



Year 11 Parent Information Meeting

Parents and Exams...

- Remember exams?
- One of the things that schools perhaps do not do well enough is support you as parents through the exam period. We all did our exams but will have had very different experiences of them (and dare I say it – maybe quite a while ago).
- I don't want to assume that you know everything or for you to feel that you can't ask questions (no such thing as a bad question). So our meeting is designed to support you to support **our** students.
- We did this last year and it really seemed to help.



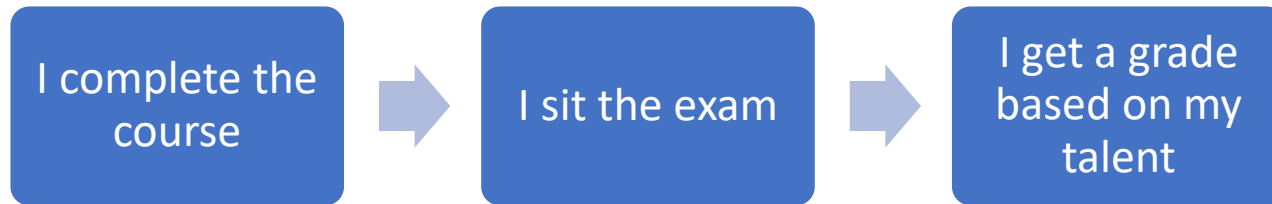
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Overview...

- I am going to speak to you about what the exams do, how they work and what to expect as the year progresses.
- Lisa Bewley is going to talk to you about home learning, revision and tough love.
- Rachel Robinson is going to talk through careers and progression to 6th Form and Apprenticeships.
- Jo Tate (Enterprising Cumbria) is going to discuss Cumbria's LMI and where to get support.

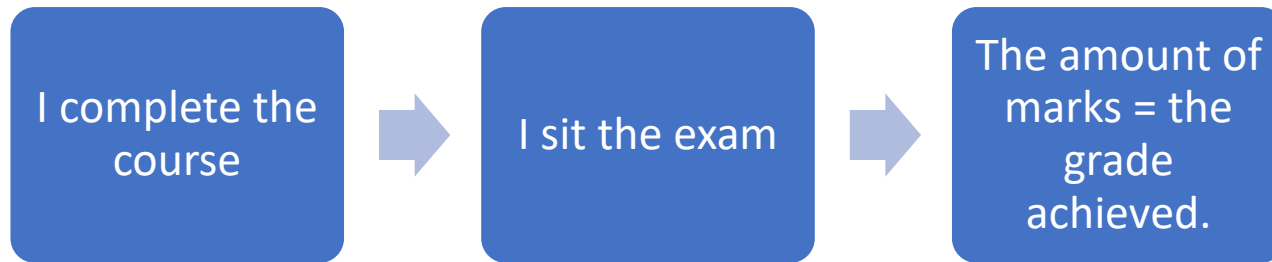
The exam process:



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The exam process:



