


Welcome to the Year 9 Careers Information Evening



Choosing your GCSE Options




Tonight is the start of the preparation you will need to do as you plan which subjects you wish to continue with as you move into Years 10 and 11.

It may seem a long time until September 2018, but we are beginning to plan our timetable NOW!




Changes to GCSE Study

All GCSE Subjects have moved to linear examinations. This means that you will be examined in May/June of Year 11 (2020) on everything that you have studied from the beginning of Year 10 (2018).




Changes to GCSE GRADES

- ▶ **Grading 9 – 1**
- ▶ The way GCSEs are graded is changing. All new GCSEs will be graded 9–1, rather than A*–G, with grade 5/4 considered a good GCSE and grade 9 being the highest and the top half of A*.

- ▶ By 2019, all GCSEs will be graded 9-1.
 - ▶ This new system is intended to help provide more differentiation between higher and lower achieving students.
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New grading structure	Current grading structure
9	A*
8	
7	
6	B
5	C
4	
3	D
2	E
1	F
	G
U	U

Timetable for Year 9 in the coming months:


- ▶ Collect information about GCSE subjects
 - ▶ Read Options Booklet when it is issued in January
 - ▶ Attend Parents' Evening:
Tuesday 30th January 2018
 - ▶ Submit choices form:
Monday 5th February 2017
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How we help you to choose

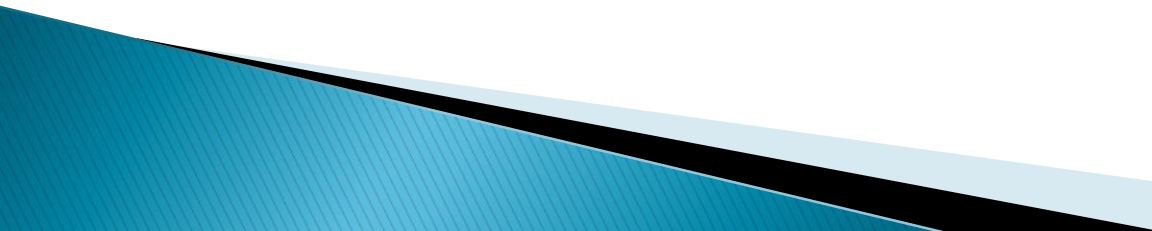
Main Core	Humanities	Modern Foreign Language	Science	Options
English English Literature Mathematics	Classical Civilisation Geography History Religious Studies	French German Spanish	Combined Science Trilogy Or Biology + Chemistry + Physics	Art & Design Computer Science Drama Food Preparation & Nutrition Latin Music Physical Education <hr/> Classical Civilisation Geography History Religious Studies French German Spanish
3	1	1	2/3	1/2

Things to be thinking of in the coming months, to help you in your choices:

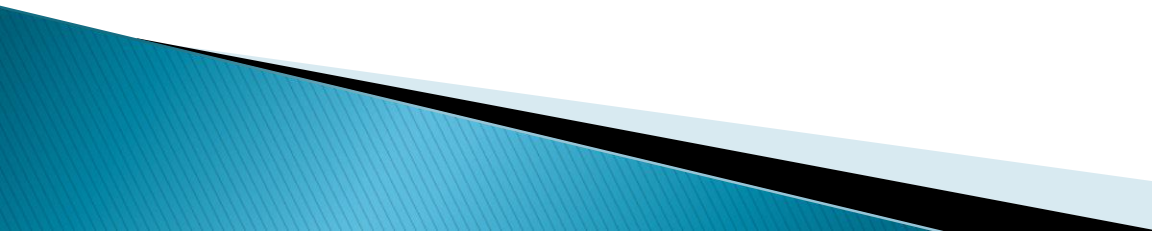
Subjects should be taken for the right reasons, namely:

- ▶ A real love of the subject
 - ▶ A real talent for the subject
 - ▶ A potential future career
 - ▶ You may wish to think about invigorating your timetable with at least one choice that may be deemed to be a practical subject.
- 


Not the wrong ones:


- ▶ My best friend is taking it
 - ▶ I like my current teacher
(Look at it as a bonus if you have a teacher with whom you have made a strong working connection. It cannot be guaranteed that a particular teacher takes a GCSE group.)
 - ▶ An unsubstantiated belief that a particular subject is vital for a particular degree or career. You need to check the facts.....not listen to hearsay
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Ask for advice

- ▶ Mrs Mee in the Careers Department
(Who will have accurate up to date information)
 - ▶ Your teachers
(Who will have a *realistic* understanding of your abilities)
 - ▶ Family and Friends
(Who will all have your best interests at heart.....but may give you their *particular* perspective!)
 - ▶ Older students
(Who can give you an idea of how they have found the subject)
- 

How to use this evening....

