

About this evening

Meet your child's Tutor

Sixth Form Common
Room

**UCAS questions –
Mrs Terry**

Sixth Form Learning
Resource Centre

**Unifrog workshop –
students**

Sixth Form Learning
Resource Centre

**Supporting wellbeing –
Ms Daniel and Mrs Street**

Haring Block, Ground
Floor classroom

Student Services

Haring Block, Ground
Floor classroom

(Re-)introducing the team



The year ahead

6 November

Personal development
day, including Tutor
Evening on 6 November

17/18 March

Higher Education Exhibition
(Westpoint, Exeter)

29 June – 3 July
Work experience

27 November
Careers Fair

w/c 15 June
Mock exams

Sep Oct Nov Dec Jan Feb Mar Apr May Jun Jul

19 November

Learn 2 Live Roadshow

29/30 January, TBC
National
Apprenticeships
Show (Westpoint,
Exeter)

22 April
Parents'
Evening

23 June
Higher Education and
Apprenticeships Day

Routines: pastoral system

Students must still attend Tutor Block starting 8.50am.

The main priority for the Sixth Form pastoral system is to help all students achieve their potential.

Attending Tutor Block means that:

- students are on-time and prepared for their first lesson;
- students can use study blocks effectively, as they are in a work environment;
- we can check up on students' wellbeing and mental health;
- we can pass on key messages related to opportunities, etc.;
- we can help to develop the mindset and character traits of successful learners;
- we can best support students onto their future pathways; and
- we can deliver other important aspects of CPSHE.

Parents should ring the College absence line (891777) on the morning of an unforeseen absence.

Sixth Form Mindset



The **A Level
Mindset**
40 activities for
transforming
student
**commitment,
motivation and
productivity**

Steve Oakes and Martin Griffin

The **A Level
Mindset
Student
Workbook**
40 activities for
transforming
commitment,
motivation and
productivity

Steve Oakes and Martin Griffin

Sixth Form Mindset



Vision

How well do you know what you want to achieve?

Effort

How many hours of independent study do you do per week?

Systems

How do you organise your learning and time?

Practice

What kind of work do you do to practise your skills?

Attitude

How do you respond to setbacks?

Vision

“Students without a goal or vision hit a ceiling and underperform by about one grade. Students who don’t have a clear outcome, who don’t know why they’re in Sixth Form, are usually the first to show decreased levels of effort when the going gets tough.”

Locke and Latham, 1984

Vision \neq career goal

Not just about knowing what career you want to go into or degree course you want to do. Perhaps...

...you just want to do well in life or get a decent job so that you can look after your family

...enjoy being challenged academically

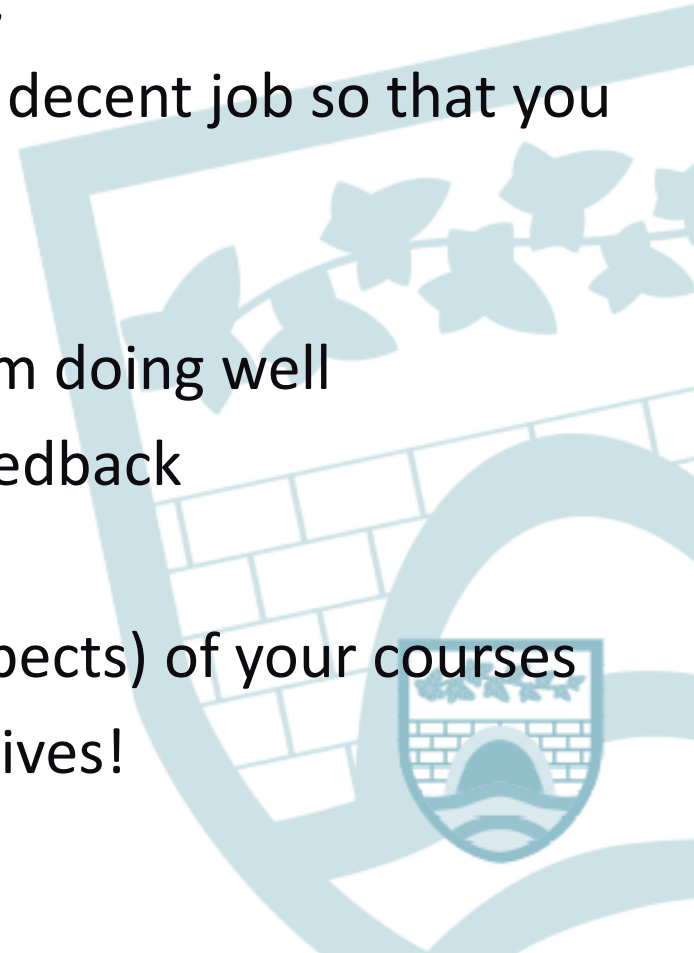
...enjoy the sense of self-satisfaction from doing well

