



Accelerate Monthly Newsletter

January 2021

Welcome to your first Accelerate monthly newsletter of 2021!

2020 Accelerate Highlights

The new year is always a great time for reflection, and as we look back on 2020 there is a lot to be proud of, which could not have been possible without the support and help of all those associated with Accelerate, from readers of this newsletter to our mentors who helped us launch our very first mentorship scheme.

Check out some of our highlights below:

- Over 40 mentors joined Accelerate, a majority from leading universities such as Cambridge, Imperial, LSE and UCL.
- Successfully matched over 50 students from BAME backgrounds with a mentor as part of Accelerate's 1-1 Mentorship Scheme. Check out testimonials from our mentees [here](#).
- Partnered with Imperial College London's Physics Department.
- Endorsed by QMUL as one of their 5 entrepreneurial organisations for Entrepreneurship Week.
- Featured in podcasts, articles, newspapers and radio stations, and very recently on Imperial College's website ([in this article](#)).
- Attended the Cabinet Office's Commission on Race and Ethnic Disparities STEM Roundtable, the feedback from this meeting is due to be reported directly to the Prime Minister.
- Released our very first newsletter in December 2020.

Quote of the month

Our first quote for 2021 is:



Incredible things can be done simply if we are committed to making them happen.

What habits should you be focusing on?

During this time of the year, there is a lot going on. Some of you will be thinking about university and which one you want to attend, and others will be thinking about job applications and interviews all on top of upcoming exams and the studying which needs to be done for them. With this being one of the most uncertain times in history, it is certainly a challenging time to be a student.

However, during this time it is important to check in on yourself and make sure you keep a healthy balance in your life, and a great way to do this is to make good habits a consistent part of your routine, in order to help you now and in the future. That's why we wanted to take this opportunity to give you some guidance on getting started towards a healthier, happier you.

1. **Exercise!** This is one that always comes up but remember this doesn't have to be a long weights session, just get moving. Try going on a simple walk while listening to your favourite podcast or music or try doing some simple stretches/ yoga from a Youtube video, then you can come back refreshed and motivated to do whatever you need to get done.
2. **Eat well** - high sugar, highly processed foods tend to satisfy us in the short-term but often leave us feeling more hungry and tired after a couple of hours. While it is completely fine to treat yourself, try to also incorporate slow-release carbohydrates (e.g. oats, sweet potatoes), healthy fats (avocado, nuts) and protein (e.g. lentils) into your diet.
3. **Meditate** - a healthy mind helps us stay focused and calm, while having huge implications for our mental health and productivity. Contrary to popular

belief, meditation is not at all complicated and is in fact very simple. If you are unsure how to get started try downloading a meditation app (e.g. Headspace, Balance, Calm) and go through their foundation/ introduction course to get started. The key is consistency, so set an alarm and try and do it as soon as you wake up each day, it only takes 5 minutes a day .

4. **Make time for yourself** - if you are feeling overwhelmed remember it is okay to take a break and even if you are not feeling stressed or overworked it is always useful to take a break for some me-time, simply just spend some time doing whatever you enjoy and come back to your work refreshed.
5. **Journaling** - this can have a wide array of benefits, from keeping your thoughts organised, to staying on track with your goals to improving your mental health. Check out [this guide](#) on how to get started.

Industry Spotlight: Pharmaceuticals

In this month's newsletter, we talk to Daniel Opoku, a Digital Formulation Scientist at Pfizer and recent graduate of Imperial College London and Loughborough University in Chemical Engineering.



1. Why did you choose to study engineering and why specifically chemical engineering?

In high school, I was passionate about science and technology and how it can be used for the betterment of society. I chose to study Chemical Engineering so I would have the knowledge to develop products such as pharmaceuticals which will help improve people's lives. I was also attracted to the multidisciplinary nature of Chemical Engineering and the opportunity to improve my creativity, analytical and problem solving skills.

2. What attracted you to the scientific field and the healthcare/pharmaceutical sector more broadly?

I wanted to work in a sector where I would make contributions to positively impacting society and what better way to do that than with a pharmaceutical company producing life saving medicines and vaccines. The pharmaceutical sector

and the scientific field in general is also undergoing unprecedented digital transformation and to be a part of that amazing journey was a fantastic opportunity for me.