- ▶ Tonight is to help you gain an insight from the academic departments about the many skills that may be developed as a particular GCSE subject is studied and the potential career pathways it could open.
 - ▶ We would suggest that this is not an evening for discussing your personal progress in the subject: you will be able to do this more formally on 30th January.
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Mental Toughness or **How to survive GCSEs**



Transferable skills

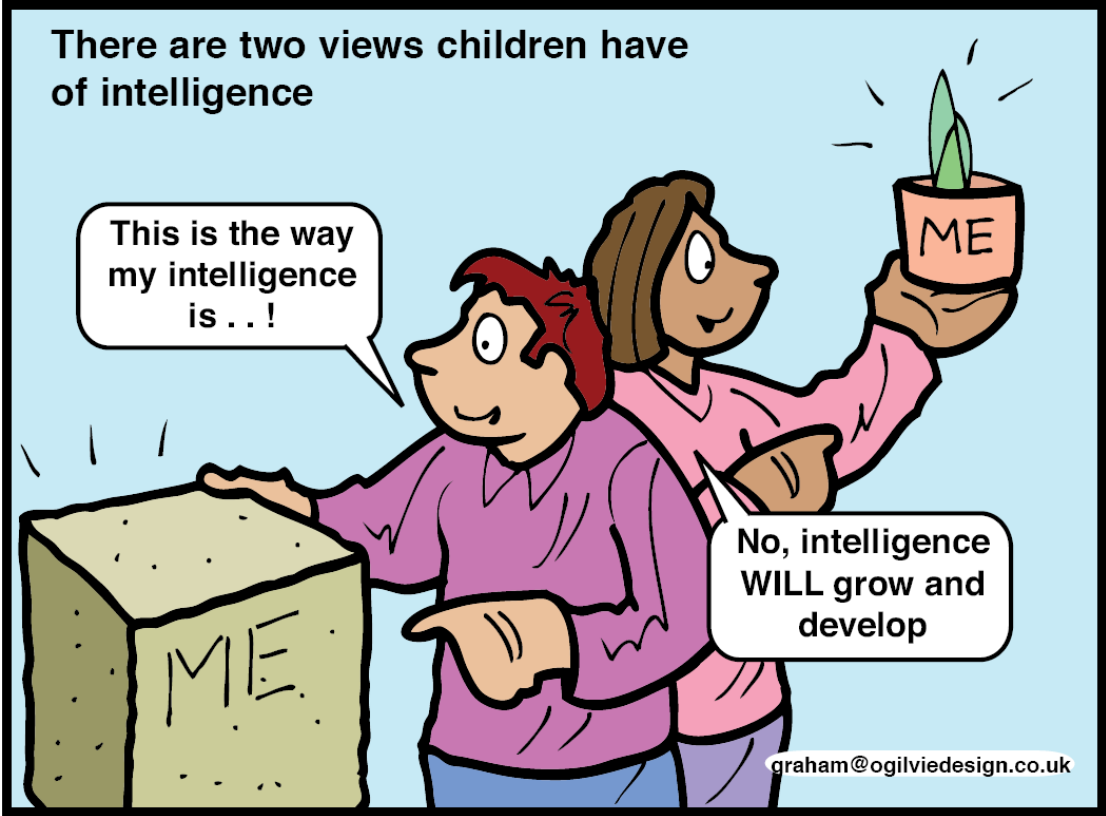
What is Mental Toughness?

“A personality trait which determines in large part how people deal with challenge, stressors, opportunity and pressure.”