...enjoy completing regular tasks with feedback

...enjoy the content of your subjects

...enjoy certain aspects (e.g. practical aspects) of your courses

...know that it is better than the alternatives!



Problem, not job

You don't need to know your dream career yet: **pursue the answer to a problem that fascinates you rather than a career goal.**

Job

*"I want to be a doctor.
I'm going to study
Medicine at Manchester
University. I need A,A,A."*

Problem

*"How can we improve
health-care for all people
in this country? I want to
get involved in trying to
help tackle this problem."*

What qualities do you admire?

Imagine people who you admire and respect. What qualities do they have that you admire?



The characteristics you admire in others say a lot about the person you would like to be and what you want to achieve.



Vision boards

Create a collage of pictures, quotes and other visual stimuli that can be regularly revisited when times are tough – a vision board. Images to use:

- Positive role models/heroes
- The university you want to go to
- The career you want to go into
- Inspirational quotes
- The people who would feel proud and excited if you did well
- Material goods!
- Anything else that pulls you forward...



Support for the future



- Employment opportunities, local university open days and subject-specific opportunities, etc. are regularly shared with students through Tutors and by e-mail.
- National Apprenticeships Show – 29/30 January at Westpoint Arena.
- Higher Education Convention – 17/18 March at Westpoint Arena.
- 1:1 careers appointments available on request with Mrs Bartlett, Careers South-west.
- Higher Education and Apprenticeships Day in late June.
- *Unifrog...*

Futures: *Unifrog*



Unifrog is a one-stop-shop where students can easily explore their interests, then find and successfully apply for their next step after school.

We will use Unifrog to:

- Log competencies and activities
- Search for employment information
- Search for apprenticeships
- Search for university courses
- Write CVs
- Write personal statements for university applications

You can pick up a parental log-in and guidance from the Sixth Form Learning Resource Centre this evening.



Careers Fair

Wednesday, 27 November



Academy for Music

Achievement Training

Aplus training

Babcock International Group

BD

Blue Screen IT

Bond Dickinson LLP

Building Plymouth

City College Plymouth

Cornwall College, inc. Bicton College,

Duchy, Falmouth Marine School

CSW Group

Devon and Cornwall Police

Devon Care Training Consortium

Federation of Small Businesses / The Spark

Focus Training Group

Grey Matter

Hindhead Property

inspiring the future.org

MOD - Army

MOD - RAF

MOD - Navy

Newsome Opticians

Plymouth College of Art

Plymouth Community Homes

Plymouth University

**Plymouth University's Dietetics School
of Health Professions**

**Plymouth University Peninsula Schools
of Medicine & Dentistry**

**Plymouth University School of
Optometry**

Princess Yachts

Projects Abroad

Skills Group

South Devon College

South Devon College Careers

Springboard UK

Thurlestone Hotel

Teach South West

Tesco

University of Exeter

University of St Mark & St John

Woodlands Vets

Effort: some sums



3 subjects = 13.5 hours per week of lessons.

Suggest 20 hours minimum of independent study (more like 30 hours for the top grades in A Level subjects).

- Start work at home early in the evening.
- Do a weekly review – 20 min per subject.
- Reactive → **pro-active independent study.**

Example week – 20 hours of independent study

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
2 h Study Block	2 h Study Block	2 h Study Block	2 h Study Block	1 h Study Block (weekly review)		5 h afternoon/evening
2 h Evening	1 h Evening	2 h Evening	1 h Evening			

Reactive vs pro-active

Reactive  pro-active

What does pro-active independent study look like at a minimum?

- **For exam-based courses:**

- Reviewing class notes and attempting to learn content along the way rather than leaving it until revision.
- Auditing your understanding and working on your weaknesses.

- **For Diploma courses:**


- Acting on feedback and relentlessly improving coursework.

