



Year 11 Next Steps

All Year 11 students have completed a Next Steps intention form stating their plans for after key stage 4. Once collated, any students who are a cause for concern will be asked to attend a meeting with myself or another senior member of staff to check they are on track to ensure they feel both supported and prepared for their next steps.

The 'Help Me Miss B!' clinic is continuing to run throughout registrations for Year 11 students in order to prepare them for life after Year 11. Attendance has been high and students have been very positive in planning for their future.



Year 11 Period 6 Revision Sessions

These sessions are finishing this week. We hope students who attended these additional lessons feel they have benefitted from the extra support. They were created especially to help them prepare for their exams. By attending, students have put themselves in the best position ready for their GCSEs.

Year 9 Options Process

Year 9 students have made their final options choices and confirmation letters will be sent out shortly with details.

Year 7 Careers Event

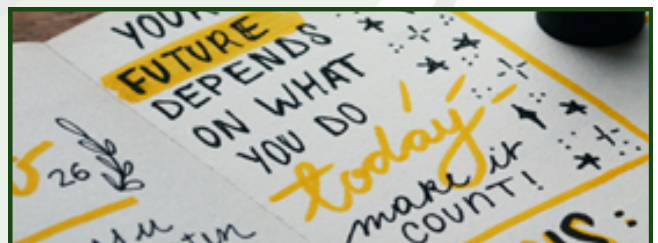
Year 7 students were off timetable for 2 periods on Wednesday 1st May for an employability event hosted by Tesco. The aim of the day was for the students to understand the skills required by employers. Indeed, the individuals/groups that demonstrated all of these skills throughout the sessions achieved more, learn't more, enjoyed it more...

See the next edition of Careerfile for student feedback on the event.

Ms Balchin, Head of Careers, WRL & PSHE

Important Dates For Your Diary

- GCSE Exams start - 9th May
- Year 13 Leavers' Assembly - 10th May
- A Level Exams start - 13th May
- Year 11 Leavers' Assembly - 20th June
- Year 11 Prom - 21st June
- Year 11 into 12 Induction - 9th July



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



Year 11 Exam Arrangements

With the GCSE exam season upon us, a letter has been sent out clarifying the arrangements for Year 11 students for the summer term.

Students are expected to attend all lessons in full uniform until Friday 24th May. This provides the maximum teaching time in each subject and revision/exam prep will be incorporated into this time.

From Monday 3rd June students are only expected to attend their exams. Students MUST SIGN IN AND OUT by the 6th form Coffee Bar, they are not expected to go to their form rooms.

The first exam is on Thursday 9th May (PRE) and exams run until Tuesday 20th June (Hospitality & Catering). **Every day between 8:00-8:45am there will be a revision breakfast session for students who have an exam that morning.** Students MUST be available until the contingency day which is Wednesday 26th June.

Please be aware that some afternoon exams may finish after school hours whilst others finish before the end of the school day. Students may leave school once they have been dismissed from their afternoon exam, even if this is before the end of the normal school day.



Receiving results:

GCSE results will be available on Thursday 22nd August. Results are available to collect from the main school hall from 8.30am until 10.30am, students will also have a post-results consultation with senior members of staff - further details will be shared nearer the time.

Students have received a hard copy timetable which includes forms for collection of results (should they be unable to attend) and postage of exam certificates. If you have any queries regarding this, please contact the exams office (exams@fearnhill.herts.sch.uk).

We wish all our students every success in their forthcoming exams and will continue to support them in any way we can.

If you have any queries regarding these dates/events then please do not hesitate to contact the school.



Feeling Stressed About Exams?

So how do your thoughts, feelings and behaviours affect your well-being when feeling stressed about exams? Exam stress, often called test anxiety, is a common experience that many students face. It is the feeling of being overwhelmed, anxious, or worried about upcoming assessments or exams. Exam stress can have a significant impact on your well-being and academic performance if left unchecked. Therefore, it is important to understand some of the causes of exam stress and learn effective strategies to manage it. Talk to someone as a first step -you can conquer this

Feeling unprepared if you have left your revision too late or not having a well-thought-out study plan can lead to a sense of inadequacy and anxiety.

