



FEARNHILL SCHOOL



Careerfile

Issue 27 26th February 2024

Year 11 Interview Day

The Year 11 interview day proved a huge success with students portraying themselves in a very positive light. They were marked on various aspects to include their first impression, greeting, their verbal and non-verbal self-portrayal and their overall confidence and articulation.

For many students it was an anxious experience, but a positive one for all as they are now fully aware of how to impress at interview and also aware of all the feelings, both mental and physical, associated with the whole experience. This all adds to the 'Fearnhill student' experience whereby our students are equipped with the skills to prepare them for the working world.

I hope that the students will take away these key skills and use them for future interviews. It is important to remember that every situation is different so being well equipped for every eventuality is key.

Well done Year 11 - very proud of you all, as you should be of yourselves.

See page 4 for interviewer and interview feedback on the day.

Ms Balchin, Careers & PSHE Lead



Important dates for your diary

National Careers Week - 4th-9th March

One-week celebration of careers guidance

MFL Speaking Mock Exams - 4th-5th March

Alumni Careers Event - 8th March

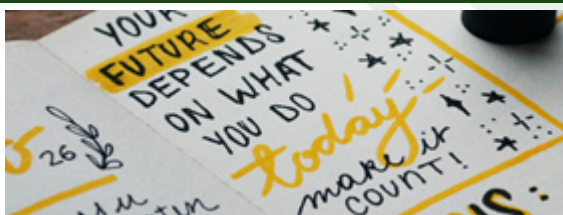
Year 13 Mock Exams - 11th-16th March

Year 11 & 13 Mock Exams - 11th-23rd March

6th Form Civil Service Talk - 20th March Period 5

Year 9 Options Afternoon - 27th March

jobcentreplus



Look out every fortnight for new features - all things career related!



Empowering Positive Change through Careers Education

International Women's Day 2024



World Book Week

Thursday 7th March is World Book Day, and here at Fearnhill we have a range of activities going on all week!

It goes without saying that literacy is not only a necessity for your success in the work place, but is also a life skill that you will need in every day life.

World Book Day is about celebrating books and reading all year round.

[Here](#) you will find activities and advice to help you enjoy sharing stories together as a family, not just on World Book Day, but every day of the year.



Special Mention - February III

As was the case with the majority of Year 11 students, Honey-Mae 11N was also worried about the prospect of her 1:1 interview.

We had a chat prior to her appointment and went through everything that could come up in the interview to put her mind at ease. Honey-Mae walked into the room with trepidation but within seconds, once she met her interviewer, she was a natural!

The interviewer said how great Honey-Mae was at answering the questions. She was cool, calm and collected showing maturity and confidence whilst giving superb examples to back up her answers.

From the young lady I spoke to before her interview to the same one I witnessed coming out, the transformation in her self-confidence was amazing. Honey-Mae proved that if you step out of your comfort zone and really push yourself - it is amazing what you can achieve.

Honey-Mae, you showed true qualities of a Fearnhill student and should be very proud of yourself, as I am of you. Now make sure you take that 'I can do' attitude with you in all aspects of your life.



Year 11 Interview Day - Student Feedback

"I found my 1:1 interview very helpful. The interview showed me what to expect for future interviews with employees. The interviewer also gave me feedback on what to do in future interviews."
Emily 11G

"It went really well! I have learned that keeping good body language and answering questions with honesty will help out a lot for the future and that when it comes to the real thing that I need to remember to stay focused and make sure I answer the questions with confidence."
Tianna 11G

"The interview day was good. It really helped me realise that interviews aren't as stressful or intense as they seem."
Callum 11P

"It was very useful, I was very nervous and I was terrified but after I got in and started to talk I loved it!"
August 11G

"Very very scary."
Maisha 11H

"The interview was very helpful and gave me a strong idea of what future interviews will be like attending for a jobs I didn't feel stressed or anything and felt very comfortable during it and I definitely found it useful."
Megan 11H