Basic independent learning


Good practice after every lesson (in addition to any set work)

- ☑ Make sure resources from the lesson are filed, stuck in, organised, etc.
- ☑ Read over lesson notes and make sure that you understand everything; make a list of stuff you don't understand and go and read up on this.
- ☑ Read the relevant textbook chapter and annotate lesson notes with additional, relevant content.
- ☑ Try to summarise the content of the lesson in note or diagrammatic format to diagnose lack of understanding.
- ☑ Try to commit factual information to memory immediately, rather than leaving it until revision – be exam-ready any day!
- ☑ Match the content of the specification against lesson notes/content to ensure that all points are covered.
- ☑ Maintain a list of learning points from reviewed/marked work and regularly review this list.
- ☑ Seek out additional sources of questions on areas of weakness or where mistakes were made in classwork, homework or a test.
- ☑ Read the textbook chapter on the next topic before the next lesson.
- ☑ *Check out each subject's Independent Learning Sheet for more advice...*

Guiding independent learning



Independent Learning in A Level Chemistry



After each lesson, in addition to completing any set work, a pro-active, independent learner would...

- Ensure that notes are completed and filed suitably in a folder.
- Read the relevant textbook chapter and annotate lesson notes with additional, relevant content.
- Make a list of things not fully understood to discuss with a peer or a teacher *before* the next lesson AND carry out the discussion (or pose the question on SLACK).
- Try to summarise the content of the lesson in note or diagrammatic format to diagnose lack of understanding.
- Try to commit factual information to memory immediately, rather than leaving it until revision.
- Match the content of the specification against lesson notes/content to ensure that all points are covered.
- Maintain a list of learning points from reviewed/marked work and regularly review this list.
- Seek out additional sources of questions on areas of weakness or where mistakes were made in classwork, homework or a test. For important pieces of work, diagnose mistakes as active mistakes, slip-ups and blackouts.
- Read the textbook chapter on the next topic before the next lesson.

Effort grade

3

2

1

Resources to help you study

Most key resources, such as the specification for your course, data sheet, past papers, etc. can be found in [Handouts\Science\A Level Chemistry](#). Some additional resources to help you in independent study are as follows:

Resource	Description
www.chemguide.co.uk	The best resource for chemical explanations other than your textbook.
SLACK Chemistry group	Use for discussion with peers or ask teachers a question. drkershaw-chemistry.slack.com; channel: #year12chemistry2017
Chemical Ideas textbook and answers	<i>Chemical Ideas</i> was the old textbook for your course. There are lots of spare copies you can borrow in B3.01. Find answers to the questions in Handouts .
Facer Edexcel textbooks and answers	You can find a copy of these textbooks in B3.01. The answers, in Handouts , are brilliant, since they contain a commentary from a chief examiner.
Curriculum 2000 specimen questions	Find these in Handouts . Questions written at an A Level standard for all exam boards. Look at the topic list PDF to help you find topics.
Chemsheets	Find these in Handouts . Good summary sheets on all the major chemical ideas with summary questions and answers.

Stretch yourself

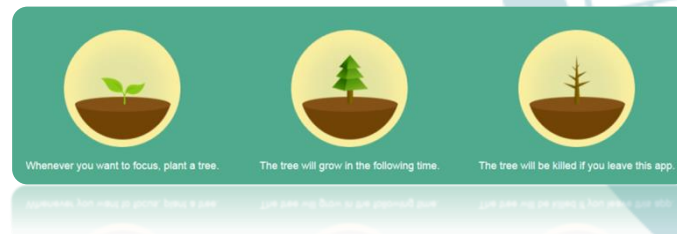
Borrow a copy of *Chemistry World* from B3.01 and read about current developments in chemistry to put your learning in context, or if you really want a challenge, come to weekly Chemistry Olympiad training sessions.

- Independent learning sheets are printed in exercise books.
- Can also be found on the College website at:
<https://www.ivybridge.devon.sch.uk/page/?title=Independent+Learning+Sheets&pid=1288>

Using study blocks effectively

Make your time effective

- Decide what you are going to do in a Study Block before you get there – get off to a flier!
- Find a high-flow environment: don't sit near friends with whom you are going to chat.
- Use the Pomodoro technique to focus for a set time period.
- Switch off your phone, or use a productivity app like *Forest* to stay focused on your work.
- Commit to some high-density fun if you get your work done.