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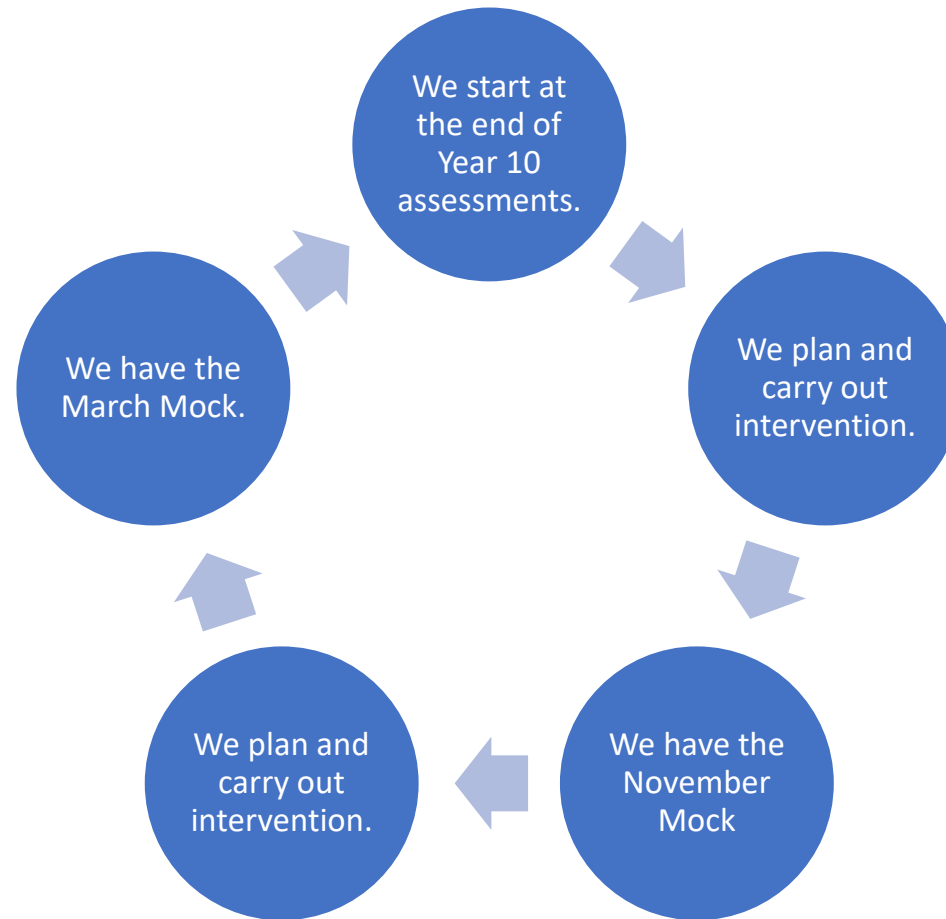


A Key Message:

In reality there is no such thing as a grade 4.

The marks required for a grade 4 are calculated after the exams are sat, the boundaries for grades can change. Therefore every mark counts and we will focus on this throughout Year 11.

The general shape of the year:



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Mock Exams:

1. Mid Year Year 10 Assessment (partial paper)
2. End of Year 10 Assessment (partial paper)
3. Year 11 November Mock (full paper)
4. Year 11 March Mock (full paper)



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A Key Message:

- Mock Exams are vital and need to be taken seriously. Otherwise we will not be carrying out the correct intervention.



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Attendance:

The link between attendance and results is clear. Here are some facts from last year:

Students who got 5s in English & Maths – 93%

Students who didn't – 81%

Students who got 4s in English & Maths – 91%

Students who didn't – 76%

Students with positive progress from Primary - 91%

Students with negative progress – 77%



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A Key Message:

- Attendance is the key driver of success, if students are absent they are damaging their chances. The difference between 93% and 81% is about 2 weeks absence.



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Until the exams...

- 23 weeks left of school.
- We lose at least 4 to exam periods.
- So 19 weeks left of school.
- 285 lessons left.
- Roughly 35 lessons per subject
- 3500 minutes at best/ 58 hours.



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This year is all about your child.

We encourage them to be selfish for their results – take every opportunity offered to them.

We may be ‘pushing’ them or you may think we ‘asking a lot’, but there is a reason.

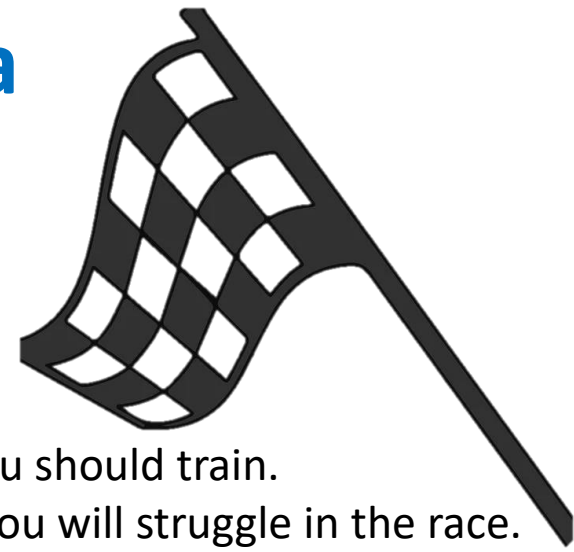
“It’s because we care about them, their education and their future, if we didn’t care we’d be failing them.”

Think of each set of exams as a race:

1st race November mocks - start 10.11.25

2nd race Feb/March mocks

3rd race May GCSE exams



- For every 'race' you should train.
- Without training you will struggle in the race.
- If you leave training until it's too late (cramming) it can be exhausting and less successful.
- Steady training over a period of time will have better results and you will improve.
- With each race you will improve your performance.
- Everyone has a **personal goal** and should aim for their **personal best**.



