



Revision Tips

With exam season underway the Year 11 & 13 students are well prepared but going the extra mile with intervention and revising hard. They should use half term wisely to rest and recuperate but use the following revision tips to make the most of their week and prepare for the remainder of exams.



Rephrase & Repeat

Research shows that repeating info aloud to yourself is a powerful memory technique because it engages multiple senses

To better anchor the content in your mind, rephrase them in your own words. Many find that writing down info has the same effect. Or, support the brain's love of colour by using highlighters to increase retention and comprehension

Plan your study time

Schedule set study time for each exam subject

Be sure to take adequate breaks

Internet Usage

Although a helpful study tool, the internet can also waste precious revision time

Take advantage of time management apps to ensure you are focusing on the subjects needed rather than falling prey to internet distractions. These prevent you from 'accidentally' going on other websites and/or logging onto social networking sites which could defer your concentration

Treat Yourself

A valuable incentive

Set goals & reward yourself once you have achieved them

Eat Healthy & Drink Water

Studies show that what you eat can affect your performance

Refrain from skipping breakfast and eat . Seek out high-protein foods. Drink lots of water to stay hydrated

Exercise

Make time for exercise

Just 30 mins of cardiovascular activity spikes the brain's production of "feel good" endorphins, which do everything from improving memory to enhancing problem solving abilities.

Cardio can help reduce stress so don your running shoes and give your brain a boost!

The past 5/7 years have led them to this point and we know they will put their all into trying their best - that is all we can ask. Good luck to them all.

Ms Balchin, Head of Careers, WRL & PSHE



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.

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.



Important Dates For Your Diary

Study leave begins for Year 11 (lessons optional from this day on) - 3rd June

New timetable begins - 10th June

Year 11 Leavers' Assembly - 20th June

A level exams end - 21st June

Year 11 Prom - 21st June

Year 11 into 12 Induction - 9th July

Feeling Stressed About Exams?

The emotional and physical impact of exams stress

Exam stress can manifest in various ways, both **emotionally** including feelings of anxiousness, being overwhelmed, and being worried, leading to upset and tears, and **physically** including possible headaches, dizziness, stomach pain, difficulty concentrating, forgetfulness, and other bodily symptoms brought on by stress.

In addition, exam stress can significantly impact one's cognition. Fear of failure, fear of disappointing oneself or others, negative self-talk, and doubting oneself are some of the common thoughts that could run through a stressed mind. Along with stress-induced behaviors that could result in avoiding revision, negatively impacting motivation, overworking without taking breaks, and a lack of engagement in activities that would normally be enjoyable.

What are some strategies to reduce exam stress?

By implementing some of the following strategies, along with your own tried and tested methods, you will hopefully effectively manage exam stress to improve your well-being overall.

Practice self-care – Ensure you are getting enough sleep, eating a balanced diet, exercising regularly, and engaging in activities that help you relax and unwind. Practice relaxation activities such as deep breathing, e.g. Box breathing exercises or mental grounding techniques that have been proven to calm both mind and body during stressful moments.

Positive self-talk – Challenge negative thoughts by replacing them with positive and encouraging ones. Remember Dweck's philosophy 'The Power of Yet', and seek out opportunities to develop resilience as you face new challenges. Make it your daily mantra to remind yourself of your abilities and strengths. Remember you are on a learning journey and exams are just one aspect of this journey.

Your network of support – As the phrase goes, 'there is safety in numbers' so remember to reach out to teachers, friends, or family members for guidance and support. Share concerns and seek advice to help alleviate some of the stress you are experiencing.

Executive functioning skills – Begin your exam preparation well in advance to avoid feeling rushed or overwhelmed.

Time management is important as you create a study schedule to help break down revision into manageable chunks.

Keep study materials, notes, and important information well-organised and if possible designate an area home or school that will become your 'study space' to help reduce distractions.



Remember, it is normal to feel some level of stress in the lead-up to exams, but with the right mindset and good support system in place you can navigate this potentially challenging period – successfully!

Year 10, Start Thinking Ahead!

As the Year 11s finalise their destinations for next year, they make way for Year 10 to start investigating their forthcoming opportunities. Yes – Year 10, you need to start considering what educational path you wish to pursue after Year 11 as you will be expected to continue your education/work and training until the age of 18.

Why not check out the Careers, Information & Guidance resources in the School Library to start you off. Although the information in the boxes may look minimal, the contents inside direct you to the most up to date and user friendly careers information available.

Time flies – be prepared for your future...

Year 7 Careers Event

Year 7 spent a morning in the hall last week with the 'Skills for work' team from Tesco. They learned about the types of skills that are needed in the workplace and the variety of roles available within retail. Students worked in groups to come up with a new meal deal, which they then presented to the room. Students did an amazing job with their presentations and did us all proud with their behaviour and listening skills. Listening skills were definitely the hardest skill for some students to achieve but by the end of the session it was achieved by the whole year group as they all sat quietly and listened, watched and applauded each other's presentations. It really does show that being able to 'shine' is necessary for success not just in the classroom but in the world of work.