Systems – weekly review

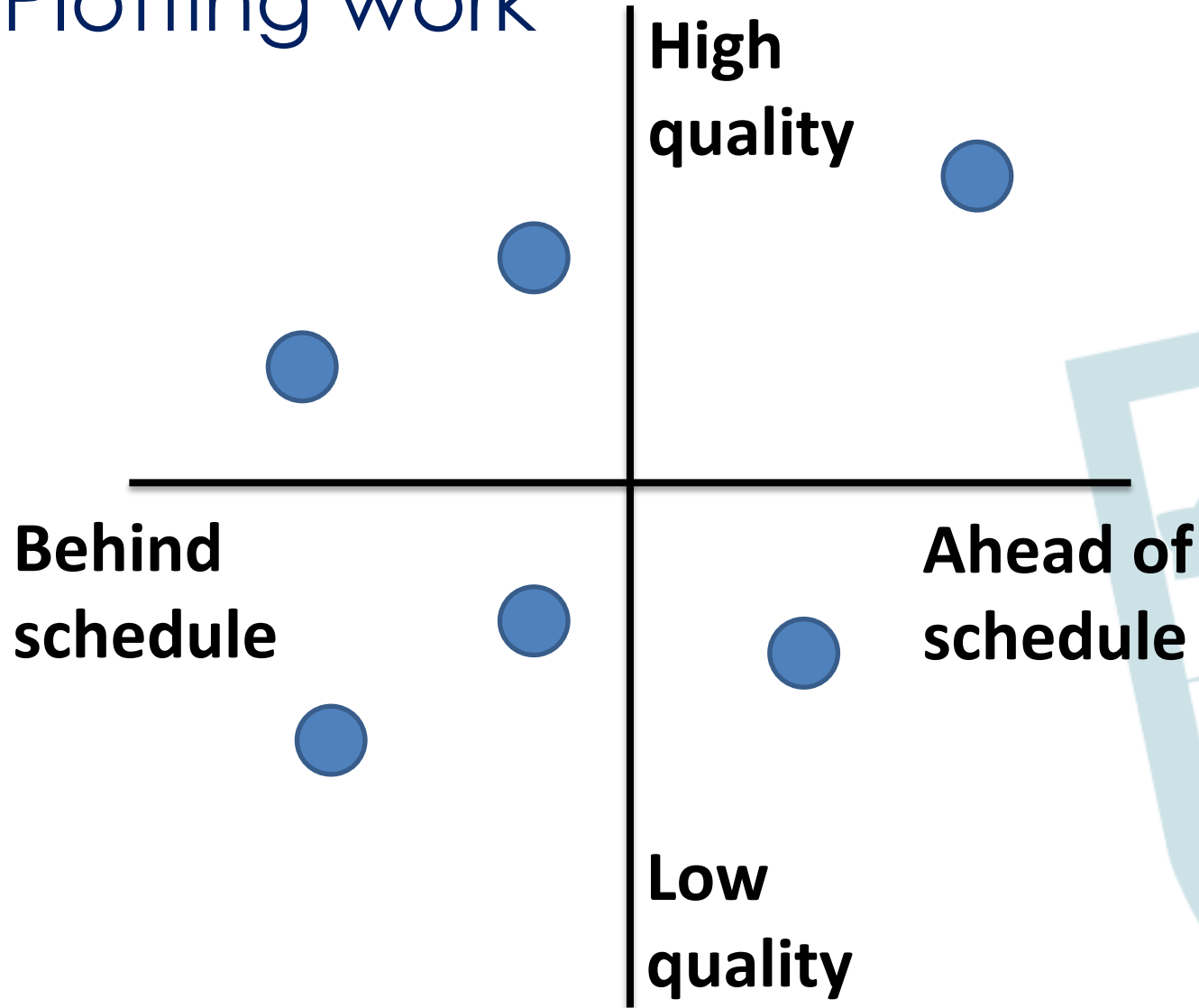
- Set aside an hour a week; e.g. a Friday afternoon or a Monday morning.
- Split up the hour evenly between your courses.
- For each course, review the week's work:
 - Check your notes are clear, legible and in order.
 - Summarise your learning in a quick diagram, mind-map or a few lines of notes.
 - Highlight material you've found hard this week. This is the stuff you will need to work on during your independent study.
 - Go through the jobs you've been given and the deadlines you've got. Make a prioritised list for the week ahead.
- Students should be using their Learning Journals or another device to structure their work. They should also be recording their independent learning. Their Tutor will monitor this.