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The Revision Environment

To support normalise revision:

- Designate a dedicated study space.
- Keep it organised with all the resources they will need.
- Ensure comfortable seating, good lighting and ideally a desk.
- Try to avoid external noise from younger siblings.
- Establish a consistent study routine e.g. Encourage them complete their wall planner and keep it on the fridge.
- Encourage them to remove distractions like phones, gaming devices or social media, suchlike can be used during 'breaks'.
- Encourage your child to take short, scheduled breaks and eat healthy snacks.
- Encourage healthy routines including sleep and exercise.



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How much revision should your child be doing?

- Everyone has different needs, but some things are certain.
- Then should be revising now.
- They should try to be in the habit of revising every day.
- Homework completion is essential – this is targeted knowledge retrieval based on the GCSE curriculum.
- Additional to set homework, they should try to complete at least one hour of targeted independent revision a day at home.
- The more times they revisit and retrieve information the more they retain in their long-term memory.
- There is a direct correlation between students who did not do enough **independent** revision and did not achieve the grades they needed for their next step.

Academy support and intervention

Other means of support

- Teachers running extra sessions
- 8am personal revision with free toast and water
- Holiday interventions
- Revision assemblies
- Additional maths/English in tutor time
- Revision guides, wall planners, revision cards
- SLT results evening after each set of mocks
- Cushions!!!
- Own dining area
- Treats from, ice creams to revision cards.....



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Revision wall planner

Why?

- Helps with time management.
- Helps set study goals.
- Helps with confidence.
- A visual reminder that treats and breaks are worth working for.
- Gets the 'revision ball rolling'.

Revision Timetable - Plan your week ahead

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30	School						
12.00							
1.00							
3.00							
After school intervention							
4.30							
5.30	Break	Break	Break	Break	Break		
6.00							
7.00							
8.00	Break	Break	Break	Break	Break		
8.30							
9.30	Finish	Finish	Finish	Finish	Finish	Finish	Finish

Plan your weekly revision timetable, don't forget to eat well, sleep well and include rewards. Good luck in your exams!

Revision wall planner –plan every week

- Start by blocking out their social plans and work round them.
- Add in any interventions.
- Plan in homework time.
- Add personal revision choices.
- Complete a plan for every week until the November mocks.
- It's going to be tough but it's less than 9 months.
- If they miss a day that's ok, because they are in a good habit so will find it easier to start again.
- This helps revision become a habit.

Revision Timetable – Plan your week ahead

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am revision	Personal revision	Personal revision	Personal revision	Personal revision	assembly		
8.30 tutor	maths	maths	English	English		Dancing	
9.00							
lunch	Lunch time maths		Lunchtime geography				Cinema
1.30							
3.10 After school intervention	Art	maths		science	PE	homework	
4.30	homework	homework	homework	homework	homework		Geography paper2
5.30	Break Tea time	Break Tea time	Break Tea time	Break Tea time	Break Tea time	Break Tea time	Out for Tea
6.00	Chemistry C1	Physics P1	Biology B1	Football		English lit Macbeth	
7.00	English lit J&H	Maths trigonometry	English lang paper 1		Maths Algebra		English Macbeth revision cards
8.00	Break	Break	Break		Break	TV night	
8.30		PE -paper 1	Maths	Maths calculator paper	English		Science revision cards
9.30	Finish	Finish	Finish	Finish	Finish	Finish	Finish




Plan your weekly revision timetable, don't forget to eat well, sleep well and include rewards. Good luck in your exams!

This is an example, everyone's will be different.

Tips for revision

- Active revision techniques work much better than simply reading through notes.
- Students learn revision techniques in specific lessons and will be shown others in assemblies.
- You can't use every technique; these are ideas for you to find the best for you.