Research shows a close correlation with:

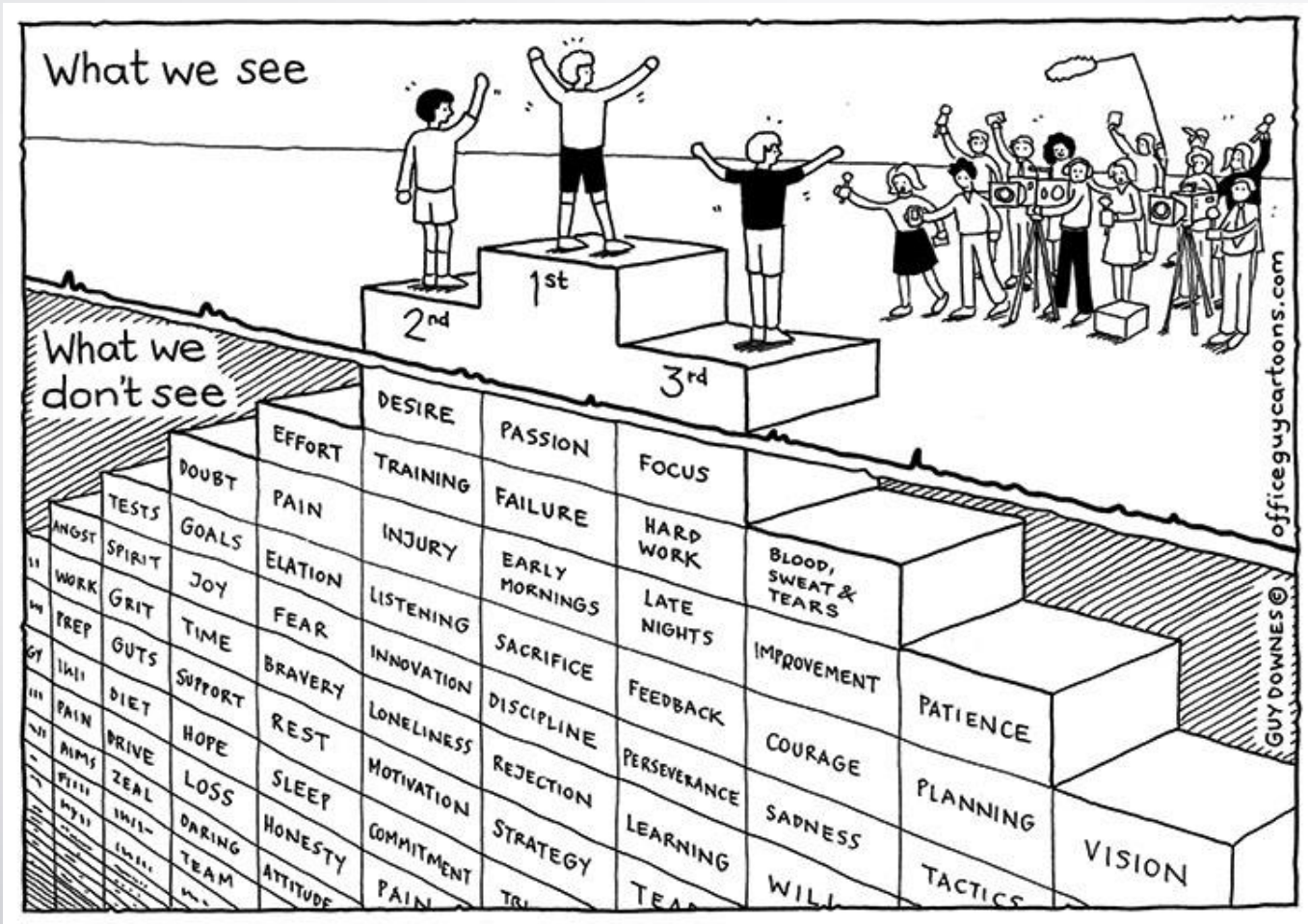
- ❖ Performance –explains up to 25% of the variation in attainment
- ❖ Behaviour –more engaged, more positive, more “can do”
- ❖ Wellbeing –more contentment & better stress management

Growth or Fixed Mindset?



The Best Education for Life





Commitment

"Commitment is doing the thing
you said you were going to do
long after the mood you said it
in has left you."

- Unknown

DesiComments.com

What are your effort grades like?

Control

'Can do'



Describes to what extent you believe you control and shape what happens to you.

Two elements:

❖ Life-Control

❖ Emotional Control

How much control do you have over your actions and decisions?

How do you react to stress?



Challenge

'Drive'

Describes to what extent you see challenges, change, adversity and variety as opportunities or as threats.

Two elements:

❖ Managing Risk

❖ Learning from Experience

Do you challenge yourself?

Confidence

'Self Belief'

Describes to what extent you believe you have the ability to deal with what you will face.