Systems – energy line

- Best done with a large sheet of paper and *Post-It* notes. It is a dynamic, working document.
- Combine with your weekly review.

Extreme	High	Medium	Low	Idle
Max: 2 tasks	Max: 4 tasks	Max: 8 tasks	Max: 4 tasks	Max: 2 tasks
.....
.....
	
	
			
			
			
			

Plotting work



Sit down with your child and ask them to plot out the work they did in the week. In what order did they approach it?

Practice

Practice doesn't make perfect. Perfect practice makes perfect.

Mastering a subject requires you to work on:

- 40% • **Content** – review and consolidate, ensuring your understanding
- 30% • **Skills** – put your knowledge into context in high-stakes situations: practise exam questions, time yourself, try tough questions and complete mock tests
- 30% • **Feedback** – seek out expert feedback to develop performance

Practice

High-effort-low-progress students only review content.

Warning signs:

- Spending hours with intricately designed flashcards
- Copying out notes again before beginning learning them
- Endlessly re-reading textbooks
- Looking for different ways to review content that they have already mastered (e.g., watching a video that recaps familiar material)
- Anyone who says: ‘You can’t revise for this subject’ – the subject demands skill development; they only know how to review content

Practice – The Leitner Box

Box 1

*40% of your
time*

Items for
frequent
practice – stuff
you're not
remembering
and making
mistakes on.

Box 2

*30% of your
time*

Items just
moved out of
Box 1 or stuff
that still trips
you up a bit.

Box 3

*20% of your
time*

Stuff that you
nearly always
get right.

Box 4

*10% of your
time*

Stuff you find
easy. Start with
only a few cards
here.

You still check
this stuff every
now and again,
though.



Learning tips in Learning Journals

A good place to start looking for study tips.

Learning Journals are also a good place to find procedural information.

Top Tips – General

Getting the best help from your teachers

“Before you ask for help, ask yourself this question: What is it that I don’t understand?”

- Dale Corson, 8th Dean of Cornell University

Never go to your teacher, open a book and, with a general sweep of the hand, say that you don’t understand what you’re reading.


Try the 15 minute rule:

1. When you get stuck, push yourself to solve the problem for *15 more minutes*.
2. During those 15 minutes, document everything you do, keeping in mind that your teacher will need those details if they’re going to help you.
3. After that time, if you’re still stuck, you must ask for help.

Your efforts will allow you to better describe your difficulties, and you might just even solve the problem for yourself!


Other learning techniques


[Link](#)



Sprouts
144,102 subscribers

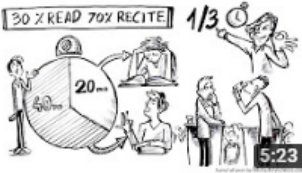
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13 Study Tips
2,738,845 views • 1 year ago
Support our channel at <http://www.patreon.com/sprouts>
Our brain can potentially memorize 2.5 petabytes of information, which is roughly the equivalent of 3 million hours of YouTube videos. In order to use some of that staggering capacity a little more effectively when you study, here are some tips that are based on widely accepted research by neuroscientists and
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The Feynman Technique
937K views • 2 years ago
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Growth Mindset vs. Fixed Mindset
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14 Motivation Tips
155K views • 6 months ago
[Subtitles](#)



7 Tips to Learn a New Language
126K views • 2 years ago
[Subtitles](#)

Extra and super-curricular activities

Whatever you want to do in the future, your academic studies aren't everything.

If you are considering further study, it may be that super-curricular activities trump extra-curricular ones. It's never too early to start!

**Super-
curricular**



**Extra-
curricular**

Independent learning sheets are a good start...

Massive Open Online Courses (MOOCs)

- **Short, university-level courses made available online and free of charge to a large number of people, without entry requirements.**
- Run by universities or companies associated with universities providing the material.
- Usually last around 2-6 weeks, with the majority of the content (often videos) delivered asynchronously. Assessment is usually by multiple-choice questions and sometimes submitted assignments.



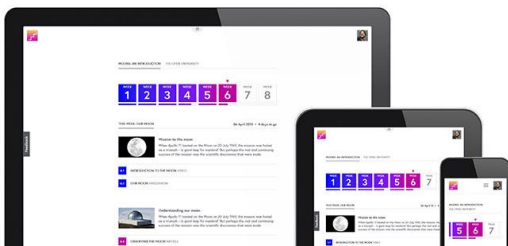
Massive Open Online Courses (MOOCs)

Lots of advantages to completing:

- Develop independent learning skills.
- Look into an area beyond the scope of your Sixth Form courses – super-curricular activity.
- Confirm that a particular subject is right for you at degree level.
- Looks great on a UCAS application.

