



SHOREHAM SIXTH FORM PARENT INFORMATION

STARTING SOON





Expectations
& successful
mindset



Working
together



Essentials



Organisation
& Time
management



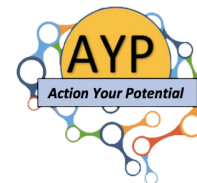
How to
Change
your
world



Future
Focused

Darren Warner-Swann

Action Your Potential



Now is the greatest time to be alive

We are far better equipped to take on the challenges we face than at any time in human history

- Barack Obama





**“Aspirational, hard-working students
with excellent achievement”**

INTEGRITY



HARD WORK ✓

EXCELLENCE ★

HARD WORK ✓

What we see



What we don't see

		EFFORT	DESIRE	PASSION	FOCUS			
	DOUBT	PAIN	TRAINING	FAILURE	HARD WORK	BLOOD, SWEAT & TEARS		
	GOALS	ELATION	INJURY	EARLY MORNINGS	LATE NIGHTS	IMPROVEMENT		
	JOY	FEAR	LISTENING	SACRIFICE	FEEDBACK	COURAGE	PATIENCE	
	GRIT	TIME	BRAVERY	INNOVATION	DISCIPLINE	PERSEVERANCE	PLANNING	
	SUPPORT	REST	LONELINESS	REJECTION	STRATEGY	LEARNING	SADNESS	
	HOPE	SLEEP	MOTIVATION	COMMITMENT	STRATEGY	LEARNING	SADNESS	
	LOSS	HONESTY	COMMITMENT	STRATEGY	LEARNING	SADNESS		
	PARING	ATTITUDE						
	TEAM							
								VISI

THE ICEBERG ILLUSION



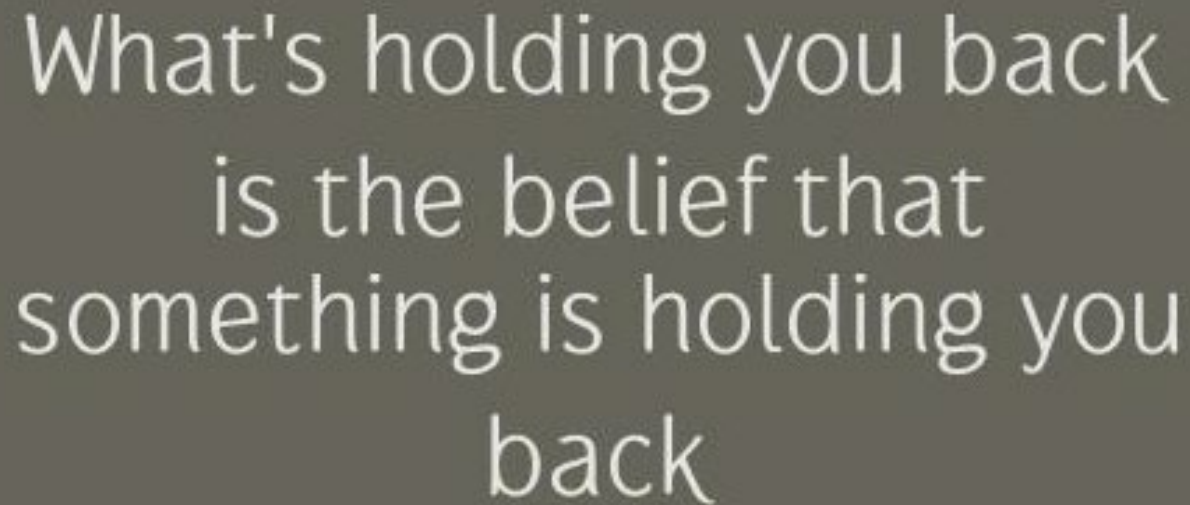
A silhouette of a person in mid-air, jumping from a cliff on the left to a cliff on the right. The background is a bright blue sky with scattered white clouds and a large, bright sun with a starburst effect. The sun is positioned to the right of the person, casting a glow.

**LEVEL
2
GCSE
SCHOOL**

**LEVEL
3
A LEVEL
SIXTH FORM**

Is anything holding students back?

