



# **Exam Preparation - How to cope with** pressure

The final GCSE exam period can be a nervous and anxious time for our students, and indeed for you as parents and carers as you consider the best ways that you can support them. But there are ways to ease the stress. Below is some advice given out by the NHS about how parents and carers can help their children to remain calm during this time:

# Make sure your child eats well

A balanced diet is vital for your child's health, and can help them feel well during exam periods.

# Help your child get enough sleep

Good sleep improves thinking and concentration. Most teenagers need 8 to 10 hours' sleep a night. Allow half an hour or so for your child to wind down between studying, watching TV or using a computer and going to bed, to help them get a good night's sleep.

# Be flexible during exams

Be flexible around exam time. When your child is revising all day, do not worry about household jobs left undone or untidy bedrooms.

#### Help them study

Make sure your child has somewhere comfortable to study. Ask them how you can support them with their revision.

### Talk about exam nerves

Remind your child that it's normal to feel anxious. Nervousness is a natural reaction to exams. The key is to put these nerves to positive use.

### **Encourage exercise during exams**

Exercise can help boost energy levels, clear the mind and relieve stress. It does not matter what it is - walking, cycling, swimming, football and dancing are all effective.

# Do not add to the pressure

Support group Childline says many children who contact them feel that most pressure at exam time comes from their family.

# Make time for treats

With your child, think about rewards for doing revision and getting through each exam.

# Careers in the Curriculum

We will be sharing information regarding Careers within the Curriculum, with a different subject being featured in each edition of our Future Choices Newsletter.

In this edition, the chosen subject is History.

Historians are welcomed into a broad range of jobs requiring an inquisitive mind, self-discipline, creativity, analytical thinking and an understanding of the world. An essay-based subject, history is highly thought of by top universities offering competitive courses such as International Relations, Law, Politics and more.

# NCS

This term, Ian Cox and Daryl Hobson from AFC Bournemouth came in to deliver a presentation about the National Citizen Service (NCS) Programme for which they are ambassadors for.

We had a great uptake of students showing interest in the programme which will be run during the Summer this year. Those students would have been contacted by NCS to request they complete the sign up process, book in to one of the placements and make payment for £50 to secure their place.

There are still spaces left on the 1st August and 15th August, so if any student would like to find out more please go to wearencs.com, or follow the QR code:



- √ Meet new people Stay away from home for 5 days ✓ Give back to their local communit through voluntary action
- √ Take on new challenges
- ✓ Develop the skills and confidence to take
- Generate experience for their university application, job/apprenticeship interview or CV and more!

# WHY STUDY HISTORY?

History helps us tell the future - teaching us about the past. That makes it a great way into a whole host of careers.



#### Skills

- Communication
- Research Essay writing
- Problem-solving

Arguing

# Careers

- Law
- Politics
  - Teaching Academia
- · Public sector Business
- Insurance

Economics

- Marketing
  - Archaeology



#### Related subjects

- · English Literature
- Languages · Media studies
- Psychology
- Law
- Politics
- · Economics · Sociology

· Philosophy



#### Helps towards degree courses in...

- Archaeology
- · History of art
- Economics
- Law
- Classics
- · Politics
- Languages
- · Teaching
- English
- · Religious studies

conts..

A-Level History prepares students well for higher education, apprenticeship and job interviews by honing their speaking and listening skills. Potential career opportunities are varied, and range from journalism, media, politics, diplomacy and business to the art world, civil service and teaching.

Students of history at St Edward's enjoy multiple opportunities to engage with the world of work: engaging with current academic historians, professors and public historians via podcasts or live video links into the classroom; reading of recent historiography, such as Sathnam Sanghera's 'Empireland'; historical fiction such as 'After the War' by Tom Palmer; watching Afua Hirsch and Samuel L Jackson's 'Enslaved'. These opportunities not only enrich their experience of the subject but enable them to see the variety of avenues available to students of history, whether it's writing, presenting, researching or exploring. One example of students stepping into the world of work themselves being our year 12 historians who deployed their research and interview skills when contributing articles to a nationwide newspaper distributed to support genocide awareness and education.

