



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

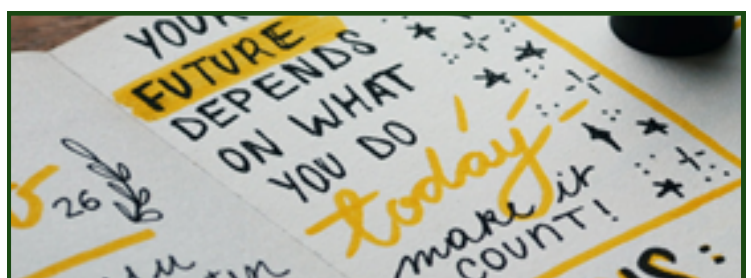
Just 30 mins of cardiovascular activity spikes the brain's production of "feel good" endorphins, which do everything from improving memory to enhancing problem solving abilities.

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, 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.

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) - **2nd June**

New timetable starts - **from 9th June**

Yr 11 Leavers' Assembly - **26th June**

Yr 11 Prom - **27th June**

Yr 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 behaviours 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.

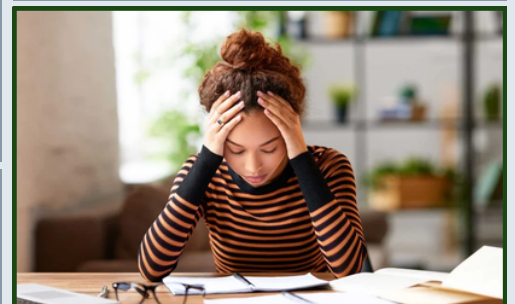
Positive self-talk – Challenge negative thoughts by replacing them with positive and encouraging ones. Remember Dweck's philosophy 'The Power of Yet', and seek out opportunities to develop resilience as you face new challenges. Make it your daily mantra to remind yourself of your abilities and strengths.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

GENERATION STEVENAGE CAREERS FAIR

We took 50 Year 10 students to the Generation Stevenage Careers Fair on Thursday 15th May. This event was 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.

Generation Stevenage is hosted by Hertfordshire Opportunities Portal (HOP). All students in Year 10-13 were invited with their parents/carers to attend the Twilight session following the main event.

The aim of this event was the latest in a series of 'Generation' events that took the shape of a traditional careers fair providing students with the opportunity to meet with a wide range of local employers and providers. Students had the opportunity to speak to various exhibitors in order to increase their understanding and awareness of future careers.

Attendees were given the opportunity to:

- Discover and speak to local employers.
- Learn more about Hertfordshire's major employment sectors.
- Learn more about the various routes into work.



This event is part of a series being delivered by HOP – Hertfordshire's premier gateway to find out about:

- Career path options
- Employment opportunities
- Apprenticeships and work experience
- Skills development and professional qualification programmes.



Students were provided with a student workbook which detailed the different exhibitors registered to attend. We strongly recommended that students took time to go through the book in advance of the event and identify 5-6 exhibitors that they wanted to prioritise speaking with. Students were also encouraged to speak with exhibitors that they had not previously heard of.

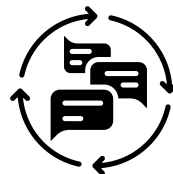
Student FEEDBACK

"I FOUND THE TRIP GOOD BECAUSE I GOT TO LEARN LOTS OF DIFFERENT STUFF AND WHAT I CAN DO IN LIFE. WE ASKED LOTS OF QUESTIONS AND I REALLY ENJOYED BEING THERE SPEAKING TO PEOPLE ABOUT MY FUTURE."

"IT WAS VERY FUN, THE HERTFORDSHIRE COLLEGE HAD A PERSON WHO SPECIALISED IN ANIMATION AND WE GOT TO DESIGN A CHARACTER!."

"I REALLY ENJOYED THE GENERATION STEVENAGE TRIP, IT ENABLED ME TO HAVE A DIFFERENT PERSPECTIVE ON HOW TO GET INTO DIFFERENT CAREERS AND THAT UNIVERSITY IS NOT ALWAYS THE ONLY OPTION TO BE ABLE TO GET INTO A CAREER I WANTED! MANY OF THE PEOPLE THERE REALLY TOOK THEIR TIME TO EXPLAIN TO ME WHAT THEY DID AND HOW I CAN GET INTO IT TOO. THIS HAS REALLY ALLOWED ME TO SEE THAT APPRENTICESHIPS MAY BE AN OPTION FOR ME.."