- We want Shoreham students to fulfil their potential
- **Students will be provided with challenging target grades**



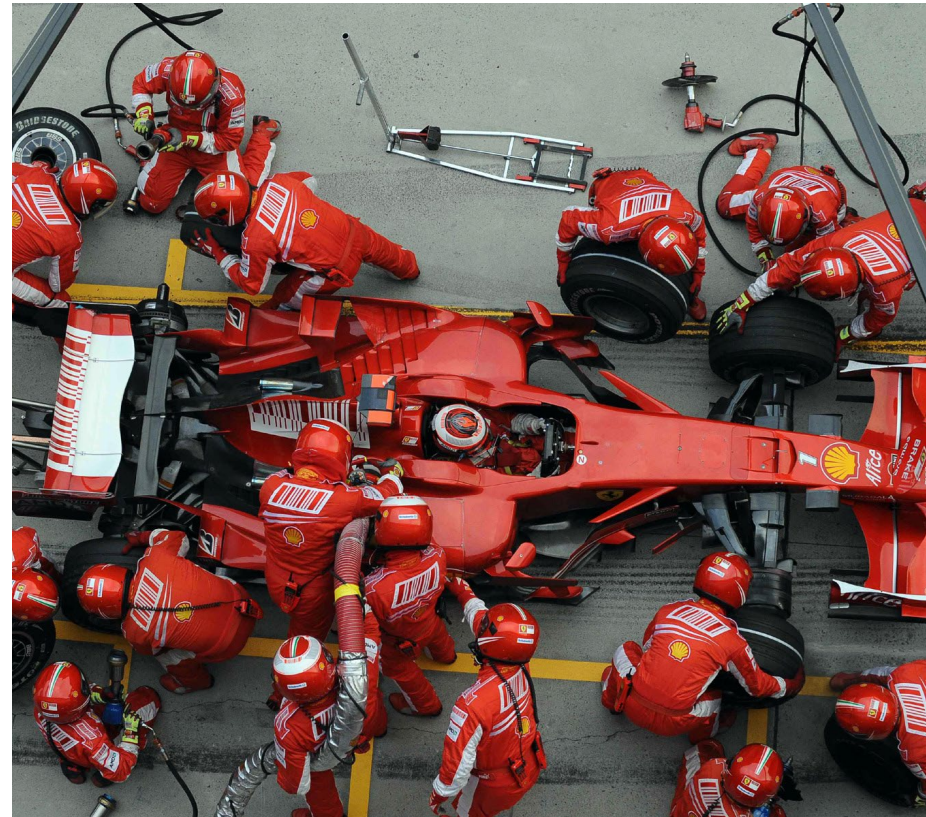
What's holding you back
is the belief that
something is holding you
back





