

CAREERS NEWSLETTER

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It's close to our busiest time of the year at Exceptional Ideas...**Exams!** We want our staff, students and parents to be as well prepared as possible for this challenging time. Preparations for this have begun. Study leave packs are being created with students are constructing study timetables and identifying the gaps in their knowledge. Staff are updating their exams related training to invigilate exams with some of us also training to scribe and read on behalf of the students.

What does this all have to do with Careers?

GCSEs are the nationally recognised method of gaining entry to the next level of education so it's important that these are taken seriously and the students have an opportunity to show what they are capable of. As parents and Student Mentors, it our job to help the students to manage this. We have included lots of tips to help.

A message to students from our Headteacher, Hazel Bunting.

WHY STUDY LEAVE IS IMPORTANT

You have now reached a point that I'm sure most of you thought would never come: the time to leave school and move forward into the world of work and further education. Congratulations!

And, even better... you have a week off before the exams, right?

NO!

You have study leave. This is very different and it is important you use it as it is designed so that you have the best chance to do as well as possible in your exams and begin to try some of the study skills you have learnt at school. Skills that will prepare you for college / apprenticeship or whatever path you have chosen.

You will be supported by staff through a weekly visit and an online or telephone support call. They will check that you are following a timetable of revision which will prepare you for each exam in turn, and that you remember how to plan your time and focus your energy. Also, they will answer your questions and redirect you if you need further resources or information. They will check that you are eating and drinking plenty water and taking breaks and getting plenty of sleep. All of these things will help you in your exams and on into your life as a young adult.

Don't worry that you're missing important teaching: anything you haven't covered so far will not help you in the exams but focusing on what you have learnt so far will help you get the grades of which you are capable.

So, good luck! Look after yourself and do your best. Nobody can expect any more of you. We are proud of your accomplishments so far and proud that we have helped in that progress.

How to manage your exam anxiety

Ask anyone that ever sat exams and they will most likely tell you that it's a busy and complicated time. However, there are some things you can do to make the process of sitting exams easier.

REVISE!!!

It's unlikely that you'll remember everything you have been taught without reminding yourself of what you have covered and going over the key points in the run up to exams. Also, you never know, you might learn something new that you need to get those extra marks. See our useful revision tips later in this newsletter

SLEEP WELL

Make sure you get good nights sleep before an exam. We understand that this can be difficult, particularly if you are worried but the exam will only be more difficult if you are tired and can't think properly.

EAT WELL

Maintaining a healthy diet will give you the nutrients you need to stay healthy and have the energy you need. Most definitely, avoid junk food as it will only leave you tired and sluggish.

BE ORGANISED ON THE DAY

Give yourself plenty of time on the day of an exam, get up a bit earlier so that you are not in a rush which will leave you feeling stressed and flustered.

DOWNTIME

Taking some time for yourself, to do things that you enjoy, is very important for your mental health. Spend some time with friends and family, go for a walk, kick back and enjoy a film or some gaming, bake whatever takes your fancy. This will provide a distraction from the pressure you may be feeling and give you the break that you need.

ASK FOR HELP

Your friends and family only want the best for you. They will help you if ask them to help whether this is to study together, test you on your knowledge or just be a listening ear when it all starts to get too much. However, they won't always know that you need their support unless you ask them for help. Remember, a problem shared is a problem halved!

PRIORITISE

Reduce demands and pressures in other areas of your life where you can. You will have enough to do without adding to your workload. This might include taking some time off from a part time job, passing some of your jobs at home onto siblings

FORGET ABOUT THE OTHERS...

Don't worry about what everyone else is doing with their exams, just focus on yourself.

REMEMBER, IF YOU'RE DOING YOUR BEST THAT IS GOOD ENOUGH!

“Trust yourself, you know more than you think you do”

– Benjamin Spock, American Paediatrician and author

Spotlight on...

Apprenticeships

EARN WHILE YOU LEARN!

An apprenticeship is an opportunity for young people to work in a job while also gaining qualifications in an area related to the work they are doing. They are open to anyone who is over the age of 16 and in England.

What educational ability will I need to do an apprenticeship?