"The interview was very helpful. It was helpful to see what an interview is like. Thank you."
Charlie 11G

"I found it very useful. I learnt how to act in an interview. I thought it went good and answered questions right."
Cameron 11N

"The session was really helpful specifically on what to include in the CV." Ahmed 11H

"I found it a good experience for future interviews and felt I came across well. I learnt how to answer on the spot and express myself, giving good examples."
Harry 11N

"The interview was really helpful. It showed me that it isn't as stressful or worrying as I originally thought and it gave me a chance to practice answering interview questions. I'll now be more confident going into interviews in the future."
Logan 11H

"I found it quite interesting and it helped me to understand what I need to do later in life and I know what to expect to be asking during later interviews for jobs."
Luke 11H

Interviewer Feedback

Mature

Focused

Polite

Well prepared

Confident

Sensible

Good body
lanuage

Great
examples

Good eye
contact

Impressive

Positive

Intuitive

Communicative

Articulate

Willingness

At the end of the day I met with the interviewers for a de-brief on how they found our students.

The phrases here were used to describe them and I could not agree more. Keep this up Year 11!



National Careers Week 2024

National Careers Week - 6th-11th March

"National Careers Week (NCW) is a celebration of careers guidance and free resources in education across the UK. The aim is to provide a focus for careers guidance activity at an important stage in the academic calendar to help support young people leaving education."

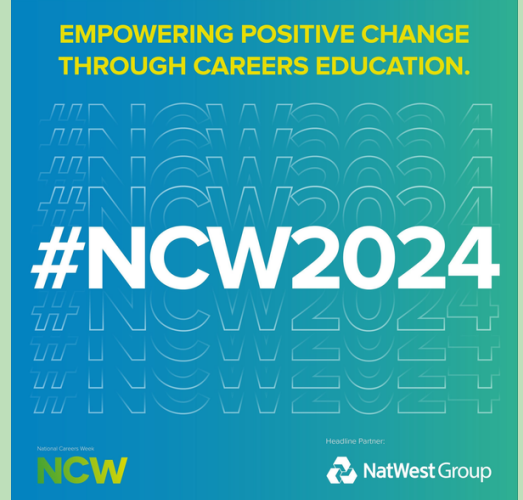
www.nationalcareersweek.com

To celebrate National Careers Week, both staff and students will be involved in activities based on the world of work. All year groups will be taking part in activities during Tutor time and students will be encouraged to think about the subjects they are studying and their relevance in the work place. Year 10 students will be kicking off the week starting their virtual Work Experience .

Year 9 students will be finalizing their options choices in preparation for the deadline. Students will now be armed with a wealth of information to help them make their options choices. They should be thinking further ahead about their future career aspirations and will be having individual options guidance interviews in March.

Here are your first National Careers Week Quiz questions... the first correct answers e-mailed back to me (Miss B) will get reward points!

1. Who sang the song 'Buffalo Soldier'?
 2. Before she took her talents to Hollywood, becoming an Academy Award nominee, who worked in Subway?
- You must answer both questions to be in with a chance of winning!



To celebrate NCW, why not re-visit the online, fun and interactive workshop called 'Career We Go' for 13 to 16 year-olds and presented by teacher, **Mr P**.

This interactive video can be used by students and watched back again at any time.

It features fun activities designed to help you find out about your skills and interests, and how you could apply these to different job roles and career paths.

About the workshop

The '**Career We Go**' online workshop is available to view [here](#) at any time.

The workshop is designed to help you identify skills and interests, and how you could apply these to different job roles and career paths.

There are fun, **engaging activities** intended to help make the potentially difficult task of trying to decide what to do when you leave school slightly less daunting, more enjoyable and more informed.



Mr P is a teacher, author and podcaster.

He also leads schools and teachers in raising standards using technology in the classroom.



Empowering Positive Change through Careers Education

Year 10 Work Experience

During PSHE lessons, Year 10 students are learning the importance of virtual work experience and preparing for the world of work.