Fear of the unknown can lead to overthinking about the exam paper and what may or may not be tested.

Comparing ourselves to others and worrying about the future, such as getting into university or finding a job, can also contribute to exam stress.



Life changes, difficulties at home or in relationships, and caring responsibilities can further exacerbate stress levels.

Pressure from parents teachers and even oneself to achieve certain grades can contribute to increasing stress levels.

Careers Assemblies Feedback

YEAR 7 TESCO

"I thought it was good and he gave some good information, also showing that Tesco is not just the shop we see and there is so much more to it."

Thomas 7G

"It was interesting to find out about how their company works."

Emma 7N

"I took on board what was mentioned. I learnt how much they are paying on a starting wage."

Lily 7N

"Be respectful to all your teammates."

Sophie 7H

"I found it very interesting learning about and all the different jobs they have. There is a lot more to Tesco than the actual supermarket (stock manager, bee keeper etc.) many thanks."

Lucy Rogers-Clare 7N

"It was very interesting and entertaining. I managed to keep concentrating for the whole assembly which is good. The points I liked; the reasons they came to work for Tesco, the people presenting were engaging and friendly. They delivered it very well and I don't think they could have done it any better. I think any of the years at school would have benefited from the talk. It's given me a lot to think about for the future especially for my first job. I have realised there is more to Tesco than just working in the shops; there is also the production that goes on behind the scenes. I was expecting the assembly to not be very interesting but I was very surprised.

Overall I would recommend this to delivered again and to more years, in our schools and other schools."

Noah 7P

"It was interesting, especially because my step-mum works for Tesco so I got to learn more about her job too. I find it very cool how many different jobs there are, such as a bee keeper! I would definitely like to find out more."

Izzy 7P

"I found it very interesting and was surprised how many staff work for Tesco. There are lots of different jobs in Tesco and didn't realise how big of a company it was until the assembly and I really enjoyed it. Thank you."

Ronnie 7P

"I really liked it, it showed how many jobs Tesco has and it really put a thought in my mind of what I would like to be when I'm older."

James 7P

"Overall I really enjoyed it. It gave me a lot to think about for the future. It was good to listen to someone from Tesco and understand what jobs are available, anything from electricians to lawyers which I had no idea about, I learned something new! It was good to know that you can do work experience in Tesco and gain knowledge in different jobs.

However I do think that it was a little bit too much information for me to understand in one session but overall it was very well presented and I really enjoyed it."

Mia 7P

"It was good and filled with information about the company and internships."

Braeden 8H

"It was good and I will look into doing it as a job."

Jay 8H

"I found it interesting."

Thomas 8H

"It was very good."

Sahara 8H

"For those who enjoy computing, it was great."

Lyra 8P

YEAR 8 & 9 COMPUTAGENTA

"I enjoyed the assembly and found it informative, though it's not a career I am currently considering."

Lilith 9G

"In terms of feedback, I enjoyed most of it as it was interesting and engaging to listen to. It gave me a good view of how I can get into a similar job or even how I can get a job at that business.

It was interesting how they highlighted that you don't have to be a certain age to start a job or apprenticeship and can start from the age of 16."

Derya 9G

"I found this very useful as I never realised there were so many opportunities so close to where we live."

Tilly-Rose 9G

"I personally enjoyed it and found the information provided very useful for the decisions I'll be making in the future."

Isabelle 9G

"I learnt that there are multiple paths you can take to get to where you want no matter the job. There is no set path you have to follow or abide by."

Sasha 9G

"In my opinion it was incredibly informative and gave a crucial insight into life at college and also future career opportunities. Learning about life on the campus and also what courses were available was very helpful. I believe that to improve, it would be beneficial to provide some more of the college's student's opinions on the school and it's courses. Other than that it was a wonderful experience!"