Apprenticeships continue to be perceived to be similar to the Youth Training Schemes that were available in the 1980's. In fact, this is no longer the case and apprenticeships can offer a valuable learning experience for young people who prefer to learn by experience. There is emphasis on the learning part of an apprenticeship and you will need to be able to demonstrate certain standards of literacy and numeracy (English and Maths GCSE's) but this differs according to the level of apprenticeship you apply for. There are some employers that will take on level 2 apprenticeships with **only** English and Maths qualifications.

Will I have to go to college for this?

20% of your time will be spent learning. The learning part of an apprenticeship can run through a college either one day a week while you work the rest of the week as normal or as a longer block when you will work all week and go to college full time for a longer period e.g. 6-8 weeks. Alternatively you can find apprenticeships in larger companies who have trainers come into the workplace to teach apprentices. You will need to do your research to find out which learning method applies to an apprenticeship you are interested in.

What can I do for work?

You can complete an apprenticeship in a variety of career sectors and there is a huge range of roles to choose from including different trades like plumbing, plastering and electrical installation as well as catering, business, customer service, hairdressing, beauty therapy and many other areas. All offer practical experiences to develop your skills.

What GCSE's do I need to get to be able to do an apprenticeship?

Apprenticeships can be completed at a range of levels. It will depend on what level you enter at as to the qualifications you need to achieve to meet entry requirements. These can differ depending on the employers but traditionally it's likely that you will need to meet the following to apply:

Intermediate (GCSE equivalent) Level 2 – There are no specific qualifications required but you must be able to complete English and maths to a level that allows you to keep up with the learning part of the apprenticeship. Employers can add their own specific entry requirements e.g. for Personal Training you might need a PE or science qualification.

Advanced (A level equivalent) Level 3 – You will usually need from 3 - 5 GCSEs at Grade 4 and above

Higher, Degree and Masters apprenticeships Level 4- 7 are also available. These carry the added bonuses of a much higher salary while you learn as well as being able to gain a degree without incurring the debts of university tuition fees and living costs.

You can research different apprenticeships across the country by clicking the link below to see real apprenticeship opportunities:

<https://www.gov.uk/apply-apprenticeship>

A guide for Exceptional revision!!

It's fair to say that most people want to spend the minimum amount of time revising. Revision doesn't have to take up every minute of every day and if you focus on quality not quantity of revision you will learn much more as well as be calm and ready to approach your exams when the time comes. Here are some of our top tips, some of which have come from our own students and staff, to help you to revise:

- ✓ The most important thing is to know how you learn best.
- ✓ Be organised.
- ✓ Have everything you need available and ready to use.
- ✓ The sooner you start revising the more time you have to actually do it. Don't keep putting it off!
- ✓ Create a schedule to plan what you are going to study and when.
- ✓ Does this give you enough time to focus on areas that need more work?
- ✓ Does the schedule ensure that you get to work on the subjects you are doing an exam in next e.g. there no point revising for your Biology if your last was yesterday is there?
- ✓ Make sure you take breaks but not so many that you eat into your actual study time.
- ✓ It can all seem a bit overwhelming when you feel like there is so much to cover. A good idea is start with your first exam subject and revise anything for that subject that you need to know more about. It doesn't really matter what.
- ✓ Use the 'look, say, cover, write, check' method to help you to check if you are actually taking on what you are revising
- ✓ Try a few different methods of learning rather than just one. These could include reading, writing notes, watching videos, discussing and talking about it with someone else or using flash cards.
- ✓ Learn keywords for each topic to use in your answers.

By trying some of these tips you may find that you learn quicker so you can cover more **AND** have some free time to relax as well.

Key dates:

25.4.22 – 3.5.22	Year 11 additional mock exams running
6.5.22	Study leave starts
16.5.22 – 23.6.22	GCSE examinations
20.5.22	Careers event 5 – Workplace & educational visit to investigate sustainability, ecology, learn about careers in art and careers journeys.
29.6.22	Contingency day for GCSE examinations
27.6.22	Optional post exam transition begins.
11.7.22	Careers event 6 – Guest Speaker or Labour Market Information game TBC.

Next Issue: July 2022