Over the coming editions we will be covering details of 15 good work qualities to help impress employers!

Communication Skills

Excellent communication skills are an advantage in virtually any work environment. You're likely to communicate with customers or colleagues in some way as part of your duties. Having the ability to communicate information concisely and effectively can help you show your value as a candidate. This includes strong verbal, written and physical communication skills. Your ability to demonstrate flexibility as a communicator is another strength that potential employers may value. Eg. you may tailor your writing style to various different target audiences.



What are Communication Skills?

Communication skills allow you to understand and be understood by others. These can include but are not limited to communicating ideas to others clearly, a friendly and confident demeanour, respecting other points of view and speaking in a public setting. Developing your communication skills can do much to help you advance in the workplace. In this article, we explain what communication skills are and how you can improve your own.

You use communication skills when giving and receiving different kinds of information. This can be written, spoken, typed or even body language. You might need to communicate ideas, feelings or what's going on around you. Communication skills involve listening, speaking, observing and empathising. The skills are important whether you are speaking face-to-face, on a video call or through letters and emails.



Communication Skill Examples

There are many different types of communication skills that you can make use of professionally. Continued practice will make you an effective and confident communicator. A lot of these skills work in collaboration with each other. This means that it is necessary to practice different communication skills whenever you get the chance. This could be at work, at home or when speaking with a friend or colleague.

Here are some skills to keep in mind:

Active listening	Adapting your communication style to your audience	Friendliness	
Confidence	Offering and taking feedback	Volume and clarity	
Empathy	Respect	Understanding body language	Responsiveness

Keep checking your school emails Year 10, this is where we will send any information you may need.



Annual Parent/Carer Apprenticeship Survey

Our school is a member of the Hertfordshire Careers Hub and one of their key strategic objectives is to help promote Apprenticeships and Technical and Vocational routes. This is now the fifth year that this survey has been commissioned and we would be very grateful if you could complete this short digital survey to share your thoughts based on your eldest school-aged child.

As one of the key influencers in a young person's decision-making journey, it is important that we can help you to feel confident in helping and supporting your child to explore the many options that are available beyond school.

By completing this survey, you are contributing towards the development of the [Hertfordshire Apprenticeships Strategy](#), helping to secure funding to better support your child's school and providing important insights to be used both at an individual school and county-wide level. If you would like more information, please visit the [HOP website](#).

This survey is being conducted by Amazing Apprenticeships on behalf of Hertfordshire LEP and Hertfordshire Careers Hub. All responses will be kept confidential, and your details or individual responses will not be shared with any other parties. We would like to ask for your help in completing this short survey, so we can better understand the views and support needs of parents and carers regarding apprenticeships and technical education for your child.



[Click here to complete the survey.](#)



Apprenticeship Statistics

Construction apprenticeships help you plan for a future with a solid foundation

Apprenticeships have long been recognised as valued routes of entry into the world of construction.

Traditional and specialist construction apprenticeships cover a range of occupations and trades, which can earn you great money in the UK. Construction is a multi-billion pound industry that deals with developing the underlying structure of anything, from a new build to the HS2 crossrail project.

Any questions contact us

[Construction Apprenticeships](#)



**Construction
apprenticeships**

The Big Assembly



Catch up on The Big Assembly

The Big Assembly is available to watch, bringing together thousands of students and teachers/careers advisers virtually to learn more about apprenticeships. Featuring a range of former and current apprentices, employers of apprentices, parents, education providers, and more, [click here](#) to watch the recording.

Empowering Positive Change through Careers Education

Five Minutes with...

Ben Lynn is a professional actor who came in to talk to our sixth form drama students. Ben graduated from The Royal Academy of Dramatic Art (RADA) in 2021 and has appeared at Shakespeare's Globe theatre and played the lead Rosalind in *As You Like It* in a national tour. He can be seen in the latest *Ghostbuster* film due to be released next month.

When did you realise you wanted to be an actor?

