

Prostart

TRAINING YOU TODAY FOR TOMORROW

September
2018

Hello welcome to the Prostart Bulletin. We hope that these news articles continue to keep you informed about Apprenticeships and other courses that Prostart deliver, along with other useful information.

You can follow Prostart on Facebook and Twitter and if at anytime you wish to unsubscribe please use the link below.

THE FACTS ON OUR DIGITAL ADDICTION AND THE NEED FOR DIGITAL DETOX

SCROLLING OUR LIVES AWAY

UK adults spend an average of 8 hours 41 minutes a day on screens (more time than they are asleep).

We now spend an average of a day a week online.

UK children spend 6 1/2 hours a day on screens.

The average user logs 2.15 hours a day on social media alone – up from 1.5 hours in 2012 and checks their smartphone every 12 minutes.

A 2016 study estimates that we tap, swipe and click on our devices 2,617 times each day.

69% of UK children say their parents spend too much time on their mobile device at home.

UK adults now spend a total of 25 hours a week online – up from 9 hours a week in 2005.

GROWING DEPENDENCE

34% of people have checked Facebook in the last ten minutes.

Two in five adults (40%) first look at their phone within five minutes of waking up, rising to 65% of those aged under 35.

66% of UK smartphone owners in a study self-reported suffering from 'nomophobia', the fear of losing or being without their phones at any given time – obsessively checking to make sure they have

their phone with them, and constantly worrying about losing it somewhere.

27% of UK children say their parents have double standards about technology.

MENTAL HEALTH

Almost half of 18-34 year olds said their social media feeds made them feel unattractive.

In 2017, Instagram was rated as the worst social media platform for its impact on the mental health of young people.

Gaming addiction is to be listed as a mental health condition for the first time in 2018 by the World Health Organisation.

52% of school-age students said social media makes them feel less confident about their appearance and how interesting their life is.

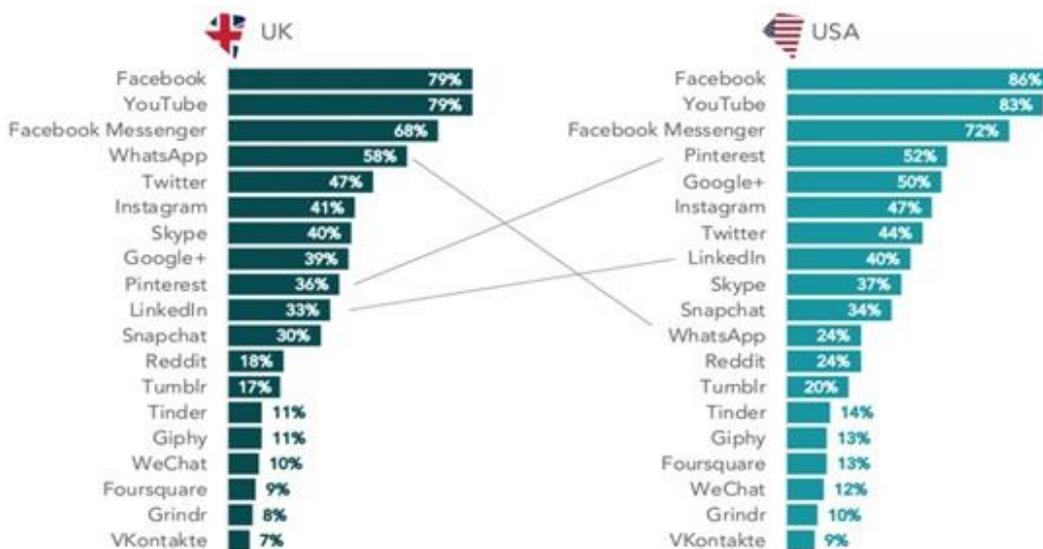
A study by the National Institute of Mental Health has found a strong and significant association between social media use and depression.

A study has shown that as mobile phone use increases, so does anxiety.

A 2015 University of Derby study found higher scores of narcissism and levels of neuroticism were linked to smartphone addiction.