Revision Timetable – Plan your week ahead

<div>+</div> <ol style="list-style-type: none"> 1. Do past exam papers and practise exam questions, questions from your revision, time yourself.  	<ol style="list-style-type: none"> 9. Create mind maps 	<ol style="list-style-type: none"> 13. SWITCH OFF the TV, your phone, <u>facebook</u>, snapchat, Instagram, twitter You can switch them on again during 'breaks'.
<ol style="list-style-type: none"> 2. NEVER just read – always highlight or make notes 		<ol style="list-style-type: none"> 14. Ask a friend or family member to test you.
<ol style="list-style-type: none"> 3. Work through your revision guides for maths English and science, you can also buy them for some other subjects at Waterstones but make sure the get the right exam board. 	 <p>The diagram is a mind map titled 'Mind Map Guidelines'. The central node is 'Mind Map Guidelines'. It branches into several categories: 'Clarity' (with sub-nodes: hierarchy, order, outlines), 'Style' (with sub-nodes: personal, develop), 'Keywords' (with sub-nodes: print, case, UPPER and lower), 'Lines' (with sub-nodes: for each, connect, radiate out), 'Use' (with sub-nodes: Links, Colors, Emphasis, images, codes, dimension), and 'Organised' (with sub-nodes: central, thicker, more important, thinner, less important, outer). Other sub-nodes include 'of topic', 'image', 'at least 3', 'colors', 'Start', 'word', 'length', 'same as', 'image', 'free', 'flowing', 'organic', 'style', 'connect', 'center', 'radiate out', 'word', 'image', 'align', 'dimension', 'a', 'b', 'codes', 'images', 'Emphasis', 'Colors', 'Links', 'outlines', 'order', 'hierarchy'.</p>	<ol style="list-style-type: none"> 15. Start with a blank piece of paper and brainstorm what you can remember about a specific topic – then revise the things you've forgot.
<ol style="list-style-type: none"> 4. Use 'post it's' around the house to help you memorise facts.  		<ol style="list-style-type: none"> 16. Switch between subjects to avoid getting bored. As soon as you notice your mind is losing concentration, take a short break. You will then come back to your revision refreshed.
<ol style="list-style-type: none"> 5. Use specific teacher feedback such as the question level analysis from maths. 		<ol style="list-style-type: none"> 17. Start early in the morning at the weekends so you have more time to slot in treats and breaks.
<ol style="list-style-type: none"> 6. Use technology, e.g. apps, websites such as Sparx, Seneca and GCSE Bitesize, documentaries, students facing UL curriculum, Pearson revise etc. 		<ol style="list-style-type: none"> 18. Explain what you have learned to a friend, the cat or even the mirror! Talking things through can help you remember.
<ol style="list-style-type: none"> 7. Record yourself/make podcasts if you learn by listening. 	<ol style="list-style-type: none"> 11. Find somewhere quiet to study. Try to sit at a desk or table. 	<ol style="list-style-type: none"> 19. Make time to relax during breaks; exercise is a great stress reliever.
<ol style="list-style-type: none"> 8. Don't expect to cram it all in the night before, little and often will help you gain a deeper understanding. 	<ol style="list-style-type: none"> 12. Use different coloured pens for different topics, but don't spend too long making your notes pretty. 	<ol style="list-style-type: none"> 20. Do your best; whatever that is, we're proud of you!

Plan your weekly revision timetable, don't forget to eat well, sleep well and include rewards. Good luck in your exams!

Just reading is ineffective....



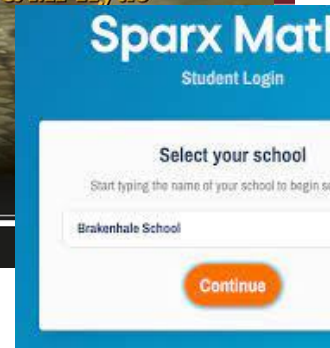
SENECA

by GoStudent



Write your name here		Other names	
Surname			
Centre Number		Candidate Number	
Pearson Edexcel Level 1/Level 2 GCSE (9-1)		<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	
<h1>Mathematics</h1> <h2>Paper 2 (Calculator)</h2>			
Thursday 7 June 2018 – Morning Time: 1 hour 30 minutes		Foundation Tier Paper Reference 1MA1/2F	
You must have: Ruler graduated in centimetres and millimetres, protractor, pair of compasses, pen, HB pencil, eraser, calculator. Tracing paper may be used.			Total Marks <input type="text"/>

- Instructions**
- Use **black ink** or ball-point pen.
 - **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
 - Answer **all** questions.
 - Answer the questions in the spaces provided – there may be more space than you need.
 - You must **show all your working**.
 - Diagrams are **NOT** accurately drawn, unless otherwise indicated.
 - Calculators **may be used**.
 - If you are told to give an answer to a certain number of significant figures, you must give your answer to that number of significant figures.



