



Careerfile - Issue 45 6th May 2025

Careers Assemblies

Last week involved a series of Careers assemblies for years 7-13. The aim was to showcase the events industry and open the student's eyes to the career opportunities available to them in this exciting field.

See the next Careerfile for student feedback on these talks.

Year 11 & 13 Mock Results

The Year 11 and 13 students have received the results from their last set of mocks prior to the real exams. They will be using these to determine their plan of action for each subject in order to be as fully prepared as possible for their exams. Fail to prepare - prepare to fail... Good luck everyone - you can do it!



Year 11 Walking Talking Mock

The Year 11 students took part in a Walking Talking mock on Friday 25th April. We had our English Advisor, Tamsin in school to help prepare the year group for their English exams. See page 2 for their feedback!

Year 11 Period 6 Revision Sessions

The last Period 6 session will be Wednesday 7th May. These additional sessions were created especially to help them prepare for their exams. By attending, they are put themselves in the best position to be ready for their GCSEs.

Important Dates for your Diary

Yr 11 Period 6 Ends - 7th May

GCSE Exams start - 8th May

Yr 11 into 12 Level 2 Info Session - 8th May

Yr 13 Leavers' Assembly - 9th May

A Level Exams start - 14th May

Yr 11 Leavers' Assembly - 26th June

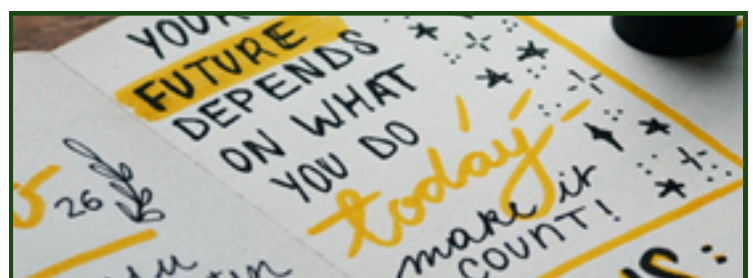
Yr 11 Prom - 27th June

Yr 11 into 12 Induction - 9th July

Year 9 Options

Year 9 students have confirmed their final Key Stage 4 options choices. They will begin their GCSE subjects on Monday 9th June. New timetables will be issued prior to this. A letter will be sent to parents/carers with full details and confirmation of choices for their child.

Ms Balchin, Careers & PSHE Lead



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 21st 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

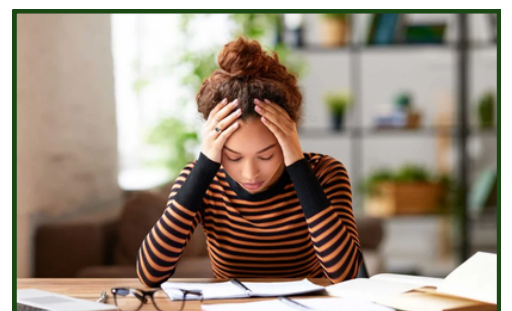
Comparing ourselves to others and worrying about the future, such as getting into university or finding a job, can also contribute to exam stress.

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.

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.



ALUMNI CAREERS EVENT 2025 - MORE ALUMNI PHOTOS



*We are still buzzing
from the event!
Hearing the students
still talking about the
day is testament to the
effort our wonderful
alumni put in.*

*We already can't wait
for next year!*

YEAR 11 GCSE ENGLISH - WALKING TALKING MOCK

Student FEEDBACK

"IT WAS FINE."

"IT WAS EDUCATIONAL."

"IT WAS QUITE HELPFUL,
ENGAGING AND INFORMATIVE."

"IT WAS MOSTLY
HELPFUL."

"I FOUND IT HARD."

"I FOUND THE SESSION HELPFUL, GOING
THROUGH THE QUESTIONS GETTING A
DEEPER UNDERSTANDING OF WHAT WE
NEEDED TO DO."

"I FOUND IT USEFUL AS
WELL AS INSIGHTFUL INTO
HOW THE ENGLISH
LANGUAGE PAPER WORKED."

"VERY HELPFUL. I LEARNT
A LOT OF NEW TECHNIQUES
ON HOW TO TACKLE THE
EXAM. NOW I HAVE A
BETTER IDEA OF WHAT TO
DO IN THE EXAM AND HOW
TO MANAGE MY TIME. I
REALLY ENJOYED IT AND
I'M VERY GRATEFUL."

"IT WAS VERY HELPFUL AND I'M NOW
CONFIDENT IN LANGUAGE PAPER 2."

"HELPFUL &
INFORMATIVE."

WHAT WENT Well?

