

Do Now

How can we prepare for and perform our best at job interviews?



Katey has just been hired by a tech company she has always wanted to work for. It was only in Year 9 that Katey realised she wanted to work in the tech industry. Eight whole years later, she is shaking hands with her new manager and will start next week.

Discuss: What steps do you think Katey had to take to be in the position she is right now?



Why is planning and preparation so essential when it comes to our careers?

Planning and preparation is essential because...

How can we prepare for and perform our best at job interviews?



Learning outcomes:

Correctly identify good ways to prepare for a job interview, in both the short and long-term.

Explain why some applicants would be picked over others by putting yourself in the position of the employer.

Job Interview – An important part of the recruitment process where you usually meet your direct manager and are asked questions and possibly perform tasks to see how suitable you would be for the job.



<http://www.bbc.co.uk/news/business-18505318>

<http://www.bbc.co.uk/news/business-18506451>

<https://www.youtube.com/watch?v=mXCdVn7L-9Y>



As you watch the clip, draw the table in your booklets ensure you add as much detail as possible.

Ways you can be prepared	Why you need to do each of these things



Ways you can be prepared	Why you need to do each of these things
Research the company thoroughly	Interviewers want to see evidence you have researched their company. It shows genuine interest and commitment.
Double check your social media accounts are private and make you look professional.	The company will look you up beforehand and may be put off if you seem immature or unprofessional.
Sell yourself based on your hobbies.	Many hobbies actually involve valuable employment skills, e.g organisation of teams, people management.
Show you actually want the job, be enthusiastic and smile. Don't assume you have it though. Have questions ready about the position.	No one wants to hire a person who appears unenthusiastic, or someone there just for interview practice. An enthusiastic person who wants the role would genuinely want to ask questions.
Dress according to the job. Check out the company and what a person would wear in the position – BUT – a good idea is to dress one notch above the average smartness for that job.	This shows you have done your research, you are organised, smart and prepared. It also shows you are already putting the extra effort in at an early stage.

Year 11 Summer 1 – Living in the Wider World Knowledge Check

1. On a scale of 1 to 5, how confident do you feel that you can understand the differences between full-time, part-time, temporary, freelance, and zero-hour contracts?
2. On a scale of 1 to 5, how confident do you feel that you can explain how different forms of employment might suit different people and lifestyles?
3. On a scale of 1 to 5, how confident do you feel that you can identify the key components of an effective CV and explain why they are important?
4. On a scale of 1 to 5, how confident do you feel that you can write a strong personal statement for a CV tailored to a specific job or industry?
5. On a scale of 1 to 5, how confident do you feel that you can recognise common interview questions and prepare clear, confident responses?
6. On a scale of 1 to 5, how confident do you feel that you can describe strategies to manage interview anxiety and perform confidently in a job interview?
7. On a scale of 1 to 5, how confident do you feel that you can understand the importance of revision planning and how to apply effective study techniques?
8. On a scale of 1 to 5, how confident do you feel that you can explain how sleep, breaks, and regular testing support exam revision and memory retention?
9. On a scale of 1 to 5, how confident do you feel that you can identify and avoid common revision pitfalls like cramming and passive re-reading?
10. On a scale of 1 to 5, how confident do you feel that you can apply revision strategies that match your learning style and subject needs?



Summer 1 - Yr11 Living in the
Wider World Knowledge Check



Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.

Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>