They always have something you can revise from.

Wellbeing

- Encourage regular bedtimes.
- Put their phone on aeroplane mode to sleep or remove from their room if they have a separate alarm.
- Ensure they eat healthily, drink lots of water and have some exercise.
- There has been research by FFT to show that being stressed over exams has little effect on results – a little bit of worry can be motivating. Remember - every year 11 in the country is going through the same and they are competing for those marks.
- The best antidote to exam stress is knowing that they have worked hard consistently rather than trying to cram at the last minute.



Remember, for the next 9 months revision takes priority over.....

- Part time jobs – these are great, but not too many hours, good employers will understand that.
- Socialising – some is good, but not every night at the detriment of revision.
- Gaming/scrolling/posting – social media wastes precious time, these should be saved for breaks.
- Every year 11 should aim for 100% attendance from now on.
- Yes, it will be tough, they will need to be resilient, be selfish for their results and think of their next steps!

“It’s because we care about them, their education and their future, if we didn’t care we’d be failing them.”



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Next Steps Information Y11 Parents 2025-2026

Rachel Robinson

What options do students have post-16?

The law states that you must stay in either education or training until the age of 18. This is compulsory, it is not an opt in or opt out choice.



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What is meant by 'education or training'?

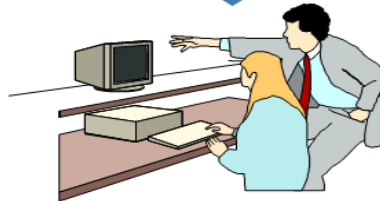
Decision time again!



Apprenticeship



College of
Further
Education



School 6th form



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Where do students go to find out information?

Open days at Colleges and Sixth Forms (January / February 2026 – dates tbc)

- Richard Rose Central Academy
- Nelson Thomlinson
- Trinity School
- Caldew School
- Carlisle College
- Kendal College



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Events

October Open Event

Carlisle College
Thursday 16th October
2025
4:45pm - 6:30pm

Find out more →

Book your
place →

November Open Event

Carlisle College
Thursday 27th November
2025
4:45pm - 6:30pm

Find out more →

Book your
place →

January Open Event

Carlisle College
Thursday 15th January 2026
4:45pm - 6:30pm

Find out more →

Book your
place →

Download a Prospectus

Course Guide 2025 →



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Apprenticeships

Examples of places to investigate:

- Carlisle College
- System People
- Gen2
- Individual Companies (e.g. The County Council, Pirelli etc.)

It is up to the student to sort out their apprenticeship, by applying to a provider or approaching a specific employer. Also, apprenticeships are very competitive and not many students actually get one (10% last year).

What if your child doesn't know what to do?

- Encourage them to research lots of options, as the more information they have , the better position they will be in to make a decision.
- Apply for more than one 'next step'. Always have a back up. Even if they get offered more than one place, your child will then be the one to decide what they want to do.
- Do not wait until results day to apply for anything as there may be no places left, and your child might have to accept a course or apprenticeship that they don't want to do.
- Talk to people who are at these organisations to see what it is really like.
- Make sure your child doesn't just pick what their friends are doing, it is about your child and their future.



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What next?....

Y11 students will all have a 1:1 careers meeting with a level 6 qualified careers advisor. These have already started and will be finished by October half term.

Students are currently doing a careers unit in their Personal Development lessons.



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Year 11 Careers Events Coming Soon....

- Y11 Assembly Carlisle College – 3rd October
- Y11 Interview Day - Friday 24th October
- Y11 Assembly RRCA Sixth Form - tbc
- Careers Fair Y10 and Y11 students - Friday 28th November
- Planned events:
 - Y11 Visit to Carlisle College 29th November P3
- Sixth Form Open Evenings:
 - Trinity Sixth Form - date tbc
 - RRCA Sixth Form - date tbc

Any questions, please speak to Mrs Robinson



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To help your child....



All year 11s have access to Unifrog which has a wealth of information about careers:

Unifrog believe that destinations - where students end up after school – are just as important as their academic performance. They partner with schools to support students to progress into the best opportunity for them.