"I NOW FEEL LIKE I UNDERSTAND HOW TO
ANSWER THE QUESTIONS A BIT BETTER."

"THE STRUCTURE OF THE
QUESTIONS."

"WE SAW EXAMPLES OF THE ANSWER AND
ALSO HAD TIME TO COMPLETE OUR OWN."

"I THINK I HAVE A BETTER
UNDERSTANDING OF HOW TO
ANSWER THE QUESTIONS."

"I WAS ABLE TO
UNDERSTAND WHAT MOST
OF THE QUESTIONS WERE
ASKING ME TO DO."

"THE LADY GAVE
GOOD ADVICE."

"TEACHING OF TIME
MANAGEMENT. THE
EASIEST AND MOST
MARK-REWARDING WAYS
TO ANSWER
QUESTIONS."

"EVERYTHING!"

"I LIKED THAT SHE
WALKED THROUGH IT"

"ANSWERING QUESTION
3 BECAUSE I DIDN'T
UNDERSTAND IT."

"WE HAD EXAM QUESTIONS
UNDER-TIMED CONDITIONS
WHICH ALLOWED US TO
ENGAGE."

"CLEAR WALK
THROUGH."

"I COULD UNDERSTAND AND
PRACTICE HOW TO ANSWER
SECTION A OF PAPER 2."

"COMPREHENSION."

"I LEARNED HOW TO
ANSWER THE 2ND AND 3RD
QUESTION."

"DESCRIPTION OF HOW TO
ANSWER QUESTIONS."

"SEEING USEFUL
EXAMPLES."

"I MANAGED TO ANSWER
THE QUESTIONS TO THE
BEST OF MY ABILITY."

EVEN Better If?

"SLIGHTLY MORE TIME TO
ANSWER THE QUESTIONS."

"WE HAD MORE TIME TO GO OVER
THE QUESTION 5 AS WELL."

"MORE FOCUS ON
TECHNIQUE."

"READ THE TEXT QUICKER
TO ALLOW MORE TIME TO
ANSWER QUESTIONS."

"I COULD WRITE MORE AND
FOCUS."

"MORE
INTERACTIVE."

"CONSISTENT DIRECTIONS ON
HOW TO TACKLE THE PAPERS."

Empowering Positive Change through Careers Education

SERVICES FOR YOUNG PEOPLE

We love to keep up with all the fantastic work carried out by SfYP and reading the latest news, projects a group work carried out by this great organisation! Here is one particular story that caught our eye this week!

Services for
Young People

Services for Young People connects Josh with local employer to kick start his career

A young person with autism gains skills and confidence for his future by taking part in the SfYP Local Supported Employment programme.

Services for Young People (SfYP) delivers the 'Local Supported Employment' programme to young people in Hertfordshire aged 18-25. The programme supports people with autism and/or learning disabilities to identify and secure paid employment using nationally recognised supported employment techniques, enabling them to thrive in the workplace. On joining the programme Josh was allocated a dedicated SfYP Supported Employment Adviser, Tal. Together they discussed his interests and aspirations and created a vocational profile, identifying his goals and setting out a plan to achieve them. Josh is a very keen carpenter and is also interested in wildlife and sustainability, and recently won a 'Pride of Stevenage' award for making bug hotels and looking after a piece of land near his home. Tal reached out to some local employers and the Sustainability Officer at John O'Conner's Grounds Maintenance Ltd, Peter, was keen to offer Josh a work experience placement at their headquarters in Welwyn.



As part of their Biodiversity Boost project, Peter had been planning to create large J, O and C letters, a metre or more high, which would be bug hotels and possible nesting sites. Tal suggested that Josh could design and make the bespoke letters as part of his work experience placement. The letters contain mini-habitats suitable for species already recorded on the company's Welwyn site, such as cucumber spiders, lacewings, seven-spot ladybirds and solitary bees.

From the experience he gained on this and another work experience placement, Josh has decided he would like to become self-employed, and Tal will continue to support him to pursue this goal.

If you are an employer who would be interested in offering a local young person a work experience placement, or know a young person with SEND who would benefit from our support, [find out more about SfYP's Supported Employment programmes.](#)



SPECIAL MENTION - MAY

Jack 10P has his heart set on agricultural farming as a career path in the future. He is attending the Generation Stevenage trip, on Thursday 15th May, where he and the rest of the attendees will have the chance to speak to various employers and colleges. Hopefully he will come away from the event with further knowledge of the qualifications required to reach his end goal.

With such a clear idea of his future already, Jack can put the wheels in motion to ensure he gets the grades he needs and focus on working hard to achieve them.