"IT WAS GOOD."



"I TALKED TO THE NAVY, A CONSTRUCTION COMPANY, STEVENAGE FC AND THE KIA MEN. I TALKED TO THE NAVY AND CONSTRUCTION COMPANY ABOUT APPRENTICESHIPS IN ENGINEERING, SIGNED UP ON STEVENAGES CHROMEBOOK AND LOOKED AT THE KIAS CAMERAS. 9/10 FUN BUT WOULD HAVE BEEN NICE TO BE THERE LONGER."

"I REALLY ENJOYED GOING TO THIS EVENT AS IT WAS AN EYE OPENER AND I HAVE NOW REALISED THAT I NEED TO BE AN ASSISTANT PSYCHOLOGIST BEFORE I CAN BECOME A PROPER ONE AS IT WILL BE MORE BENEFICIAL FOR ME. I ALSO NEED TO GET A MASTERS IN PSYCHOLOGY FROM AN ACCREDITED UNIVERSITY AS WELL. THIS HAS REALLY HELPED ME FOR MY FUTURE AND I AM VERY THANKFUL THAT I GOT CHOSEN TO GO AS WELL. I WOULD LOVE TO GO AGAIN IF THE OPPORTUNITY CAME UP AGAIN..."

Well Done!

The Year 10 students who attended the Generation Stevenage trip were a credit to themselves and the school. I was proud to be amongst such mature, well presented young people who made the most of this opportunity to find about future possibilities available to them in education, work and training.



Thank You

A big thank you to Ms Brown and Miss Cordon who accompanied us on the trip. They were as well behaved as the students (almost!) ;-)

SPECIAL MENTION - MAY II

Emily 10N used the Careers Alumni event to network with the various ex-students and make the most of the the information on offer. She contacted one of them following the event and arranged her own Work Experience.

"Following the Fearnhill school alumni careers event I was really inspired after talking to Shara from Letchworth veterinary centre and wanted to contact her further about doing work experience. She replied to me after a day or so and I was given a date for when I could go in. On my first day I viewed two dental surgeries and helped clean various surgical tools. It was interesting to view the surgeries and see all the different tools and what they were used for. My days were from 10am-5pm and I was allowed a one hour lunch break. On my second and third day I viewed more surgeries and consultations. The surgeries were usually about 2-3 hours long which I didn't like very much as the room was very hot and all the blood and teeth coming out was a bit hard to watch. My favourite thing to do was viewing consultations as it was interesting to see all the vaccines and different animals. there was lots of animals ranging from cats and dogs to chickens and snakes. There was some sad moments as some owners had to watch their pets be put to sleep and were upset. On my last day, I brought in some chocolates and biscuits for the staff room which everyone appreciated. In the end, I left feeling satisfied with my experience and I went home to look further into the roles."



SERVICES FOR YOUNG PEOPLE



From a parent of a student following a personal careers guidance interview with a Personal Advisor

"Thank you for spending time advising my daughter about her A-levels, future design careers etc, today! She found it really helpful."

Services for
Young People

CAREER MYTH BUSTING



THE MYTH:

Mechanics are uneducated.

THE FACT:

Whilst higher education is not a requirement to become a mechanic, that does not mean it is a low-skilled job. As most modern vehicles are computer-controlled, being a mechanic requires an understanding of specialist technology and a commitment to ongoing training.

CAREERS QUOTE

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



MAKE THE BEST OF WHATEVER IT IS YOU DO. YOU CAN'T ALWAYS START OUT DOING YOUR DREAM JOB, BUT WITH PASSION, HARD WORK AND A BIT OF GRIT YOU CAN GET THERE EVENTUALLY. I AM STILL VERY MUCH ON THAT JOURNEY MYSELF!