Unifrog do this by providing a one-stop-shop where students can explore their interests, then find and successfully apply for their best next-step after school.



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The Unifrog tools

Access all tools on Unifrog to learn what options are available, access good quality information, and search for opportunities to support your child.

Quizzes	Exploring pathways	Recording what you've done	Searching for opportunities	Drafting application materials	Making applications
Interests profile	Careers library	Activities	UK universities	UK Personal Statement	Post 18 Intentions
Personality profile	Subjects library	Skills	US universities	Classes	Locker
Work environments profile	Know-how library	Interactions	European universities	Subject References	Applications list
Skills profile	MOOC		Oxbridge	CV / Resumé	
	Webinars		Canadian universities	Writing tool	
	Read, Watch, Listen		Asian universities	Common App Essay	
			Australasian universities	US recommenders	
			MidEast and Africa unis	Notes for Reference writers	
			Irish universities		
			Special Opportunities		
			Events		

unifrog



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Any questions, please do get in touch.



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Future Ready: Understanding Cumbria's Labour Market & Guiding Your Child's Career Journey

RRMA – 22/09/25

Jo Tate – Operational Careers Hub Lead for Cumbria



Local Labour Market Information

Labour Market Information for Carlisle & Cumbria



Employment Landscape Overview

Cumbria has over 225,000 payrolled employees with employment rates slightly above national average as of 2025.

Earnings and Regional Variation

Median monthly earnings are £2,471, about 96% of UK average, with higher pay in West and lower in East Cumbria.

Key Growth Sectors

Health, social care, hospitality, tourism, engineering, construction, and digital/IT are key sectors growing in the region.

Youth Employment and Challenges

Youth employment participation is high overall, but some areas like Barrow face higher youth unemployment rates.

Major Employers in Carlisle & Cumbria

Key Industrial Employers

BAE Systems Submarines and Sellafield Ltd are major industrial employers focusing on engineering, defence, and nuclear sectors.

Healthcare and Education

The NHS provides healthcare roles, while the University of Cumbria offers careers in education and research.

Local Businesses and Tourism

Companies like Lloyd Motors, Crown Packaging, and the hospitality sector in the Lake District create diverse career opportunities.



The top 10 Growth Areas/Sectors in Cumbria



Health Care



Social Care



Advanced
Manufacturing



Nuclear & Clean
Energy



Construction



Tourism & The
Visitor Economy



Transport &
Logistics



Professional
Services



Creative &
Cultural



Rural

CAREER OPPORTUNITIES IN CUMBRIA



Tourism and Hospitality Careers

High demand exists for chefs, hotel managers, tour guides, and mixologists in Cumbria's tourism sector.

Health and Social Care Jobs

Support workers, nurses, and community outreach professionals find numerous opportunities in health and social care.

Green and Clean Energy Roles

Emerging careers in engineering, robotics, and environmental conservation focus on sustainability and clean energy.

Creative and Cultural Industries

Artists, museum curators, and digital media specialists contribute to Cumbria's vibrant creative sector.



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CHOC

Cumbria Health on Call



Direct
Rail Services

The Cumberland



BRATHAY



Nestlé



KAEFER

PACTEC



SOUTH
LAKELAND
DISTRICT
COUNCIL

JAMES
CROPPER

EST. 1845



JACOBS

SIEMENS

University Hospitals
of Morecambe Bay



NHS Foundation Trust

MORGAN
SINDALL

NXT

PPM Ltd

ENERGUS.

BAE SYSTEMS



Skills for the Future

Essential Skills from Skills builder Framework



Skills Employers Are Looking For

Core Workplace Skills

Effective communication, teamwork, problem-solving, and adaptability are essential in any workplace environment.

Digital and IT Proficiency

Digital literacy and IT skills are increasingly fundamental, even in traditionally manual roles.

Resilience and Flexibility

Employers value resilience, flexibility, and a willingness to learn in fast-changing environments.

Emerging Skills and Sustainability

Data analysis and green/low-carbon skills are gaining prominence due to environmental and technological advancements.





Parent/carer support strategies

How can you help?