Oscar 10P

"The talk has made me want to go to this college."

Mary-Ellen 10H

YEAR 10 & 11 NORTH HERTS COLLEGE

"it was very helpful."

Lewis 11P

"it was useful and interesting."

Ananya 10P

"It was actually really helpful although I'm not going into the world of construction. I really think that anyone going into that sector would have found the assembly extremely helpful."

Ella 12NFR

YEAR 12 & 13 MORGAN SINDALL

Army Careers Webinar Feedback

On Tuesday 30th April, a group of students took part in a live webinar re. life and career opportunities in the Army. See the feedback below for further information and a reminder on how taking part in these webinars and making the most of the opportunities sent your way can help you make informed decisions about your future and will also look great on your CV.

“I learnt about welsh guards and what they do doing celebrations and I did enjoy it and would do it again.”
Tyler-Lee 9N

“We learned about a soldier’s career and his journey on he came to be who he is today. I was really grateful for the talk as it gave an insight on what I might be doing when I'm 18+ and I want to join in the future. I really enjoyed it when he talked about the sport events and how he said about the bikes.”
Emily 9N

“I learned about sports you can do in the army, and how you can travel the world, which is what interests me. I also think that to have a British army member speak to us is good so we can get knowledge from him personally not just websites.”
Zachary 9H

“I learnt during the virtual event that even if you fail a medical test you still do have a chance to join the army and they will help you do it. Also the army offers a wide variety of sports that you can do while still continuing a career. It has also helped in my decision to chose the army as my career.”
Ryan 10G

“To begin with, I learned about the motorbiking. I knew there was an option to do sports and such in the army, but I hadn't realised that there was this option. I've always liked motorbikes, and I think that - if I got the option to do so - I would pursue that as a side activity in the army. Additionally, I found it interesting to learn that you could enter the army, even if you had very little qualifications to begin with. I think that can inspire people who struggle with the formal education system to take a step towards the army, due to the fact that the education in the army is different. This can benefit a numerous amount of people, and I think it'll be quite useful. Altogether, I enjoyed the webinar and the information that we learnt.”
Taylor-Jane 10P

“I really enjoyed the experience, finding out what goes on in the army from someone that works there. I didn't know about the sports opportunities that the army had to offer. The closeness of the soldiers is great, its really reassuring to see the bonds between them.”
Em 9P

“During the webinar we learnt many things that have benefited our ideas of joining the army. It has allowed us to understand further what will happen throughout. We learnt about the whole processes of getting promoted and how different your career can be. We also learnt things such as you can fail your medical and still get in. It was interesting it learnt about how 1.45% of infantry soldiers commission to officers from being a first class warrant officer and 0.6% infantry soldier commission to an officer from a second class warrant officer which captain Hughes was the second person to do the whole processes was really interesting and allowed us to explore careers further.”
Clara 10H

“I’m going to join the army.”
Riley 8N

“Thank you for the opportunity to listen to the story of someone who served in the army. I learned a lot on the topic of his experiences in the army, and how many opportunities people get.”
Alex 9H



Services for Young People

16,300 Hertfordshire secondary school students complete Young People's Health & Wellbeing Survey 2024

The results of the annual Hertfordshire Young People's Health & Wellbeing Survey have now been published. The survey findings provide valuable insights into understanding how we can better support young people in all areas of the county.



The survey was run by Services for Young People (SfYP) in partnership with Public Health Hertfordshire and aimed to find out more about young people's experiences, what is important to them and the challenges they face. The questions covered many aspects of their lives, from diet and physical activity to factors affecting their wellbeing and mental health.