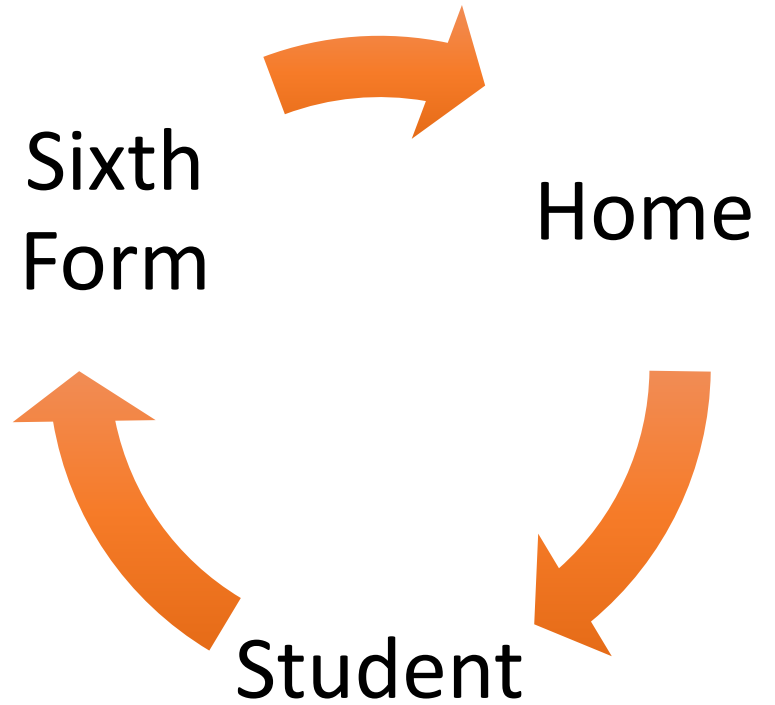
Working
together

Students need a support team

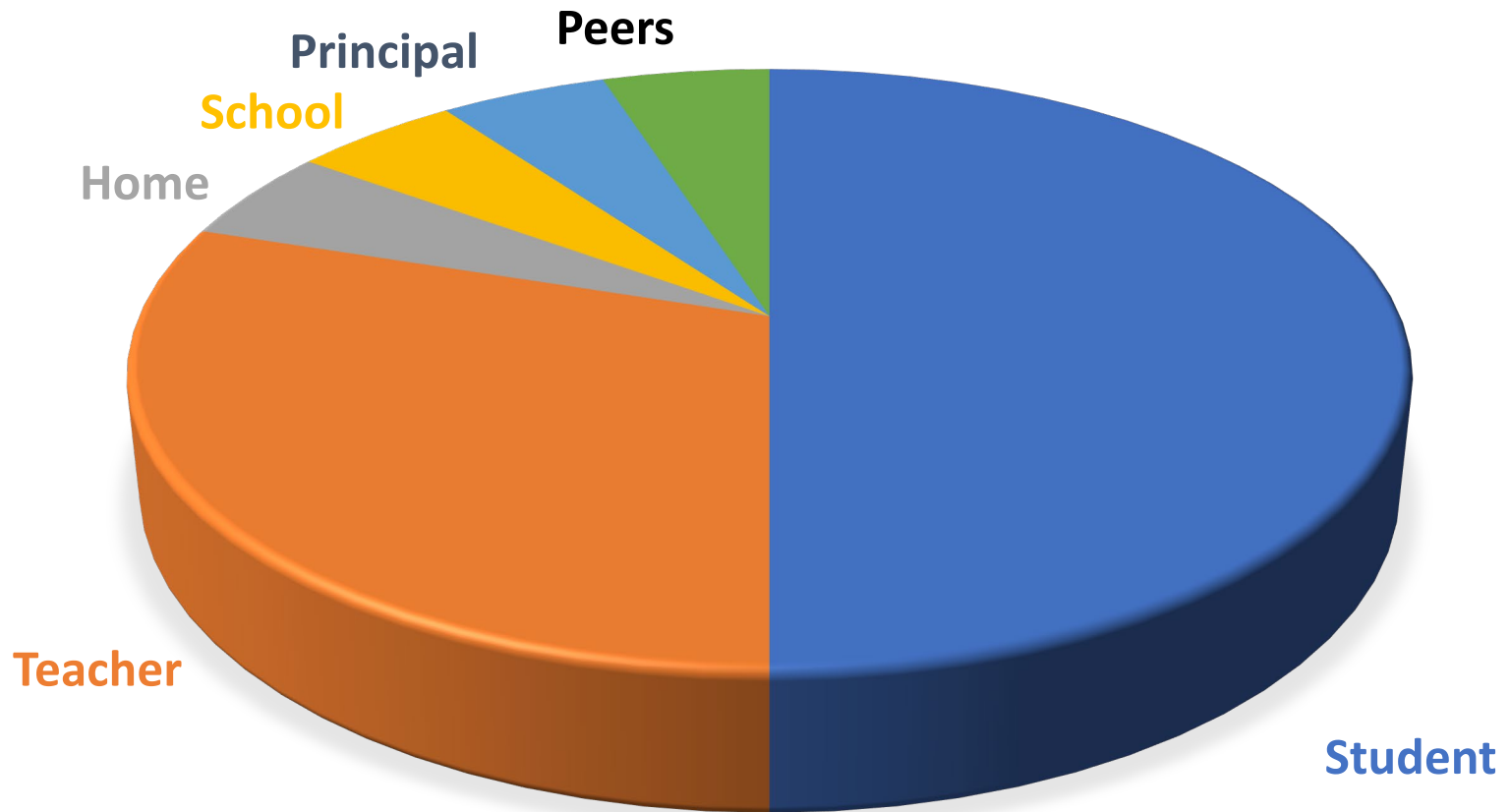




Our 3-legged stool



ACHIEVEMENT VARIANCE



Working together: Why is this important?

