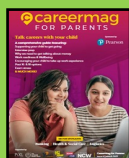




CareerMag for Parents

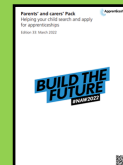
A regular publication produced for parents/carers supporting their student with next steps. This edition includes tips on what to expect at an apprenticeship interview, a spotlight on careers in health and social care, where to find work experience and helping your child cope with exam stress.



(Click on image for more information)

Amazing Apprenticeships Parents & Carers Pack

Publication aimed at parents and carers who are supporting students with an interest in pursuing an apprenticeship. This edition covers apprenticeships in logistics, a review of National Apprenticeship Week, support available from the DWP (Department for Work & Pensions), and an overview of apprenticeship standards.



(click on image for more information)

Luton Jobs Fair

29 April 2022—10.00-13.00

7 September 2022—10.00-13.00

An in-person event with training providers and potential employers offering local courses and job vacancies. An opportunity to register for jobs, speak to careers advisors and find detailed information about local opportunities. Alongside the exhibitors, the event displays “job boards” highlighting a range of current vacancies. *(click heading for more detail)*

EDT

Industrial Cadets



An on-line course specifically for students that are interested in potentially studying STEM subjects at university. Live sessions, workshops and careers guidance is provided by top universities and employers from a range of sectors. Awards range from Bronze (STEM taster activities) to Platinum & Platinum Leader (9-12 month work placement). The course is open to students aged 16+ and is available from 20 June to 14 August 2022. Students are required to complete 30 hours of study.

(Click logo for more detail and to register)

Fast Futures

Learning Programme



A free 12 week on-line programme, including mentoring, interactive lessons, team projects and webinars encouraging skills across various disciplines including finance, marketing and data. The course is divided into modules, covering areas such as “decisions and actions based on data”, “interpreting financial statements”, “developing an understanding of what motivates people” and “techniques to keep a project on track”.

(Click logo for more detail)

National Work Experience Week

Monday 25th April—Friday 29th April 2022 is National Work Experience Week, where various businesses and providers aim to support students interested in gaining work experience. Below are some useful resources (*click on each heading for further details*).

CareerMap

National Work Experience Week

Students can explore a range of live events with leading employers and have the opportunity to get questions answered by industry experts. Businesses such as British Airways, Travis Perkins and Royal Mail are all participating.

Career Pilot

Work Experience—What's in it for me?

An overview of why work experience can be so advantageous and includes 4 great reasons to do work experience, virtual work experience, where to find work experience, types of work experience and how to make the most of it.

Get My First Job

Work Experience

An overview of work experience, including what it involves, who can do it, what kind of work experience is available, why you should do it and how it can help in the future.

Success at School

What is a Work Placement?

Explains exactly what work experience is, why to do it, what the benefits are and how to apply.

National Careers Service

Ways to get work experience

Overview of the benefits of work experience, and how it helps with future jobs and careers. Explains different types of work experience, and suggestions for alternatives to standard work experience such as volunteering or setting up a small business.

Groundwork

Arranging your own Work Experience

Focusses on researching and organising your own work experience. Explains when you should start considering it, what things to think about and how to approach businesses.

Pearson

How to Find Work Experience

An overall guide to finding work experience. Provides advice on how to decide which kind of work experience is most appropriate, how to start a search and where to find opportunities.

Indeed

Definition, Importance and Tips

Provides an overview of what work experience is and why it is so important. Offers suggestions on the different ways to gain work experience, different job levels and how to choose the most appropriate work experience.

Target Careers

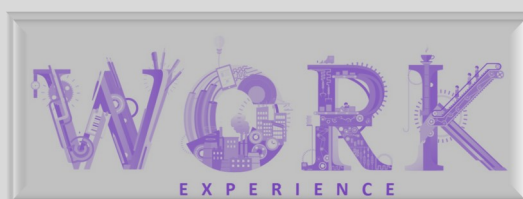
What you need and how to get it

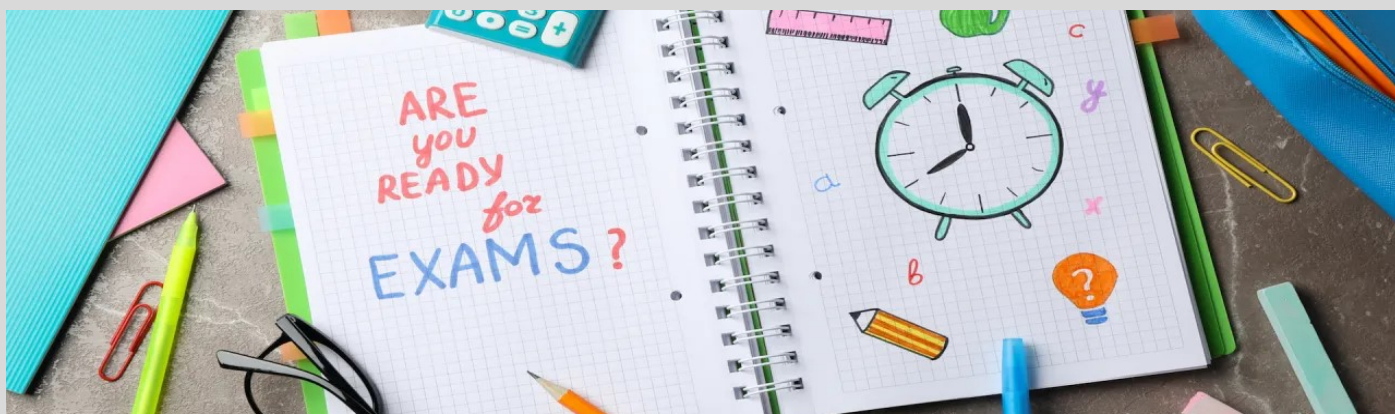
Examples of the ways in which you can gain work experience, how it helps with getting employment and what you can do to improve your chances of getting appropriate work experience.