Some of the key findings are:

Mental health and wellbeing

- 17% of all young people who completed the survey rated their life satisfaction as low, a decrease of 19% compared to 2020
- 5% stated that they have self-harmed before, a 9% increase from 2020
- 63% knew how to access mental health support and services, while 17% were not aware

Nearly 40% of respondents reported experiencing bullying in the past, with females slightly more affected

- 44% of females said they had been bullied or picked on
- 37% reported that they have been bullied online or somewhere other than school
- 74% of young people were not currently being bullied

Worrying about their future was the most common concern for 53% of young people

- 66% of respondents planned to get a job after leaving school or wanted to continue in education and 31% were not sure what they want to do
- 53% said they would like more information about higher education and 47% about jobs
- Other top worries among young people included schoolwork, appearance, mental health, and friendship issues

Young people use a range of coping strategies to help manage their worries

- 77% coped by talking to friends and family and 54% listened to music
- Exercise was a coping mechanism for 33% of young people
- Screen time emerged as a new coping strategy for 29% of young people in this year's survey

To explore the survey results further, view the questions, and sort the results by demographics, use the dropdowns in the navigation bar at the top of the dashboard here:

- [Young People's Health and Wellbeing Survey results 2023 dashboard](#)

Learn more about how SfYP supports young people with these issues by visiting our [Support for young people](#) section of the website.

Services for
Young People

RAF World: Engineer Your Career



CLICK HERE TO BOOK
YOUR **FREE** TICKET NOW!



Empowering Positive Change through Careers Education

Year 10 Experience of Work

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 continue to cover details of 15 good work qualities to help impress employers!



Initiative

While managers are ultimately responsible for the work of the employees they manage, they typically value candidates who don't always wait to be told what to do. Showing initiative involves being proactive with how you operate and solving potential problems before they become an issue. You may also show initiative by devising new, more efficient ways to approach tasks that other employees can use. This increases the overall effectiveness and productivity of the team.



Year 10 Virtual Work Experience

Year 10 students have not had the opportunity to physically go out on Work Experience this academic year but they will have the opportunity to prepare for and be involved in virtual work experience. This will take place in their PSHE lessons whereby students can choose from a range of webinars in a variety of work-place sectors that takes them on a virtual tour of what the job entails, the entry routes and the skills needed to be successful.

Students will record the knowledge they have gained from each of their chosen webinars. This will not only help to inform their future career plans and decision-making but will also provide an invaluable record of their knowledge of the work-place for future employers and can be added to their C.V.

We pride ourselves on our work experience successes over the years and the invaluable opportunity that this serves to develop their employability skills. Despite it being a different format this year, it will continue to be an experience that opens the students' eyes to the opportunities available, the skills required in the workplace and how to prepare and apply for a job. We want our students to be best prepared for their future and confident in their knowledge of the application process, the work place and their future prospects no matter what format this may follow.

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

My Virtual Work Experience Programme 2024:
Name:
D.O.B:
Email:
GCSE subjects:
Personal Statement:
Future careers I am interested in:
Work Experience job sectors I am interested in and why:
Job sector 1:
Job sector 2:
Job sector 3:
Virtual work Experience Webinar 1- Job title:
What does the job involve? Eg responsibilities, personal skills & qualities needed, uniform, health & safety requirements/knowledge needed, hours of work, pay?
What qualifications do you need?
Is this job for me? Yes or No? Why?
Virtual work Experience Webinar 2- Job title:
What does the job involve? Eg responsibilities, personal skills & qualities needed, uniform, health & safety requirements/knowledge needed, hours of work, pay?
What qualifications do you need?
Is this job for me? Yes or No? Why?

Virtual work Experience Webinar 3- Job title:
What does the job involve? Eg responsibilities, personal skills & qualities needed, uniform, health & safety requirements/knowledge needed, hours of work, pay?
What qualifications do you need?
Is this job for me? Yes or No? Why?

Virtual work Experience webinar 4- Job title:
What does the job involve? Eg responsibilities, personal skills & qualities needed, uniform, health & safety requirements/knowledge needed, hours of work, pay?
What qualifications do you need?
Is this job for me? Yes or No? Why?

Virtual work Experience Webinar 5- Job title:
What does the job involve? Eg responsibilities, personal skills & qualities needed, uniform, health & safety requirements/knowledge needed, hours of work, pay?
What qualifications do you need?
Is this job for me? Yes or No? Why?

