



Jess' main area of interest is sports. Her mother is very encouraging and they talk a lot about Jess' future.

Jess has a very positive nature and she makes the most of every opportunity.

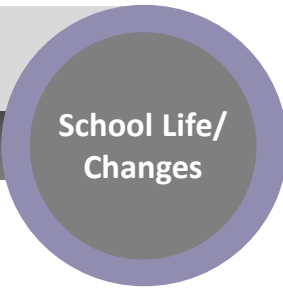
“ Aimhigher was 100% one of the best experiences I've ever had. I'd recommend it to anyone. It's a really big help, I feel a lot less stressed and I've improved my schoolwork. ”

- Jess

Jess has had 26 engagements in total with Aimhigher, including: Mentoring; Tutoring; Masterclasses; Information, Advice and Guidance.*

Jess, Year 12

Urban school



Jess is heavily involved in sports and she is now studying three A levels in Sport at college.

Jess has always done well at school, and she gets along well with her teachers and her peers. She was getting stressed by revision, exams, and the pressure to do well. Jess' main problem was her maths – she was finding it difficult to get a C grade at GCSE level.

Thanks to her participation in Aimhigher activities, Jess is less stressed and her maths has improved significantly.

“ Aimhigher has definitely developed my confidence and given me a more positive attitude. Even when I feel like giving up, I persevere. ”

- Jess

Through **mentoring**, Jess learnt various revision techniques and schedules so that she could **balance her schoolwork and her sports commitments**. Jess' mentor also helped her to **manage exam stress and academic pressure**.

After-school **MyTutor** sessions in Maths gave Jess the extra support she needed to develop her skills and confidence in the subject.

Thanks to the combination of Aimhigher activities, Jess felt more **resilient and reassured** about her GCSE exams, which helped her to achieve the required grades to get to college. In her Maths GCSE, and she was two marks away from an A, which she is very proud of.

“ She was really committed to the MyTutor programme and engaged well. They really helped her confidence in Maths, which was an area she was struggling with. ”

- Senior Assistant Headteacher

Jess has wanted to be a **PE teacher** from a very young age. She talked a lot with her mentor about the various sports-based course options, teacher training courses, required grades, and university life.

Now, Jess has a firm plan in place to achieve her career goal; she wants to progress on to university to do a **degree in Physical Education**, after which she will complete a **Teacher Training Qualification**.

She is on the right track to achieve this, as she is planning to use her new revision and study skills to get good grades in her **sports A levels**.

“ Aimhigher has showed me where I could go, what grades I need. I have someone to point me in the right direction and to advise me. ”

- Jess

*Full details on number of activities engaged in and activity objectives are detailed in the Appendices. Please note, learners may not have mentioned each NCOP activity engaged in during their interviews.