Social usage largely aligned across the pond, key differences: WhatsApp, Pinterest, LinkedIn

Among online UK and US adults aged 18+, the % who use each network



we are Flint Base: All US (n=2,007), All UK (n=2,008)

A study found teenagers who text compulsively have a lot in common with compulsive gamblers. Staying off all social media for a week has been shown in a study to increase happiness. Teens deemed addicted to their smartphones recorded significantly higher scores in depression, anxiety, impulsive behavior and insomnia. New research by Nottingham Trent University finds that a third of the smartphone notifications we receive worsen our mood.

FOCUS AND CONCENTRATION

Human average attention spans have declined significantly in the 11 years since smartphones existed and are now lower than that of a goldfish.

As our tech habits deny our brains important downtime, our ability for deep-thinking and maintained focus is reducing.

Skills in critical thinking and analysis have declined as our use of technology has increased.

Many argue that a decrease in attention span is made up by our increased ability to multi-task. However, Research from (MIT) and others proved that multitasking doesn't work – because the brain doesn't work that way.

A link has been found between excessive social media use and poor academic performance. One in ten of UK adults feel



more productive when they are offline, rising to 15% for 18- to 34-year-olds; and 16% say they feel less distracted offline.

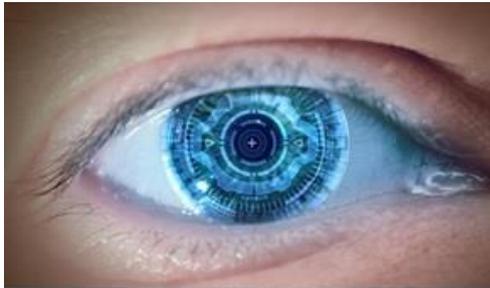
DAMAGE TO THE BRAIN

Neuroimaging research has shown that excessive screen time actually damages the brain. (Structural and functional changes have been found in brain regions involving emotional processes, executive attention, decision making and cognitive control). According to research by University College London, media-multitasking and rapidly switching from task to task can weaken your brain's anterior cingulate cortex, which is involved in high-level information and emotion processing.

The books that help you most are those which make you think that most. The hardest way of learning is that of easy reading; but a great book that comes from a great thinker is a ship of thought, deep freighted with truth and beauty.

Pablo Neruda

Digital Addiction Continued



ate discussion groups on Facebook. So the beast must be mollified and a "personal brand" maintained: that of a studious yet social person who does the right activities and hold the right opinions. "Many students have begun to see what they post (on Facebook, especially) as a chore—a homework assignment to build a happy facade," Ms. Freitas reports.

Only 19% of college students agreed that 'I am open about my emotions on social media.'
A full 73% said they always try to appear happy.

Needless to say, this duty to appear happy for the audience—and, yes, many students speak of friends and family that way—can grate on the performers. It is a special torture for young people who are clinically depressed, and it has led

BLUE LIGHT AND DIGITAL EYE STRAIN

A US survey found that more than 73% of young adults (under 30) suffer from symptoms of digital eye strain from screen overuse, including dry, irritated eyes, blurred vision, neck and back pain, and headaches.

'ALWAYS-ON' CULTURE

60% of people say a traditional vacation/holiday does not relieve their stress with many admitting to checking emails and taking phone calls while away, sometimes multiple times a day. A digital detox removes all work-related communications allowing a proper break.

Fifteen per cent of UK adults say being constantly connected makes them feel they are always at work. Checking work emails decreases your focus, as well as making you more stressed.

An 'always on' culture with high expectations to monitor and respond to emails during non-work time may prevent employees from ever fully disengaging from work, leading to chronic stress and emotional exhaustion.

DECREASING HUMAN CONNECTION

31% of internet users miss out on spending time with friends and family.

More than half (58%) of UK adults now say they use text messages at least once a day to communicate with family and friends, while only 49% meet people face-to face on such a regular basis. However, the majority

of of UK adults say they would actually prefer to meet (67%) or speak on the phone (10%) than communicate by text.

More than half of UK adults (54%) admit that connected devices interrupt face-to-face conversations with friends and family.

26% of adults have sent text or instant messages to friends or family while in the same room.

21% of UK children feel their parents don't listen to them properly because they're constantly picking up emails, calls or texts on their mobiles

39% of UK children say they sometimes communicate with their parents by text, email and social media whilst being at home at the same time

For further information and to download a digital detox factsheet go to

Source:

<https://www.itstimetologoff.com/digital-detox-facts/>

Fireworks night is coming round quickly again - and this year November 5 falls on a Monday.