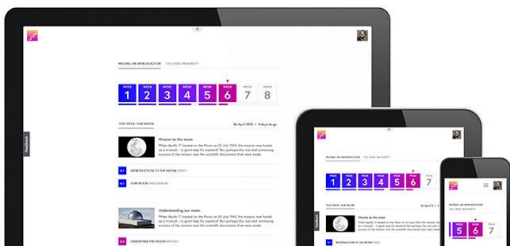


UCAS



Finding MOOCs

- Look on *Unifrog*!
- Best UK source is *FutureLearn*, a company owned by The Open University (with 126 other university contributors!):
www.futurelearn.com
- Plenty of search engines for courses including other providers, such as: <https://www.mooc-list.com/>
- University websites
- If you can, try to find courses that will offer you a certificate for completion.





UNDERSTANDING FINANCIAL CRISIS: BUSINESS CYCLES AND POLICY
UPPSALA UNIVERSITY

Discover the relationship between history, financial crises and business cycles, with this free online course.

12 Jun 5 weeks 4 hours pw Certificate

[More](#)



PROPAGANDA AND IDEOLOGY IN EVERYDAY LIFE
THE UNIVERSITY OF NOTTINGHAM

Find out how propaganda is used to instil political ideologies and its impact on our daily lives, with this free online course.

12 Jun 5 weeks 3 hours pw Certificate

[More](#)



WELLINGTON AND THE BATTLE OF WATERLOO
UNIVERSITY OF SOUTHAMPTON

Find out about the Battle of Waterloo and explore the Duke of Wellington's archive with this free online course.

5 Jun 3 weeks 4 hours pw Certificate

[More](#)



HEALTH AND WELLBEING IN THE ANCIENT WORLD
THE OPEN UNIVERSITY

Discover what healthcare was like in ancient Greece and the Roman world with this free online course.

5 Jun 6 weeks 3 hours pw Certificate

[More](#)



WW1 HEROISM: THROUGH ART AND FILM
UNIVERSITY OF LEEDS

Discover just some of the ways that heroism and the First World War is portrayed through art and film.

Future Learn

History courses starting soon...

Taster Days for university

What are the benefits of attending a taster course?

- You are more likely to choose a course and university to **suit your interests and abilities**.
- You can **highlight your attendance in your personal statement** on your UCAS application.
- Or you may decide the course or campus is not the one for you, and **decide not to apply there**.

Search for taster courses here

Powered By UniTasterDays.com

MySchoolName: (Enter your school name for maximum results)

Type:

Subject:

Keywords:

[Show more search options >>](#) [Reset Search](#)

864 events listed

Sort By:

No. of results:

UCAS Directory:

<https://www.ucas.com/events/exploring-university/learn-about-uni-taster-course>

Or Google 'University summer school'.

Don't pay for private ones – unnecessary!

Plymouth University run lots.

Summer schools


Summer School | Plymouth | x

← → ↻ ⌂ <https://www.marjon.ac.uk/courses/student-recruitment--outreach/summer-school/>

MENU

PLYMOUTH
MARJON
UNIVERSITY

Experience Plymouth Marjon University for yourself



We are excited to announce that our annual residential Summer School for Level 3 students will take place from Monday 31 July - Thursday 3 August 2017. You'll have the chance to learn more about a subject area, experience student life and live in a hall at Plymouth Marjon University for a week. Summer School is free and is designed to give you a taste of university life. During your stay you will take part in a range of fun and exciting social activities (a 'Come Dine with Me' cookery competition was a big favourite last year!) and confidence-raising, team-building workshops.

Students are invited to follow one of the academic routes:

- Education & Teaching
- Sport & Health Sciences
- Culture & Language Sciences

If you would like to register your interest in our 2017 Summer School, please do not hesitate to email us: visitus@marjon.ac.uk

We get priority booking for Marjons – let me know.