Prospects

Work Experience and Internships

Explains in detail various types of work experience opportunities, from virtual work experience to internships and summer jobs.





Exams are due to start in just a few weeks, and hopefully revision is going well. Once the exams arrive, we understand that both parents and students can feel overwhelmed and anxious; below are some suggestions and tips to help make the most of the exams and manage stress levels.

Exam Techniques and Strategies

Student.com

Tips and Techniques from a Study Expert

Useful tips and strategies to help maximise grades, from managing your mindset to thinking like an examiner.

SOAS London—10 Top Tips for Exams

Advice on what to do during the exam, from checking how many questions you need to answer to dealing with “brain freeze”.

Birmingham City University

5 Ways to Manage your Time

Suggestions for efficient time management in an exam, from skimming through the paper before you start to answering the easy questions first.

Oxford Royale

How to Manage your Time in an Exam

10 expert tips on how to ensure exam time is maximised, from practicing writing at speed to asking for additional paper before you need it.

Education Corner—Taking Tests Strategies

12 tips and techniques aimed at helping achieve maximum results from any test, including arriving early and looking for cues.

Bright Network—Top Exam Tips for the Night Before and Exam Day

Suggestions on what to do the night before any exam and how to look after yourself during the exam.

Life More Extraordinary

The Final Countdown

Suggestions on what to do a day before, the night before and the morning of an exam; tips vary for learner types—whether you are a procrastinator or a planner.

Atomi—How to do well in an exam you didn't study for

Ideas for getting as many marks as possible when you haven't prepared for an exam, including getting into the right mindset and using the right strategies.

Justin Craig—Improve your Exam Technique

Top tips for students, ranging from thinking like an examiner to using acronyms.

AQA—Exam Day

Advice on what to do if there are issues on exam day, what to take to an exam and the best techniques during an exam.

2022—Exam Timetable

Exams run from 16th May to 28th June 2022

A full timetable is available on the WUTC Website—[click here](#)



Dealing with Exam Stress

Exam time can be worry, for students and carers/parents alike. Below are some sites that offer advice and guidance on how to handle the stress.

(Click each heading for more details)

Young Minds—Exam Stress

Advice from young people and experts with practical tips on how to cope, revision techniques and keeping things in perspective

Young Minds—Exam Time

A guide for parents; suggestions for parents/carers supporting their student during exam periods and managing a disappointing results day.

Kidshelpline—Exam Stress

Tips for students on handling exams; how to identify stress, why students may get stressed and life-style tips to try and minimise stress.

QA Top Universities

How Not to Cope with Exam Stress; highlights some things that people do which won't help with stress levels; such as setting unrealistic goals, cutting out fun and drinking too much caffeine.

NHS—Help Your Child Beat Exam Stress

A guide for parents/carers; covers signs to watch for, how to help them study and how not to add to the pressure.

Starting Well—GCSE Exam Stress

A short video on what stress is, some ideas on how to overcome it and other tips to manage a stressful time.

Childline— Exam Stress and Pressure

Advice on the signs of stress, suggestions on how to relax and take breaks, how to stay healthy and support on coping with pressure.

University of Surrey

Exam Stress—Healthy Lifestyle

Sleep; advice on how to sleep better during exam time, including making time for sleep and how to clear your head.

Exercise; ideas and tips on exercising during the exam period, including developing a routine and planning exercise.

Diet; suggestions on which foods to eat or avoid, to help with focus and concentration, and helping to minimise stress

AQA—Managing Exam Stress

Techniques and tips to try and combat stress both before, during and after exams. Also gives answers to frequently asked questions from students once they have finished their exam.

A Guide to Examinations for parents and students

Various regulations and procedures must be adhered to when participating in all exams, these are outlined below and are also available on the Watford UTC website *(click headings for further detail)*

Information For Candidates—JCQ

Written Examinations
Coursework Assessments

Non Examination Assessments (NEA)
Using Social Media and Examinations/Assessments

Warning to Candidates—JCQ

Poster 1

Poster 2

Collecting Results— Results will be available on 18th August for A'Levels and BTEC Level 3 or 25th August for GCSE and BTEC Level 2, at Watford UTC, from 10.00 to 13.00. Any results not collected will be e-mailed out to your Watford UTC e-mail account after this time.

Collecting Certificates— Certificates can be collected from reception (48 hours notice is required). Please e-mail kathleen.mckenna@watfordutc.org.

If you are cannot collect either results or certificates yourself, you will need to complete the authorisation form available on the Watford UTC Website, for someone to collect on your behalf.