TOM PARKINSON, LEARNING & DEVELOPMENT

#NCW2025

National Careers Week

NCW

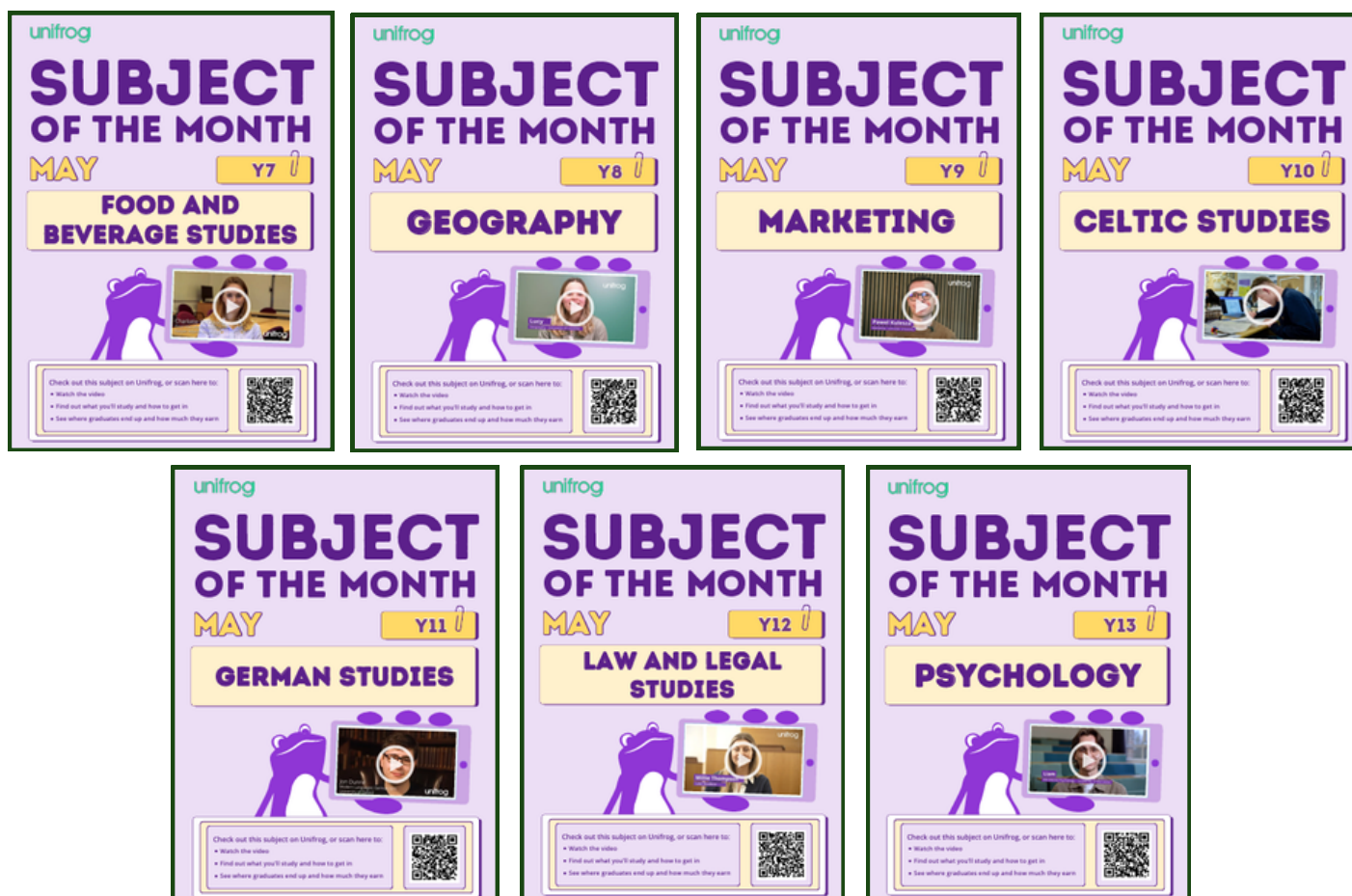
Headline Partner

NatWest
Thrive

Empowering Positive Change through Careers Education

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

MEDIC
MENTOR
YOUR MEDIC FAMILY



Empowering Positive Change through Careers Education

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 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.



CAREERS ZONE PODCAST

Welcome to the 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.



Personal Responsibility in the workplace - What does it really mean?

Personal responsibility is about acting with integrity, honesty and self-awareness - owning your actions and learning from your mistakes.