3. What does a typical day look like for you at Pfizer? Did the role match up with your expectations?

There is not a 'typical' day in my role at Pfizer. Working in a relatively new and transformative area to my group means I have the freedom to choose what I do on a day-to-day basis. As a scientist helping to bring digital change to my group, I need to be self-driven and take the initiative to set out what my goals are in a given time period and how I plan to achieve these goals. This presents me with opportunities to network with people across Pfizer who share interest in digital transformation, to improve my knowledge in exciting fields such as data science, and to upskill in the use of new cutting-edge technologies in pharmaceuticals. So far, the role has met my expectations, and I am looking forward to what is yet to come.

4. What is one thing you've learnt about the sector you work in?

Collaboration is key to the success of any project.

5. What one key piece of advice would you give to your 16-year old self?

Be more inquisitive. Be more open to learning about the different careers paths you could take even if you have no initial interests.

Opportunities on the Horizon

We have listed opportunities aimed towards both pre-university and university students for which applications are still open but with approaching deadlines - make sure to check them out below and apply soon if you are interested!

Opportunities for Pre-University Students

Work Experience:

- [Morgan Stanley Step-in Step-out program](#)
- [Great Ormond Street Hospital Young Visitors Programme](#)
- [Work experience with Siemens](#)

University-organised Summer Schools and Programmes:

- [Imperial Under-18 Summer Schools](#) (3 March 2021 deadline)
- [LSE Workshops and Masterclasses](#) (some still open)
- [UCL Summer School](#)
- [University of Oxford Programmes](#)

School Leaver Programmes/Apprenticeships:

- [Goldman Sachs Engineering Degree Apprenticeship](#) (21 February 2021 deadline)
- [PwC School Careers](#)
- [Accenture Apprenticeship Opportunities](#) (Late February - Late April deadlines)
- [CGI Degree Apprenticeship](#)
- [Visa Degree Degree Apprenticeship - Technology](#)

Opportunities for University Students

Technology

- [National Grid](#)
- [CERN](#)
- [AECOM](#)
- [BT](#)
- [G-research Internships](#)
- [Reply](#)
- [BOSCH Internship](#)
- [TPP](#)
- [Sky](#)
- [Turner & Townsend](#) (Summer placement)
- [Cummins](#) (Placements only)
- [Deloitte Summer Vacation Scheme](#)
- [BP Digital Summer Internship](#)
- [Citadel Software Engineering Internship](#)

Accounting & Finance/Investment Banking:

- [KPMG](#)
- [PwC](#)
- [Goldman Sachs](#)
- [JP Morgan](#)
- [Credit Suisse](#)
- [Barclays Banking Analyst - International Opportunity](#)

- [Morgan Stanley](#)
- [Deutsche Bank - Insight Programmes](#)
- [Jane Street Quantitative Trader Internship](#)

Engineering:

- [Arcadis](#) (Graduates only)
- [AECOM](#)
- [Amey](#) (Civil)
- [BAE Systems](#)
- [Costain](#) (Civil)
- [BMW Group](#) (Placements only)
- [Leonardo](#)
- [Thames Water](#) (Graduates only)
- [Cummins](#) (Placements only)
- [AWE](#)
- [Renishaw](#)
- [Telent](#)
- [Hoare Lee](#) (Electrical/ Mechanical)
- [Siemens](#)
- [Bouygues](#) (Civil/ Electrical/ Mechanical)
- [3M](#)

Consulting:

- [KPMG](#)
- [McKinsey & Co - discoverdigital](#) (2 day workshop)
- [Boston Consulting Group](#)
- [PA Consulting](#)
- [Accenture - Tech Visionaries Spring 2021](#) (12th February 2021 deadline)
- [Deloitte - Spring-Into-Deloitte](#)

Accelerate Upcoming Events

We are very excited to announce our upcoming hourly Lunch and Learn Webinars, taking place each weekend through the month of February.



There will be 8 sessions, hosted by a panel of university students, graduates and professionals from their chosen field, which will provide an insight into a variety of different courses and industries, an introduction to how the panel members navigated their own career path as well as a general Q&A discussion.

This is open to all students from Years 11-13 as well as gap year students. **Please click [here](#) to sign up by the 4th of February!**

If there is something you would like to see or hear about in our newsletters, please reach out to us and we will endeavour to include it in next month's edition - thank you.

We hope you have a great month ahead; we will catch up again in February!