I'd always been going to 'drama club' on a Saturday, but it wasn't until I was about 14/15 when I realised I was actually quite good. I don't think I'd honestly considered it as a job until then, I'd just wanted to be a footballer before then, but there's not an awful lot of 5ft6' footballers, especially ones as bad as me.

3. Which has been your most challenging role to date?

I've got two roles that I've found the most challenging- firstly I played Hamlet in sixth form and found the role so gigantic that to really give him the work he deserved took a lot out of me. It was also before I had really trained so I was kind of just making it up as I went along...

The second was playing Darryl in Duncan Macmillan's 'Monster' (an amazing play if you get the chance to read it). It was in my final year at RADA so I knew exactly what I had to do to find him- but the sheer amount of work it took to bridge the gap between me and him, plus to get to the place emotionally I needed was exhausting. The run was two weeks, and I remember thinking if I had to do another week I'd be finished.

What are your greatest strengths and weaknesses as an actor?

Ask any actor and they'll be able to list reams of weaknesses and struggle with the strengths- we are our own worst critics.

I think I struggle with following rules, which could be deemed both a strength and a weakness. Other weaknesses would be: too self-analytical, and I find it hard to separate myself from whatever project I'm working on (which again could be a strength as well), I also don't love the travelling- I'm a bit of a home body so traveling overseas with work is a bit tricky sometimes.

Strength wise I think I'm confident, impulsive and playful- I think these are important skills for an actor to have, also I think I'm quite fun to have a drink with..... another very key skill if you're going to have a career in the theatre!

How would fellow actors describe you in 3 words?

Playful, Enthusiastic and maybe Earnest? Earnest was always something that RADA critiqued about me but I'll always defend it by saying it's important to be earnest!

What are your short- and long-term career goals as an actor?

I always find it a bit too scary thinking in the long term, the career is so volatile that it can honestly change from week to week, which is why I kind of just try to stay present. But my general goal is to pay my rent with acting- if I can do that then I'll have 'made it' whatever that really means. At the moment I can pay my rent!

What sorts of roles do you enjoy playing the most?

I enjoy roles that have a complexity to them and a freedom to explore- I'm really not a fan of prescriptive writers or directors. I believe that it's a collaboration between everyone involved and actors should be given a real free license to take it any direction (as long as it makes sense). I love the prospect of doing a part that's been well done before and taking it in a new direction completely, that's really cool I think.



Why did you want to be an actor?

To be quite honest I wanted to be an actor because I enjoyed being with people, I love the community of it all. Whether you're performing to a set of just 10 people or a theatre of 3000- the feeling of a shared story being told is something I just found incredibly addictive from an early age. It's also just incredible fun and filled with really lovely, exciting and caring people- I think the arts are blessed with that.

What aspect of acting do you enjoy the most?

I really love it when something goes wrong, when a line slips or a prop falls over- something new being discovered in that moment. I think the whole room can feel it- that's when I think acting becomes the most exciting. I've always been a believer in making it fresh every time, Mike Alfreds has a wonderful book on this "Different Every Night". The problem solving you've got to do with your fellow actors, and the audience is exhilarating.

Is there a certain type of production that you prefer? Why?

Shakespeare will always be my first love, but recently I've become a bit obsessed with Chekhov (Cherry Orchard being my favourite play) as well any new writing. I think to originate a play/role is always a dream when it comes to your career. In terms of why? I think I just look for the thing that'll scare me the most and that's normally what I'm excited about at that moment.

Are there any actors you would say are your role models?

These change daily depending on what I've watched on Netflix the night before. But my true top three would be: 1. Mark Rylance 2. Martin Freeman and 3. Joshua Maguire- they're all actors who I've tried to emulate in my own way.

Key Word/Phrase of the Fortnight

BOYCOTT



TO REFUSE TO BUY, USE OR PARTICIPATE IN (SOMETHING) AS A WAY OF PROTESTING.

Obscure / Obsolete Job Titles



Abbess

Female leader of a religious community based at a Nunnery or Convent; a Mother Superior.