There are a huge array of displays scheduled to take place across Nottinghamshire, from small, community displays for free, to large-scale events with entertainment, food and drink.

The main event for city residents is the huge free display at Nottingham's Forest Recreation Ground, which is always held on the big night itself.

Training Opportunities... NEW Touch Typing Courses

Prostart are now be offering the Level 2 Award in Touch Typing Skills.

By learning to touch type, you will be able to increase your efficiency when using an alphanumeric keyboard both in work and at home. This can serve to increase your

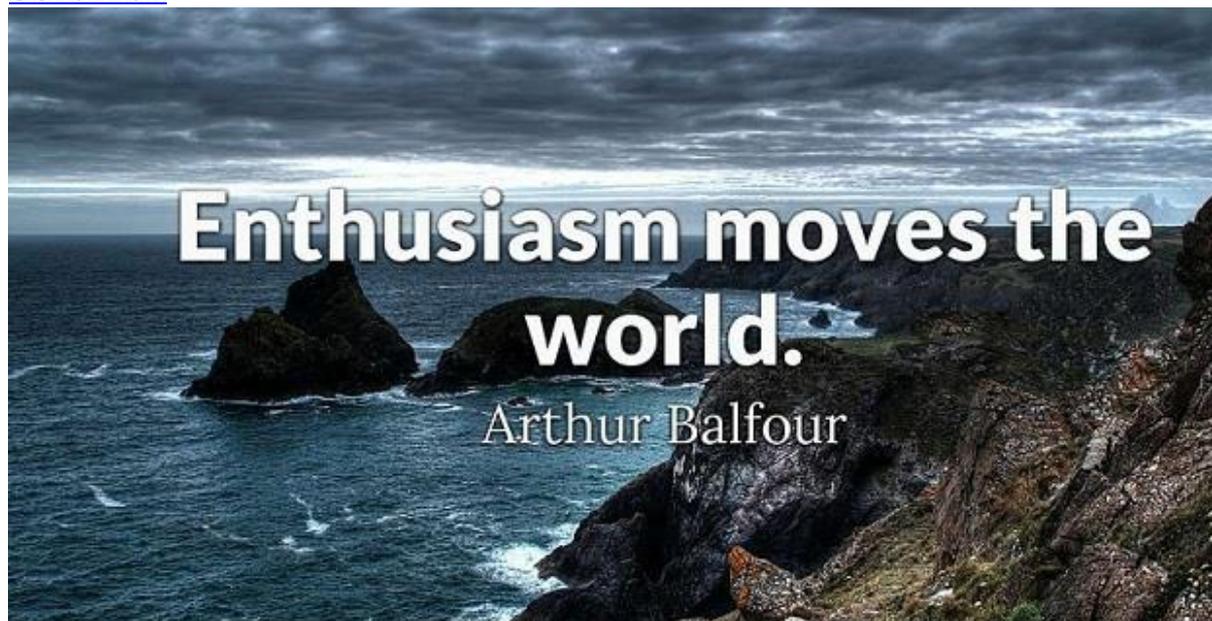


overall productivity in work and give you a life-long skill to support employment aspirations.

Please be aware you must book onto these as there is limited availability.

For a quote or further information on this qualification please contact one of our Recruitment Advisors on 0115 9468182 or e-mail us.

[Send Mail](#)



Health and Wellbeing - Flu

Influenza, also known as the flu, occurs every year, usually in the winter.

It is a highly infectious viral illness with symptoms that develop quickly and last a couple of days. The most common symptoms are fever, chills, headache, joint and muscle pains, and extreme tiredness.

One way to protect against flu is through a flu vaccine. Vaccines contain a small amount of the viruses that have been weakened. They stimulate the body's immune system to produce antibodies (substances produced by the body to fight disease) without actually infecting us. These antibodies provide "active immunity" so that when you do come into contact with the disease itself, your immune system will recognise it and immediately produce

the antibodies they need to fight it.

Young people who have certain conditions, such as asthma, diabetes, heart or lung disease, etc. are "at risk" of catching flu and tend to suffer more as a result of flu and its associated complications and because of this they are offered the flu vaccination every year at their GP surgery. This is done in the autumn as flu is more common during the autumn and winter seasons, but you can catch flu at any time of the year.