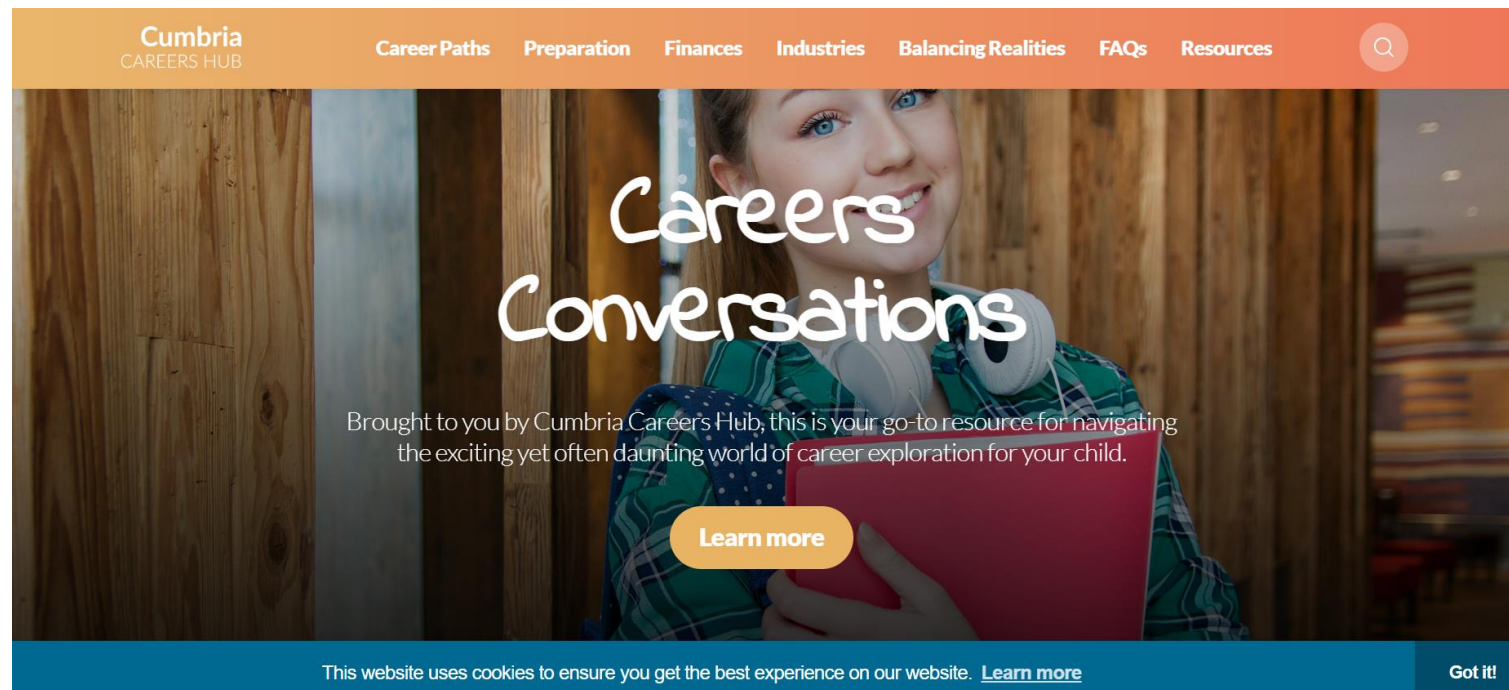
As parents/carers you help them make decisions that are right for them

- Talk regularly about careers, aspirations and interests as part of everyday conversation, not just at key decision-making points.
- Share your experiences, the choices you made and your skills with your child, whether you currently are in work, you are a full-time parent, you are seeking work or you are retraining.
- Encourage your child to be curious and work with them to research their options even if you don't know the answers yourself.
- Spend time researching the options with your child and offer to attend visits and open days to training providers.


Sites to try for more information


- [Careers advice - job profiles, information and resources | National Careers Service](#)
 - [Apprenticeships](#)
 - [T Levels | The Next Level Qualification](#)
 - <https://ultimateguides.ucas.com/findinganapprenticeship/>
 - [Pathways from 18+ - Talking Futures](#)
 - [Pathways from 16+ - Talking Futures](#)
-


Our new Parent/Carer microsite




Start – Careers Information for Cumbria

 CUMBRIA LMI


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Industries

Which sectors best suit you?





Thank you so much for your time

If you want to get in touch please contact me on jo.tate@enterprisingcumbria.org.uk

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ENTERPRISE
COMPANY

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PROMOTING LOCAL AND
INCLUSIVE GROWTH