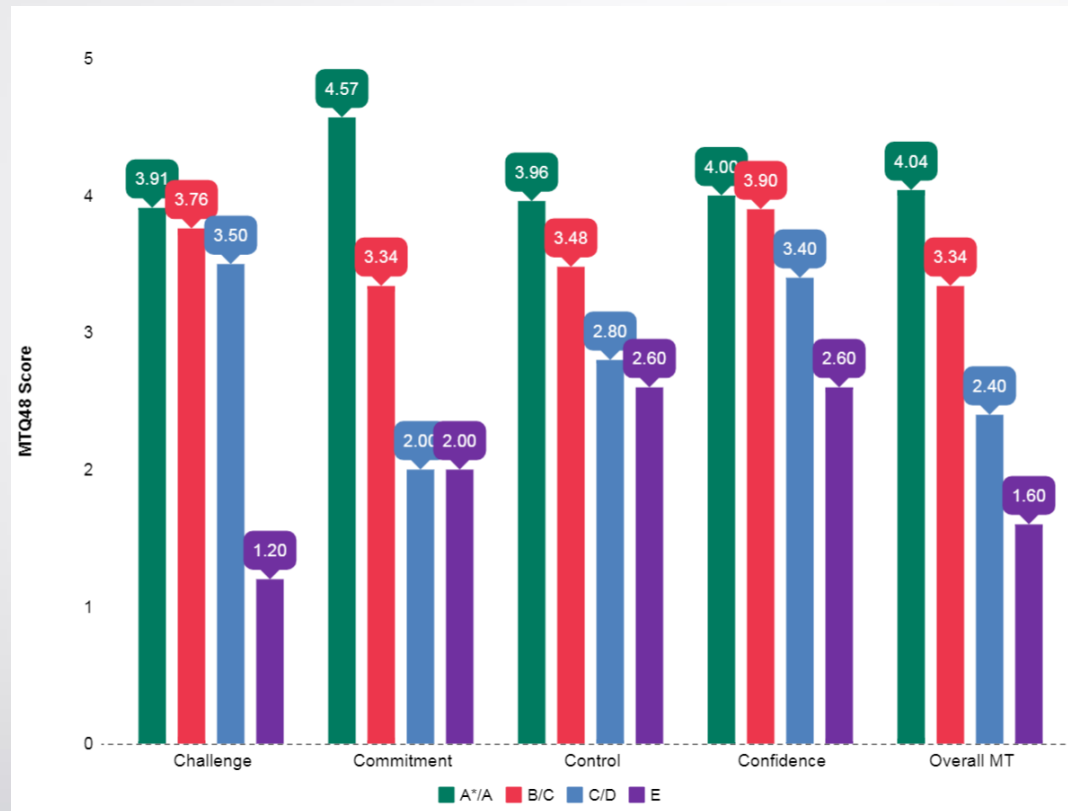
Two elements:

- ❖ Confidence in Abilities

- ❖ Interpersonal Confidence

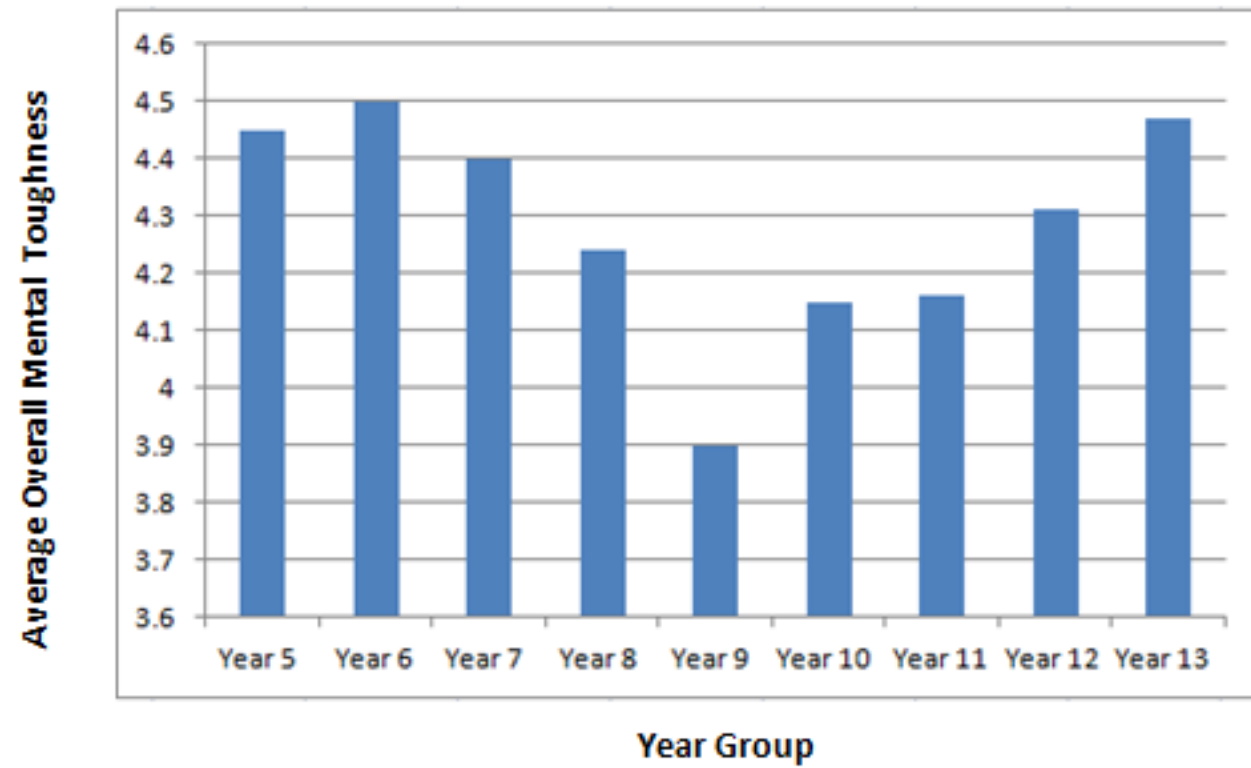
Do you answer in class? If not, are you prepared to change?

Year 11 Study



MTGS

Overall Mental Toughness





Yrs 10 and 11 – the challenges

Forms to sets

Attendance

Social Media

Linear GCSEs

Effort and Organisation

Pace increases
expectations

Friendships

Holiday work

Academic work

Social life

Importance of GCSEs

Higher



Yrs 10 and 11 – the benefits

Smaller classes
Subjects

that you have chosen
towards

Better relationship with teachers

Everyone is in the same position

Different PE options

Forms to sets

Goal to work

Extracurricular

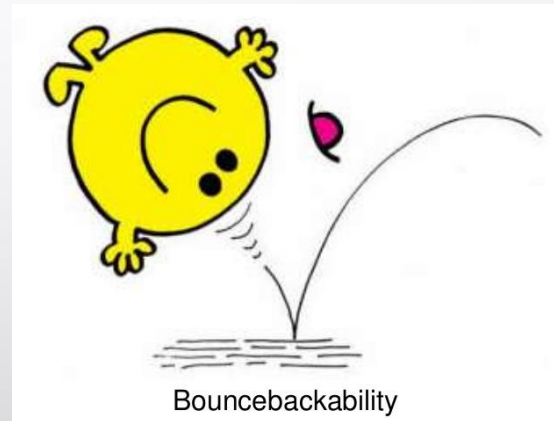
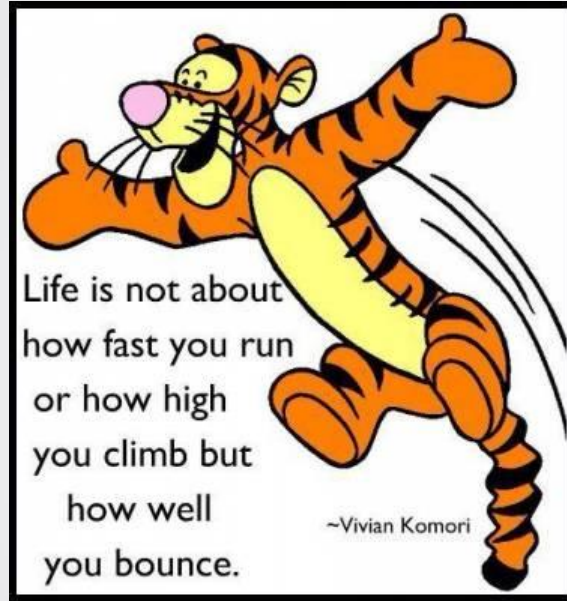
Trips

New friendships

Protective Factors

- Family
- Teachers
- Resources
- Peers
- Community





She was unstoppable,
not because she did not
have failures or doubts,
but because she continued
on despite them.

-Beau Taplin



HealthyPlace.com

GOOD LUCK!