The flu virus is continually changing and to match this, the flu vaccine is changed each year, which is why you need to get vaccinated every year against flu.

Some young people, including healthy ones, may remember having the flu vaccination in school as a nasal spray. In the future, potentially all children between the ages of two and 16 could be offered the flu vaccination to protect them against the flu using the nasal spray.

HEALTHY BODY
HEALTHY MIND
HEALTHY LIFE

7 Bits of Information about Flu

Think Positively
Eat Healthy
Exercise daily
Stay Strong
FAITH Worry Less
Read More

WORK
HARD
HAVE
RELAX

BE HAPPY

1. What is flu?

Flu is an illness that usually starts quite suddenly, about 1 to 3 days after a person is in contact with someone who has the infection.

2. Is it infectious?

Yup, it's usually infectious from about 1 day before becoming unwell, to 3-5 days after the symptoms start

3. How do you get infected?

The flu virus is contained in the millions of tiny droplets that come out of the nose and mouth when someone who is infected coughs or

sneezes. These droplets typically spread about one metre and hang suspended in the air for a while before landing on surfaces, where the virus can survive for up to 24 hours. Anyone who breathes in the droplets or touches the surfaces can carry the virus by hand to the mouth or nose ...

4. How do you feel when you have flu?

In a word – rubbish! People who have the flu often feel very unwell, and develop a fever, headache, body aches and lose their appetite. They can have a runny nose, cough and chills and they feel cold and shivery even though their temperature is high. The severe illness may last for 2 or 3 days, then often the person will still be unwell, tired and lacking energy for many more days, sometimes more than a week

5. It's ever changing.

The viruses causing flu often change, so that people who have had flu before may not be protected by their immune system, and can get flu again

6. How common is flu?

In most years there are outbreaks of flu in winter which can affect 5% to 10% of the population

7. Recovery.

Most people recover fully from the flu without the need for special treatment, but some need treatment for complications such as pneumonia, and a small percentage die (usually elderly people or those who already have health problems)

Flu can last longer than a cold

People feel much more unwell with flu than with a cold – with the flu, if you are in bed and if there is a fifty pound note on the windowsill you would feel too ill to get out of bed and get it, with a cold you would feel well enough to get the money!

Flu is caused by different types of influenza viruses and colds are caused by many different viruses



Source: <https://www.healthforteens.co.uk/health/flu/flu-just-the-facts/>

Apology: -Sorry we made a mistake in our July newsletter in the Employer Commitment Announcements, it was Hucknall Health Centre that received an Employer Commitment Certificate

Learner Benefits – Did you know?

As an Apprentice you are entitled to various benefits and discounts through the National Union of Students' Apprentice Extra Discount Card. This card has discounts available on travel, sport, books, DVD, technology, mobile and broadband, as well as fashion, beauty and going out. The card costs £11 and is valid for 12 months. To apply please visit the link below:-



[ApprenticeExtra](#)

Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it.

Steve Jobs

Vacancies June 2018

To see the latest Prostart vacancies:-

<http://www.prostartuk.co.uk/apprenticeship-vacancies/>

If you are interested in any of the positions above or need any further information please contact the **Recruitment Team** below:

Nina Ricci: 0115 9835837 / NinaRicci@Prostartuk.co.uk

Lawrence Turton : 0115 9835823 / LawrenceTurton@Prostartuk.co.uk



Feedback...

We hope you have enjoyed this newsletter, we really appreciate all the feedback we receive and welcome your feedback on this newsletter too, please click this link to complete a really quick survey.

[Click here](#)

Learner Feedback

'I have attached my completed Off the Job journal – I know some people might not have appreciated having to write in this every week, but for me, as somebody who writes regularly, I found it quite fun in a way. Looking back through it, it's nice sometimes to reflect on your past challenges and to see just how far you've come. Anyway, I have completed it as of today, so hopefully it should all be in order'.



Refer a friend and share the success!

If you know someone who may be interested in gaining further qualifications at work, or who is looking for an Apprenticeship, let us know!

Prostart can offer the following programmes: -

Business Administration Level 2-4
Customer Service Level 2-3
IT Infrastructure & ICT User Level 2-3
Team Leader Level 3
Management Level 4 – 5
Warehousing & Facilities Level 2 & 3
Any many other bespoke courses.

For further information, please contact:

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