To exemplify the variety of opportunities that students of history go on to enjoy, here are few famous names with a history degree to their name:

# Politics and public service

Dianne Abbott - Labour MP for Hackney North

Dame Ruth Runciman - Advisory Council on the Misuse of

Drugs, former chair of the UK Mental Health Act Commission

# Media and culture

Sacha Baron Cohen – aka Ali G, comedian, actor, writer, and producer

Alan Bennett – actor, author, playwright, and screenwriter
Jeremy Bowen – BBC foreign affairs correspondent
Nicky Campbell and Simon Mayo – Radio 1 presenters
Penelope Lively – writer whose books include: Moon Tiger, The
Purple Swamp Hen, The Ghost of Thomas Kempe, Ammonites
and Leaping Fish A Life in Time

Salman Rushdie – novelist whose books include The Satanic Verses, The Golden House, Quichotte

Louis Theroux – author, broadcaster, filmmaker and journalist

#### Law

QC Michael Briggs and QC Michael Mansfield - involved in the Bloody Sunday inquiry

Elena Kagan - Supreme Court Justice in the USA

### Sport

Dina Asher-Smith - athlete, fastest British woman in recorded history

#### **Business**

Sir Howard Stringer - chairman of Sony Corporation

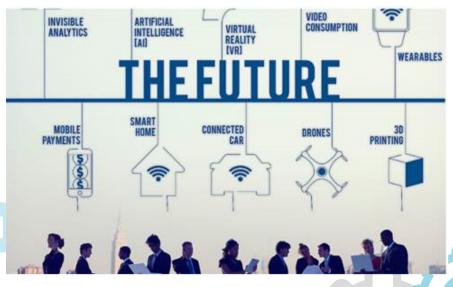
# Jobs of the future

Work is changing due to factors such as automation, AI, urbanisation and an older population. Based on the major macroeconomic, political, demographic, societal, cultural, business and technology trends observable today, there will be new jobs emerging over the next 10 years which will become the future of work. A few examples of Jobs for the future are:

Augmented Reality – so many of us are never far away from our phones and the development of augmented reality – a type of virtual reality – is set to grow. This is where you point your phone at say, a street, the technology will show virtual objects in your field of vision – cafes, dentists. garage, shops. Augmented reality gives you data on things you can't see – it's also used in places such as home and garden design – where you pop some goggles on and can then see the potential upgraded version of your home. Design Architecture would be a typical job – you'll need an Arts Degree and Software Design experience.

**Bespoke Health Care Professionals** – With continued development in healthcare and science, health care professionals will be able to provide a much more personal and advanced form of care. The UK has an ageing population and the role of the personal carer is set to increase in demand and in skills set.

With the use of AI and machine learning, health care professionals will be able to map and use the information on exercise, nutrition and sleep patterns and combine with the prevention and eradication of some illnesses such as diabetes. Expect to earn around £20,000 but this is set to rise.



**Drone Pilot** – Drones are likely to be used much more in the future to deliver packages and help with passenger transport. Consequently, the role of the Drone Pilot is fast emerging as a coveted career path. You can expect to earn up to £80,000 for this highly skilled job – you will need to work alongside computer technology to ensure the sky path is safe and clear and you could be responsible for a fleet of drones.

**Engineers** – Our increased population and built-up areas will see a demand for engineers to help accommodate these people. Environmental engineers, electricians and software engineers will all be required to help build and sustain new urban areas. There will be an increased focus on protecting and nurturing the environment around these areas – such as using wind and solar energy and protecting wildlife around urban areas. An environmental engineer can currently earn around £45,000 per year. This is a really exciting career path to take with lots of scope for different job roles.