- Success is a real team effort
- It is essential that parents, student and teachers work together to support the sixth form student's academic and long-term success
- We will do ***all*** we can to support your child and remove potential barriers
- This is their opportunity to become the best version of themselves and develop specialist knowledge, character & skills that set them up for the future



Students achieve their best with *VESPA*

Vision:

- How well do they know what they want to achieve?



Effort:

- How many hours of independent study do they do?



Systems:

- How do students organise their learning and time?



Practice:

- What kind of techniques do students use to improve their study skills?



Attitude:

- How do students respond to setbacks?







Essentials

Independent study


The biggest difference between school and college is students taking control of their own learning.



They have been used to **reactive** work. This is work that they're set by their teachers.



But now they are expected to complete **proactive** work. This is work that they do, even if it's not set.



Students will get the hang of this, but may need support from teachers for extra work and guidance initially.

Help them to do homework effectively:

- Talk about learning everyday, it's good to talk
- Make sure they have everything
- Ensure they do not leave everything to last minute
- Help them plan out their time
- Contact teachers if they need help
- Let the homework take as much time as it needs
- Students should take a short break every hour
- **Support them in eliminating distractions**

Eliminate
distractions



Work hard

College is a time that will challenge students. Everyone is on challenging courses.



Students will need to:

- Keep folders and notes exam revision ready throughout the year.
- Keep to homework and coursework deadlines; if these slip, students get in real trouble.
- Students should reach out to their teachers if they are feeling overwhelmed.
- Complete past papers regularly. Use the self-quizzing books. Complete the topics you find most challenging.

SIXTH FORM FILE CHECK



CHECKLIST ITEMS	TICK IF 'YES'		COMMENT
	STUDENT	STAFF	
ORGANISATION			
Is your work in a secure folder (e.g. ring binder)			
Is a specification included at the front of the file?			
Are the PLC's evident and complete?			
Has the specification/PLC's been 'checked off' by student to ensure full coverage of the topic?			
Is the work organised into sections, which relate to the specification?			
NOTES			
Are the notes readable? Is there a space between points? Headings and subheadings?			
Is there evidence of student made revision materials?			
Is there a reasonable balance of notes to handouts?			
Is there evidence of additional work?			
Is colour used to highlight key points?			
Are there diagrams? Are they clear and informative?			
Are extended answers/exercises included?			
STUDENT TARGETS	Met?		COMMENT



Good attendance has never been more important.



You might have gaps in your knowledge.



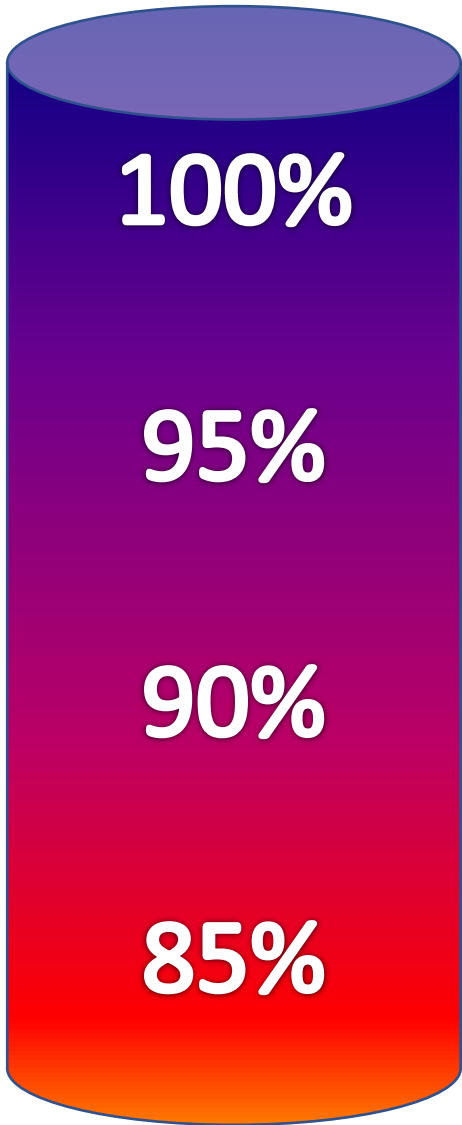
Your lesson time is golden and you must be there