Opportunity • Endeavour • Excellence • Achievement at Ivybridge

University Open Days

Find university open days at:

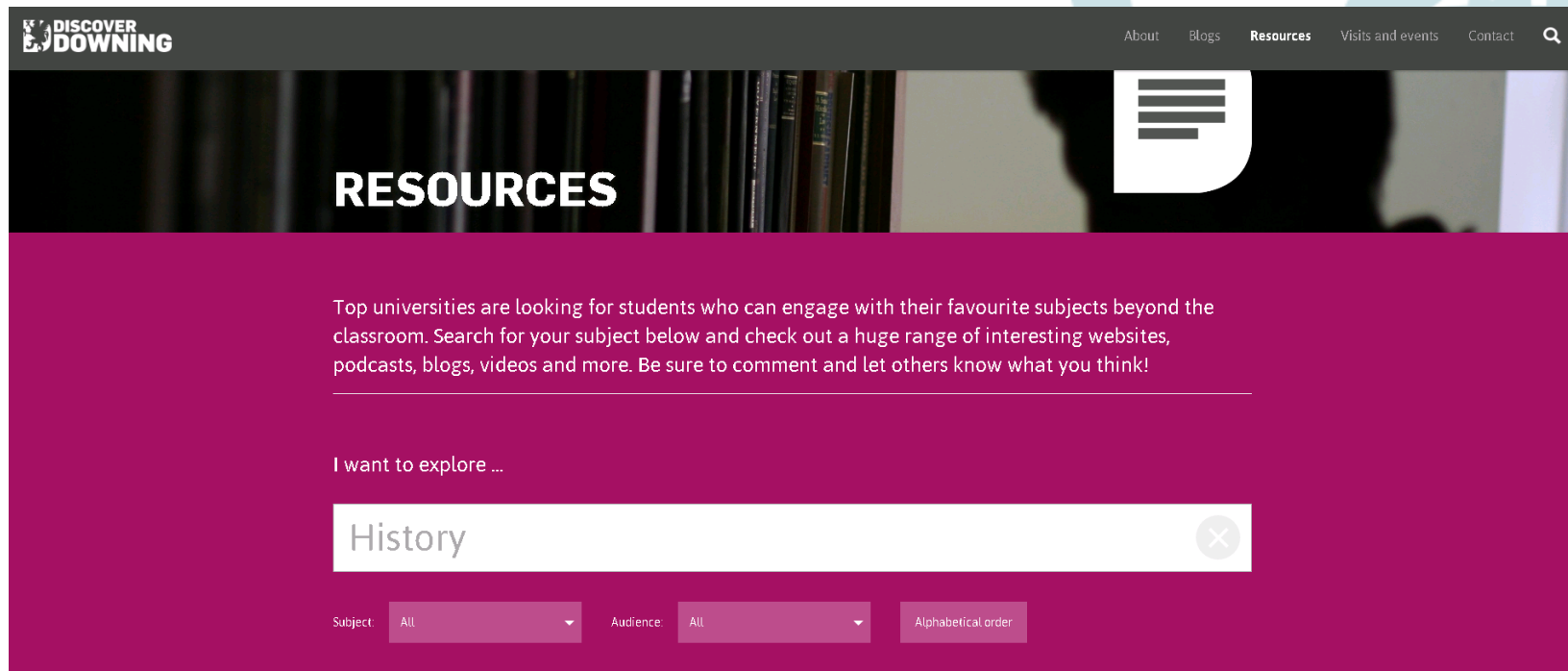
www.ucas.com/events/exploring-university/find-open-day



Other super-curricular opportunities

Discover Downing: www.discoverdowning.com/resources/

This site, provided by Downing College, Cambridge, has a massive list of relevant links for extension material covering what must be nearly all of the relevant websites out there.



Work experience

- Very important for some university courses, and will show a real enthusiasm is applying for apprenticeships and jobs.
- Important for confirming future pathway.



- Year 12 Work Experience Week will be w/c 29 June 2020.
- More information will be given before the Christmas holidays.

Reporting to parents

We are an effort driven College, where all students can achieve their potential through hard work, 100% effort every day and a belief that there are no shortcuts or, in fact, secrets, to success.

- 3 Assessment Points across the year.
- Effort **and** Conduct will be reported at each Assessment Point on a 1 – 4 scale.
- We will no longer be publishing DfE estimated (predicted) grades.

