG-218 CLICK TO BOOK	
			<div>11am - 3.30pm</div> Caring for your mental health This introductory session for students will focus on: <ul style="list-style-type: none"> • What is mental health? • 'My feelings' • Supporting a friend • Tips for staying well • Building resilience The session will also include some brief practical techniques such as a grounding exercise, breathing technique, and reframing thoughts activity Having tried and tested healthy coping strategies to deal with intense and difficult feelings and emotions is an important skill for all of us and helps keep us well. LOCATION: QG-224 TIMES: 11am - 12noon CLICK TO BOOK 2.30pm - 3.30pm CLICK TO BOOK	