Medic Mentor

Real Students. Real Journeys. Honest Reviews.

Pursuing your dream of becoming a doctor may feel overwhelming, but remember that countless successful doctors have faced similar challenges and doubts. Believe in yourself and your abilities, focusing on your strengths and passion for medicine. Medic Mentor and its community of supportive students and mentors are here to guide you. Embrace the journey, knowing that success comes from resilience and learning from setbacks. Trust in your intelligence, drive, and passion, taking it one step at a time and seeking support when needed. Never lose sight of your dreams, for you have what it takes to achieve them.

The Medic Mentor website has numerous videos of med students sharing their journey. Lucy is at Glasgow University, in their 4th Year. Click [here](#) for Lucy's story.

MEDIC MENTOR
YOUR MEDIC FAMILY



Empowering Positive Change through Careers Education

External Opportunities



Get your career on track with a Network Rail Apprenticeship

Say goodbye to full-time study and hello to real-world experience! Network Rail's apprenticeships immerse you in hands-on training, allowing you to learn by doing from day one while also getting qualified. In fact, you can even gain a debt-free degree!

Network Rail

Level 3 Finance

Apprenticeship:

You will support finance teams with forecasting, budgeting, and analysis, as well as taking the lead on meetings and reporting to senior members of the company.

Level 3 Section Planning

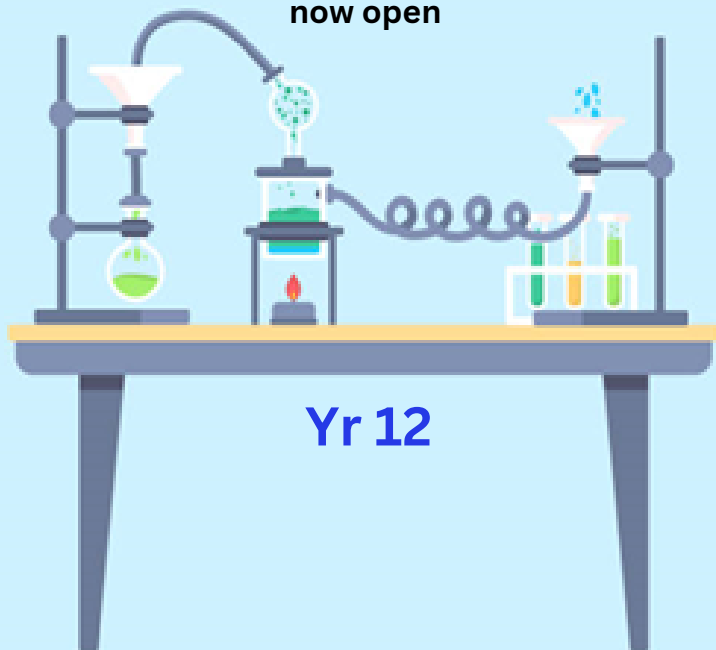
Apprenticeship:

Gain an understanding of aspects of planning across Network Rail through use of corporate planning processes, systems, and databases. You'll learn all about how this interacts with the wider business.

Each of our apprentices will specialise in a pathway relevant to the depot they're based at. The pathways available are Track, Signalling, Telecommunications, Overhead Lines, and Distribution and Plant. This could see you getting hands-on and repairing our tracks, working with high voltage systems, heights and specialist tools, repairing major signalling failures, supporting our telecommunications systems, or keeping our power flowing safely and efficiently.

You will support finance teams with forecasting, budgeting, and analysis, as well as taking the lead on meetings and reporting to senior members of the company.

Applications for the free online London Med Schools Summer Programme 2024 now open



For student eligibility details visit our website or access the application form [here](#)

Students are advised to check their school email accounts weekly, if not daily!

Careers information and opportunities are sent regularly and we wouldn't want them to miss the deadlines.

These are copied to parents/carers as well for reference.

A few of these opportunities are listed here.