Pride in presentation

Attitude

Conduct

Effort

Conduct Criteria

Grade 1	Your conduct is exemplary at all times, showing respect and empathy towards staff and peers.
Grade 2	Your conduct is good. You treat all staff and peers respectfully and follow instructions.
Grade 3	Your conduct requires improvement at times. You do not always show respect to staff or peers and do not always follow all instructions.
Grade 4	Your conduct is often below College expectations. You frequently do not show respect towards staff and peers and do not follow instructions.

Reporting to parents

Effort Criteria

Grade 1	<p>You consistently meet all of the criteria for Grade 2.</p> <p>You are an exceptional student who has an extremely positive attitude towards learning, always striving to do your best and demonstrate a thirst for learning.</p> <p>You have outstanding independent learning skills and high levels of resilience.</p> <p>You are fully committed to your learning, with a positive mindset and are a role model for others.</p>
Grade 2	<p>You have a positive attitude towards learning, strive to do your best and participate well in lessons.</p> <p>Your Home Learning is completed on-time, reflects a good level of effort and you act upon the feedback provided.</p> <p>You have the appropriate books and equipment with you for learning.</p> <p>You are continuing to develop your independent learning skills, show a pleasing level of resilience when you face challenges in your learning and work well in class.</p>
Grade 3	<p>Your attitude towards learning occasionally dips below expectations and at times there are aspects of the lesson where you fail to participate fully or achieve your best.</p> <p>Your Home Learning is sometimes incomplete or not handed in and may not be to the level of which you are capable.</p> <p>Sometimes you do not have the books and equipment needed to support your learning.</p> <p>Although you may sometimes produce good work, at times, you only complete the minimum required.</p> <p>You have not yet developed a sense of resilience to support your learning.</p> <p>There is room for improvement if you are going to achieve your full potential.</p>
Grade 4	<p>Your attitude towards learning is often below expectations and you consistently fail to participate in aspects of your work as fully as possible.</p> <p>You have many late, incomplete or missing pieces of Home Learning which are not completed to the level of which you are capable.</p> <p>You often do not have the books and equipment needed to support your learning.</p> <p>This level of commitment means that you are likely to be underachieving and seriously at risk of not meeting your full potential.</p>

E-praise

You can track attendance, praise points and demerits using *e-praise*.

Pride in presentation

Attitude

Conduct

Effort



e-praise link

E-praise

To register via our website

1. [Select your school](#)
2. Click the *Parentstab*
3. Enter your email
4. Leave the password field blank (unless you already have one)
5. Click *Login/Register*
6. Click the link that you are sent via email (this takes a few minutes and may appear in junk folder)
7. Once you have entered a new password, you will be logged in

To register via our app

1. Download and open the [iOS](#) or [Android](#) app for your phone
2. Select your school
3. Tap the *Parentstab*
4. Tap the *Register* button
5. Enter your email and tap the *Request login code* button
6. Enter the login code you are sent via email (this takes a few minutes and may appear in junk folder) and click *Login/li>*

Pride in presentation

Attitude

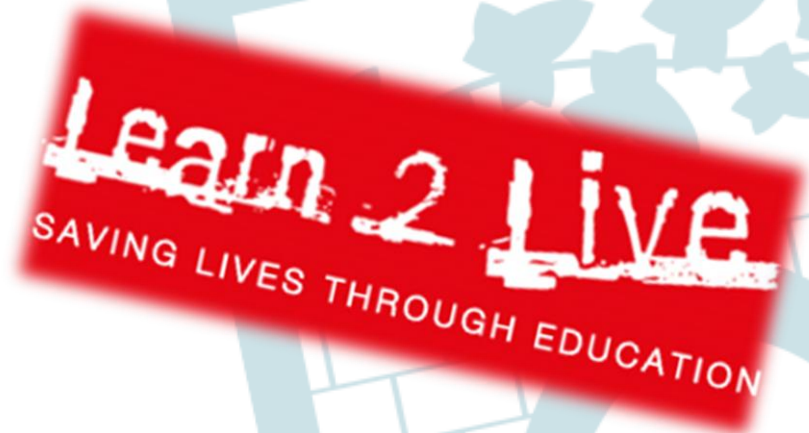
Conduct

Effort

Learn 2 Live

[Video Link](#)

- Tuesday, 19 November
- Letter has been e-mailed to parents
- All students in Devon Sixth Forms expected to attend



Simple support for wellbeing

Balancing your time to stay successful and healthy.

- Realistic study expectations
- Impact of paid employment
- Doing things that are important to you
- Exercise and staying healthy
- Finding time for relaxation (and family time!)