In this week's episode, Rachel Haddy, Employability and Placements Adviser, highlights three key aspects of personal responsibility: accountability, following through on commitments and authenticity. Rachel shares how admitting mistakes, managing your workload honestly and owning both your strengths and weaknesses can empower you to take ownership of your performance and personal growth.

KEY WORD/PHRASE OF THE FORTNIGHT

FULL-TIME JOB



WORKING THE FULL NUMBER OF HOURS CONSIDERED NORMAL OR STANDARD. NORMALLY 35 OR MORE PER WEEK.

OBSCURE / OBSOLETE JOB TITLES



eamster

A teamster in American English is a truck driver; a person who drives teams of draft animals; or a member of the International Brotherhood of Teamsters, a labor union. In some places, a teamster was called a carter, the name referring to the bullock cart.

APPRENTICESHIP FAQs

Business and administration apprenticeships help you take the road to success and stay at the forefront of the economy.


Business and administration apprenticeships are probably the most identifiable and common to consider, but it isn't all about sitting at a computer all day. From accounting and finance to project management and market research, a career in business and administration is ideal for exploring all facets of the workplace.

Any questions please [contact us](#).



[Business & Administration Apprenticeships](#)

EXTERNAL OPPORTUNITIES




28th – 31st July 2025


GSK Stevenage Work Experience

STEM insights for Year 12 students

- Understand the 'Molecule to Market' journey
- Gain insight into GSK's work environment and culture
- Exposure to Biology, Chemistry or Digital & Analytics
- Learn about STEM career opportunities and network with students
- Develop employability and soft skills through a range of activities



For details on eligibility and the application process scan the QR code or follow the link below:
<https://forms.office.com/r/mZCNVMv3D?origin=lpLink>
 Application closing date: 23rd May 2025





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.

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.



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WOHAA SPEED MENTORING

Join us for the 13th Year of our flagship career event at the prestigious London Business School. Meet inspiring young professionals from 20+ industries in a relaxed setting. Get real insights into careers, university choices, and gap years—no lectures, just honest conversations!

SUNDAY 1st JUNE 2025 | 1:30 - 4:30PM

LONDON BUSINESS SCHOOL
 (NUFFIELD HALL)
 THE REGENT'S PARK, LONDON NW1 4SA

REGISTER HERE FOR THE EVENT
info@thewingsofhope.org



EXTERNAL OPPORTUNITIES



ROYAL
HOLLOWAY
UNIVERSITY
OF LONDON

OUR OPEN DAY ON
SATURDAY 14TH JUNE
IS THE PERFECT
OPPORTUNITY TO
DISCOVER MORE
ABOUT STUDYING
WITH US.



REGISTER YOUR INTEREST IN OUR JUNE OPEN DAY

[BOOK YOUR PLACE HERE](#)

Residential Coaching Camps 2025

Marlborough College, Wiltshire

21 July - 25 July 2025: U14 Boys' Coaching Camp
28 July - 1 August 2025: U15 Girls' Coaching Camp



Join ESFA Enterprises for its two brand new residential coaching camps this summer and help young players to develop their skills with incredible coaching in a stunning location. These two courses will provide players with a one-of-a-kind coaching experience, using Marlborough College's world class facilities in a safe and nurturing environment, where empowered, young players will leave with a bespoke development plan to allow them to continue with confidence in their footballing journey.

£1,200 per player for 4 night's accommodation, coaching and extra-curricular activities across a 5-day period plus all food and drink, a welcome pack and branded attire.



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Register today at
esfaenterprises.com

Contact: esfaenterprises@gmail.com

The Sixth Formers' Guide

Degree Apprenticeships

Over **3,000 degree apprenticeships** available for students leaving school or sixth form college in the **summer of 2025**.

2025
EDITION



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Produced in association with
CAREERS & ENTERPRISE
COMPANY
SKILLS FOR LIFE
APPRENTICESHIPS

THE ESSENTIAL GUIDE TO DEGREE APPRENTICESHIPS

YOUR FREE 100-PAGE GUIDE TO HOW
DEGREE APPRENTICESHIPS OFFER A DEBT-
FREE ALTERNATIVE TO A TRADITIONAL
UNIVERSITY DEGREE – FOR SIXTH FORM
STUDENTS, PARENTS, TEACHERS AND
CAREERS ADVISERS.

[Read Guide Here](#)

Empowering Positive Change through Careers Education