Virtual work Experience Webinar 6- Job title:
What does the job involve? Eg responsibilities, personal skills & qualities needed, uniform, health & safety requirements/knowledge needed, hours of work, pay?

What Next?

What Next? magazine features the latest information for parents, students and teachers about post-school options.

Read the latest issue and previous ones [here](#)



Apprenticeship FAQs

Creative, media and the arts covers everything from film to fashion, music to gaming. In this section, you'll find apprenticeships to unleash your creativity, embrace your uniqueness, and embark on an adventure that merges your passion with professional growth.

Creativity takes on many forms and, likewise, the creative industry encompasses a broad array of jobs requiring different practices, talents, and skills. While artists and models may take centre stage, their name wouldn't make it to the lights without assistants, publicists, technicians, and, uh, lighting.

Any questions please contact us.



[Creative, Media & the Arts Apprenticeships](#)

Special Mention - May

Having read her emails and the last Careerfile - Clara 10H took note of the upcoming Army webinar and expressed her interest in this to me. In fact Clara took on the role of recruiting anyone interested in this as a future career and, as in everything she turns her hand to, did a brilliant job. Thanks Clara from me and the rest of the students who were able to get together and take part in the live Army webinar. I don't think there was anybody in the room who didn't learn something new about the opportunities in the Army.

Clara has been researching into the different ways she can pursue Psychology in the future and top of the list is becoming a Psychologist in the Army - combining her 2 loves in one career - awesome!

I know that with continued hard work and dedication this dream will become a reality and no-one could deserve this more.



Key Word/Phrase of the Fortnight

LIFESTYLE



SOMEONE'S WAY OF LIVING:
THE THINGS THAT A PERSON
OR PARTICULAR GROUP OF
PEOPLE USUALLY DO.

Obscure / Obsolete Job Titles



Dragoman

an interpreter, translator, and official guide between Turkish-, Arabic-, and Persian-speaking countries

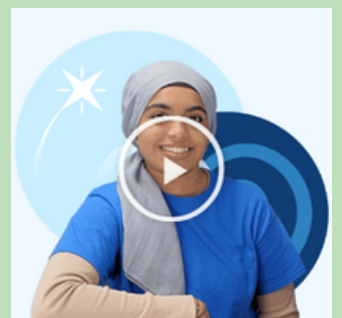
Medic Mentor

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. Areeba is at Aston University, in their 2nd Year. Click [here](#) for Areeba's story.

MEDIC
MENTOR
YOUR MEDIC FAMILY



Empowering Positive Change through Careers Education

External Opportunities

Undergraduate Open Days

Get to know ARU at one of our Open Days for undergraduates. Feel free to bring your family.

[BOOK NOW](#)

Postgraduate Open Evenings

Join one of our dedicated Open Evenings for Masters and research students.

[BOOK NOW](#)



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.

CAREERS AT DELOITTE WHAT MATTERS TO YOU? CHOOSE YOUR IMPACT

BY JOINING US, YOU'LL BE CONNECTED TO INSPIRING COLLEAGUES ACROSS THE GLOBE. WE OFFER A HUGE RANGE OF CAREER OPPORTUNITIES, WHERE YOU CAN CHOOSE YOUR OWN IMPACT AND BUILD A FUTURE THAT SUITS YOU.



[Find out more here](#)



THE
BEDFORD
COLLEGE
GROUP

Years 11-13



Apprenticeships

Each week a list of the [current apprenticeship vacancies](#) that they are actively recruiting for at The Bedford College Group are emailed to all Year 11-13 students. The following details are provided for each vacancy including a to help find out more or apply.

Vacancy Title	Employer	Deadline to apply:	Start Date:	Location	Entry Criteria	Vacancy Link
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DAWNUNTILDUSK

BEFORE, AFTER SCHOOL & HOLIDAY CLUB



[Vacancies](#)

Empowering Positive Change through Careers Education