"I thought it was great. It was very inclusive to everyone and it allowed everyone to use their imagination and create new ideas."
Brooke 7P

"I really enjoyed the Tesco careers event because I was in a group with my friends and I liked the creativity and drawing for the meal deal poster. It was really fun and I enjoyed every second of it!"
George 7P



"It was fun and exciting."
Alby 7G

"I enjoyed the careers event and learnt how much effort they really put into making meal deals for everybody. I think we should do more events like this with different companies."
Sophia 7P

"It was very fun and I learnt a lot of new things."
Cerys 7P



"I really enjoyed the careers talk the tesco team were really kind and funny and I loved all the challenges we had. I think it was really nice and it gave me a real think about my future and how many jobs just go into tesco."
James 7P

Services for Young People



From a parent of a young person who is taking part in the Services for Young People Access to All programme

"My son has attended Stevenage Youth Council for almost 3 years - he goes twice a week... He attends the community day in Stevenage to promote the youth council and really enjoys his time at the meetings. He is involved in the SfYP Access to All STEM programme and [his interests are] deep rooted in science and a passion for astro engineering and nuclear science. SfYP have made huge progress in getting young minds active and ensuring young voices are heard... This project is great for our future pioneers and without a doubt something that needs to be continued and nurtured."

Services for
Young People

Apprenticeship FAQs

Meet customer needs by providing a timely, attentive and upbeat service with customer service and retail apprenticeships

Customer service is at the heart of most business activity, so the skills gained from customer service and retail apprenticeships in this sector will prove valuable across a range of industries and roles.

In a small shop, customer service can be as simple—and important—as the person behind the counter giving a friendly greeting and helping shoppers find what they're looking for. Larger retail businesses and other organisations might employ a dedicated team, whose job it is to answer questions, give advice and offer refunds on faulty products or services. They're also the ones who have to sort out problems and deal with complaints.

Any questions please [contact us](#).



Customer service
and retail
Apprenticeships

Special Mention - May II

A special mention has to go to Eliana 7H who demonstrated excellent leadership skills throughout the Tesco challenge. These skills definitely contributed to her team winning the competition at the end of the event. Eliana was engaged from the start, listening to instructions, following the brief and encouraging everyone in her team.

Everyone had a role, everyone contributed their ideas, everyone was listened to and everyone contributed in the final presentation and Eliana's leadership skills made sure this happened.

Eliana also showed excellent presentation skills, speaking clearly and confidently in the final presentation.

Well done you - so impressed and what a role model for others to follow.



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!

Creativity

Many organisations have set procedures and ways of working to achieve their objectives, but most still value creative candidates who can offer new ideas. These procedures may have become stagnant and ineffective and an organisation may not notice this until you propose new ideas for more effective processes. For this reason, creative employees are a driving force for innovation and progress in a workplace. As a creative employee, you may also have a tendency to motivate those around you with your fresh approach, which can improve the overall morale of the workforce.



Career Zone Podcast

Welcome to the brand new Career Zone Podcast. In each episode, staff from the Career Zone discuss careers related topics that's on students' minds right now. Our goal is to help prepare you for life and work after University, offering quality assistance and advice throughout your course, and for as long as you need it after graduation. We'll help you with a wide range of enquiries, such as: CV and application form advice, booking 1:1 appointments, advice on finding work experience, graduate jobs, or postgraduate study, guidance for interviews and assessment centres, helping you decide which of our free workshops and events will be right for you.



Student Circus: Job support for international students

In this episode, Mel Nearchou from Student Employability and Academic Success, introduces Student Circus, a valuable resource for international students at the University of Exeter. With insights from Tripti Maheshwari, Co-Founder of Student Circus, and Aryan Jain, a Student Circus ambassador, discover how this platform can help you navigate job-hunting in the UK. Learn top tips for using Student Circus and how to connect with ambassadors for further assistance.

Generation Stevenage Careers Fair

50 of our Year 10 students are heading to this event during the day - they have been selected at random, we wish we could take them all! However, the opportunity is there for all to attend for free from 3:30pm. If you can, please go - you might find your future pathway!



Key Word/Phrase of the Fortnight

CONTRACTOR



**A PERSON WHO AGREES TO DO A CERTAIN
JOB FOR A PERIOD FOR A SET FEE –**

**CONTRACTORS ARE OFTEN SELF-EMPLOYED
BUT GENERALLY SIGN A CONTRACT TO
WORK WITH ONE COMPANY AT A TIME.**

Obscure / Obsolete Job Titles



aldorman

the Chief Magistrate of a Shire. Working under control of the King, he commanded the army for the area under his control. The word comes from the phrase 'Elder Man'.

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. Keertana is at Leicester University, in their 5th Year. Click [here](#) for Keertana's story.

**MEDIC
MENTOR**
YOUR MEDIC FAMILY



External Opportunities

APPRENTICESHIP OPPORTUNITY

North Herts District Council are looking for a:

LEISURE & ACTIVE COMMUNITIES APPRENTICE


To start in Letchworth in September 2024.


APPLY ON THEIR WEBSITE.



www.north-herts.gov.uk



Enjoy Water Safety 



RLSS UK National Pool Lifeguard Qualification

Course Dates

- Sunday 26th May 2024
- Monday 27th May 2024
- Tuesday 28th May 2024
- Wednesday 29th May 2024
- Thursday 30th May 2024
- Friday 31st May 2024 - Assessment Day

We have both Part Time & Casual vacancies

Interested?
To book your place email : jacobadlam@everyoneactive.com



Apprenticeship Opportunity Electrical or Mechanical Technician

CBES are part of the City Facilities Management Holdings Group

which is the largest privately-owned facilities management company in Europe and America and partner with businesses in the UK, America, Australia and Malaysia.

If you are interested and would like to apply, please forward your CV and covering letter to Stephen Wilson via e-mail to stephen.wilson@city-holdings.co.uk

Closing date for applications: Friday 31st May 2024.

www.cbcs.co.uk



APPRENTICESHIP OPPORTUNITIES

With Hertfordshire Opportunities Portal

www.hopinto.co.uk



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.