If students are unwell then please phone Kaye at the start of the day. If you have a medical appointment you need to tell Kaye in advance.

Attendance

“Half of success is turning up”



Attendance

If you have an **unauthorised absence**:
Your parents get a text saying you've missed a lesson.

If your attendance drops below 95%

Letter is sent home outlining attendance concern.

If your attendance continues to fall

Second letter is sent home
Attendance report to your mentor

If you're absent while on report

Director of Sixth Form Consultation:
- You and your parents will be asked to attend a meeting with the Head of 6th.

Attitude

Compulsory catch up: Missing homework, more than 15 minutes late.

If you don't attend

Subject Personal Improvement plan with specific targets for you.

If you fail subject PIP

Head of Sixth Form Report:
8.30 – 3 every day, see me at the end of each day. All your lessons will be RAGed

Fail Head of Sixth Report

Director of Sixth Form Consultation:
- You and your parents will be asked to attend a meeting with the Head of 6th.

Monitoring stress levels

Monitoring your stress Levels

UNDER-
STRESS

HEALTHY STRESS

OVER-
STRESS

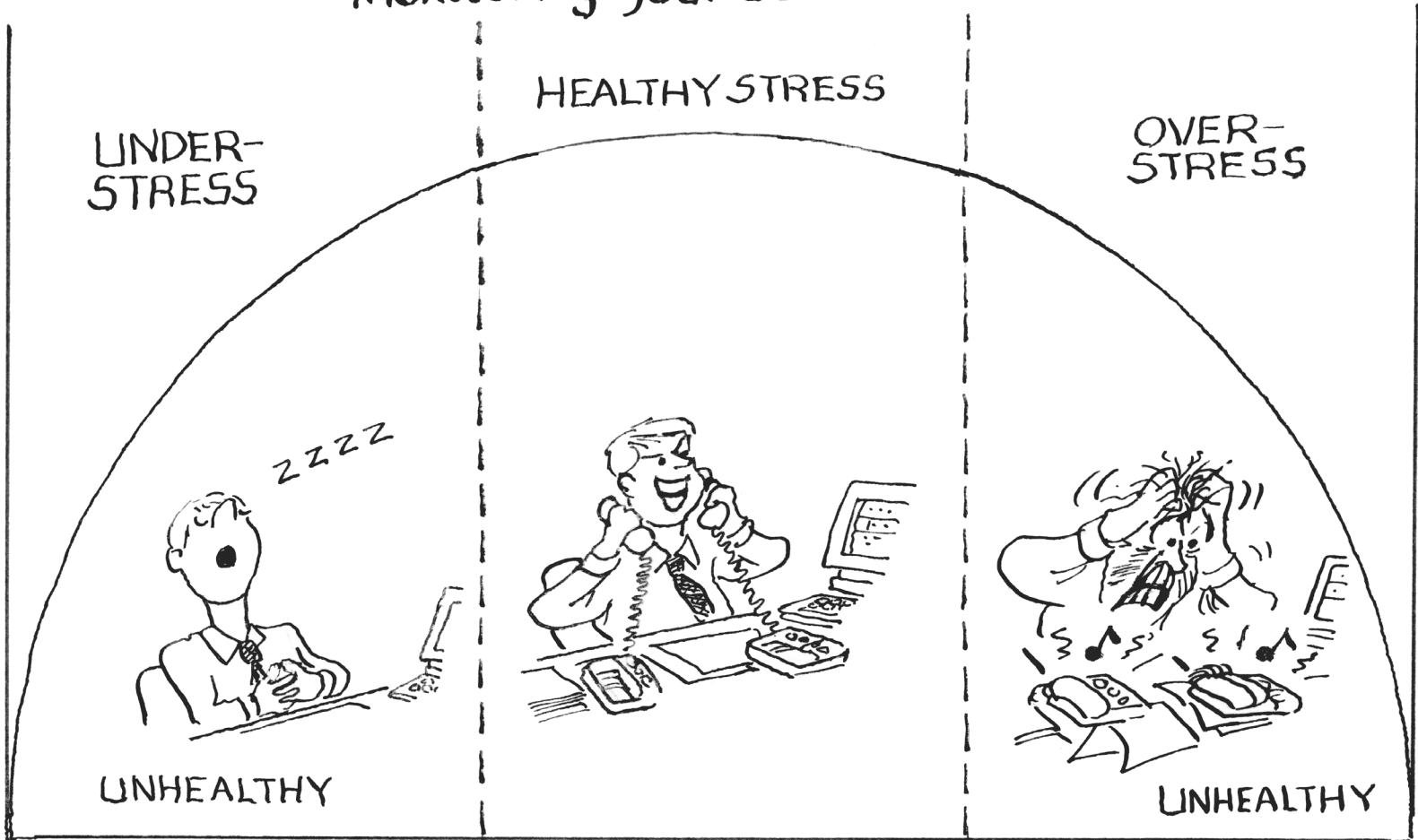
zzzz

UNHEALTHY

UNHEALTHY

LEVEL OF STRESS

PERFORMANCE



Remember

- **Students should not feel alone**
- We are here to support students - don't be afraid to ask for help.



Here to help

In addition to the mentors

Pastoral



**Sharon
Chapman**

Attendance



**Kaye
Flynn**

Careers



**Eppie
Silverman**

UCAS



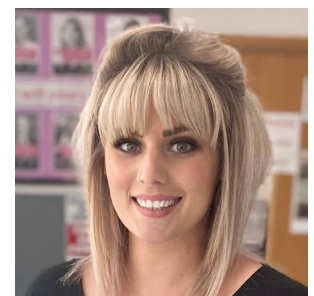
**Anne
Hopkins**

**Gifted &
Talented**



**Susie
Bishop**

**Academic
Project**



**Kayleigh
Wilson**

SHOREHAM ACADEMY SIXTH FORM

"Start here...Go anywhere"



Volunteering
Student Leadership

UNIVERSITY EXPERIENCES



Oxbridge Programme
Medical Mentoring
Humanities Society



Social Opportunities
Silent Study Room
Academic Enrichment

EPQ

unifrog

Dedicated UCAS co-ordinator

UCAS

Personal Statement
Writing Support

World's
Best
Destinations



COMMON
ROOM

EXPEDITION.
JULY 2022.
SAFARI TRIP.