It's great to see students with a passion for what they want to do. I look forward to seeing Jack giving Alan Titchmarsh a run for his money!



Empowering Positive Change through Careers Education

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](#)



CAREER MYTH BUSTING



THE MYTH:

Only big companies have Digital Technology roles.

THE FACT:

Digital Technology – and transformation – is all about helping companies grow, so digital roles are increasingly seen in smaller companies. You don't have to be a small fish in a big pond to work in digital, and as the logistics sector becomes even more reliant on tech, more roles will appear in companies large and small!

CAREERS QUOTE

Inspirational quotes from the latest crop of NatWest Group graduates. Some wise words of advice that make great discussion starters.



BE CURIOUS: DON'T BE AFRAID TO ASK QUESTIONS. THERE'S NO SUCH THING AS A STUPID ONE AND WHO KNOWS, IT COULD SPARK A DEBATE AND YOUR EMPLOYER COULD LEARN SOMETHING TOO!

HOWIE PALMER, SOCIAL MEDIA MANAGER

#NCW2025

National Careers Week

NCW

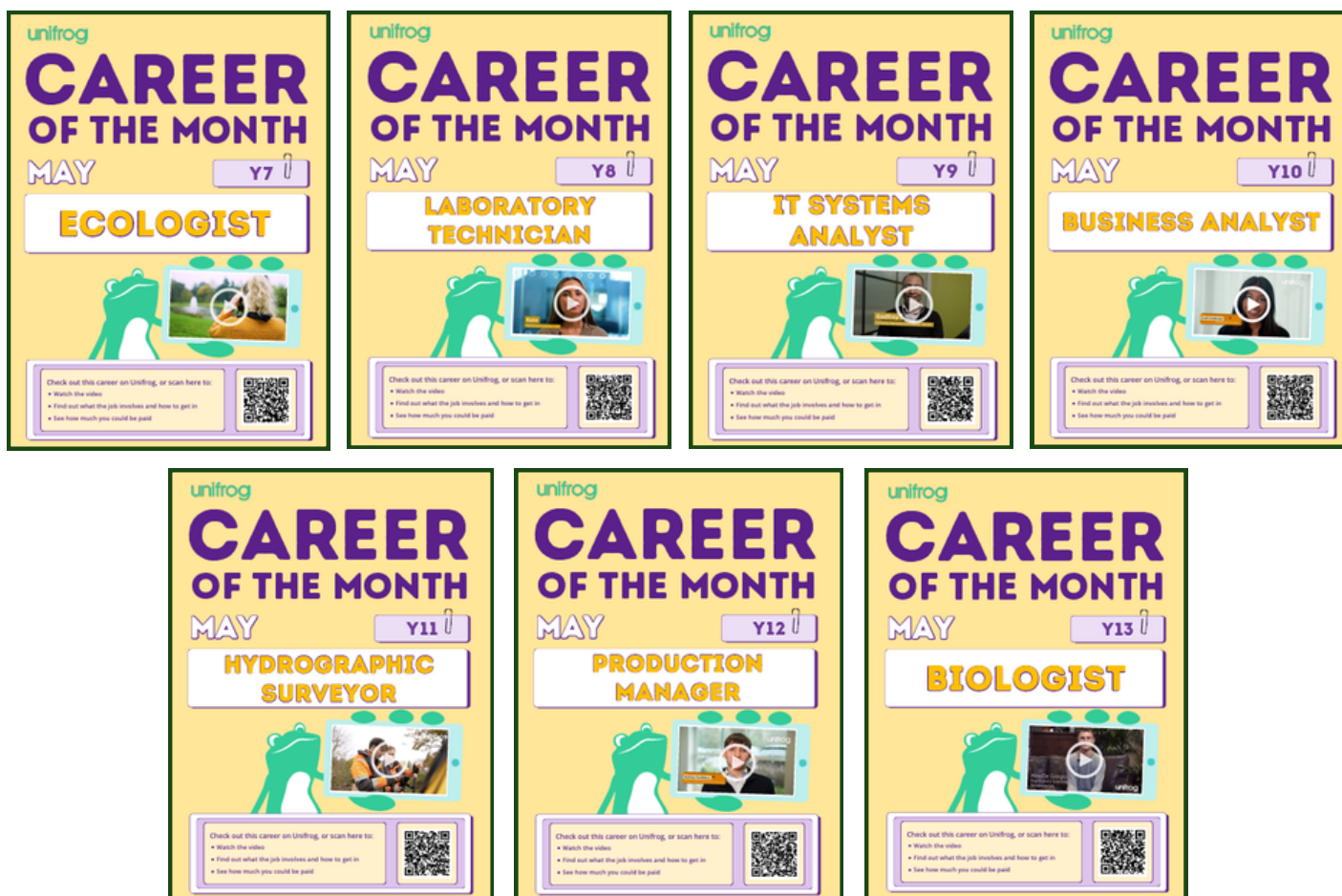
Headline Partner:

NatWest Thrive

Empowering Positive Change through Careers Education

CAREER OF THE MONTH - MAY

*Introducing Unifrog's 'Career of the Month' and 'Subject of the Month'!
Students watch a video interview with a professional or university
student and answer reflection questions.*



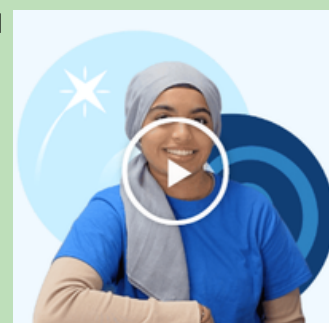
MEDIC MENTOR

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



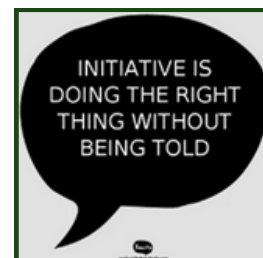
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VIRTUAL WORK EXPERIENCE

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 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?

KEY WORD/PHRASE OF THE FORTNIGHT

INTERN



**A STUDENT OR RECENT GRADUATE
WHO WORKS FOR A PERIOD OF
TIME AT A JOB IN ORDER TO
GET EXPERIENCE.**

OBSCURE / OBSOLETE JOB TITLES



amurai

Members of the warrior class in Japan.

APPRENTICESHIP FAQs

There's more to agriculture, environment and animal care apprenticeships than muddy boots and farming—and demand for workers is at an all-time high.

If you love the thought of spending your days working outside in the fresh air and the idea of an office job fills you with dread, then a career in agriculture, environmental and animal care could put you at the forefront of supplying the country with food, producing crops, and enriching the rural and urban environment.

Any questions please [contact us](#).



[Agriculture,
Environment & Animal
Care Apprenticeships](#)

Empowering Positive Change through Careers Education

EXTERNAL OPPORTUNITIES

GENERATION STEVENAGE CAREERS FAIR

CONNECTING EMPLOYERS TO LOCAL TALENT.

A CAREERS FAIR FOR YOUNG PEOPLE IN AND AROUND STEVENAGE TO MEET LOCAL EMPLOYERS FROM ACROSS A BROAD RANGE OF SECTORS, AND DISCOVER THE AMAZING OPPORTUNITIES AVAILABLE TO THEM RIGHT HERE IN HERTFORDSHIRE. HOSTED BY HERTFORDSHIRE OPPORTUNITIES PORTAL (HOP), POWERED BY HERTFORDSHIRE FUTURES, IN PARTNERSHIP WITH THE STEVENAGE DEVELOPMENT BOARD. LOCAL STUDENTS AND PARENTS/CARERS ARE INVITED TO ATTEND OUR TWILIGHT SESSION FROM 15:30 – 17:00 (IT IS RECOMMENDED TO ARRIVED BY 16:30)

THURSDAY 15TH MAY 2025,
3:30PM-5:00PM
@ KNEBWORTH BARNS,
SG3 6PY

GENERATION
STEVENAGE

[Register 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.

STAY
CLOSE
OPEN
EVENT
GO
FAR

OPEN EVENT DATE WEDNESDAY 25TH JUNE

If you are unable to make these dates but want to know more about what it's like to study at NHC, check out our virtual campus tours and get in touch via:
online form: www.nhc.ac.uk/openevents
email: enquiries@nhc.ac.uk
call: 01462 424242.



UNIVERSITY OF SURREY

FILM PRODUCTION & BROADCAST BENG

- ENGINEERING KNOWLEDGE IN VISION AND SOUND
- COMPUTERS AND CODING
- TV PRODUCTION
- FILM MAKING

- Ranked #1* for Cinematography in the UK
- Engineering Council / IET accredited degree
- Maths to A level standard required
- Optional paid professional placement
- Full employment in industry or further study for 100% of recent graduates.

*Guardian University Guide 2024

SKY ITN Disney+

Scan to find out more:

PS PLUS

RESIDENTIAL INSIGHT INTO UNIVERSITY

FREE INSIGHT INTO EDT WEBINAR
WHEN: TUESDAY 10TH JUNE 2025 AT 4-5PM
REGISTRATION LINK: [CLICK HERE](#)
VIDEO LINK: [CLICK HERE](#)



Empowering Positive Change through Careers Education