ZAMBIA & BOTSWANA

INTERNATIONAL EXPEDITIONS

PROFESSIONAL PERFORMANCE
ACADEMIES



Gymnastics
Academy

Dance Company

Excellent
Pastoral
Support



Personal Mentoring using
VESPA system



Football Academy



YOU
ARE THE
SIXTH
FORM

INDUSTRY
MENTORS



Employability Skills & Latest Careers Advice
& LABOUR MARKET INFORMATION

EXPERIENCES OF THE WORKPLACE

Your Journey...Is Our Journey

EXCELLENT
RESULTS

Any time
1 to 1

YOUR CAREERS ADVISOR IS
MISS SILVERMAN

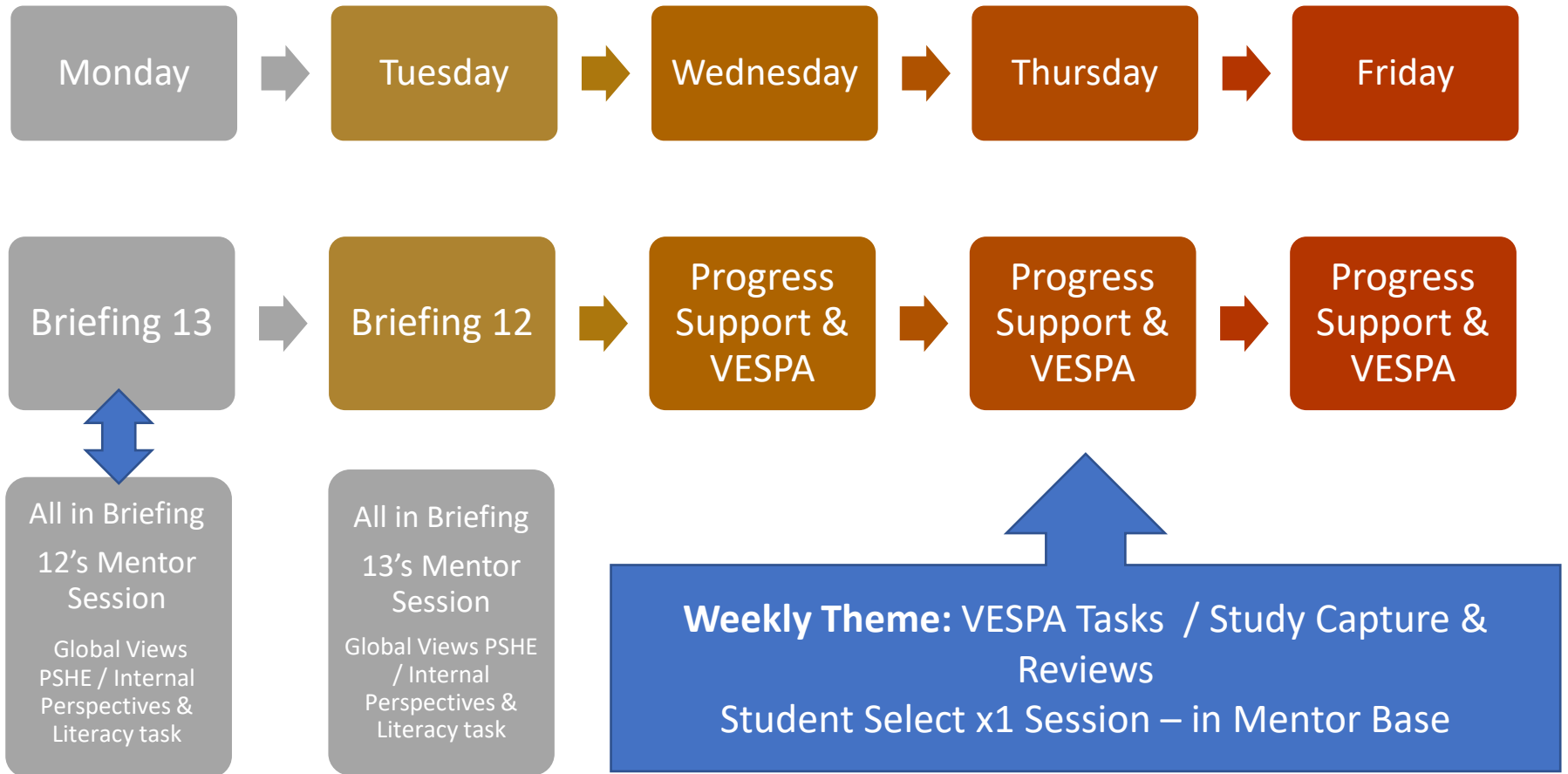


SCAN ME



Organisation
& Time
management

KS5 Weekly Mentoring: Briefing Schedule



New Day structure

8.30 – 9	Mentor time
9 – 10	P2
10 – 11	P3
11 – 11.20	Break
11.20-12.20	P4
12.20-1.20	P5
1.20 -2	Lunch
2 – 3	P6
3 – 4	P7



When students get their timetable it will look very different to a timetable in year 11.



The gaps in their timetable are to give flexibility. Students need to be in control of how they use this time.



Students need to complete 12 hours weekly of independent study. This is a minimum and they might need to do a lot more. A* students complete 25 to 30 per week.



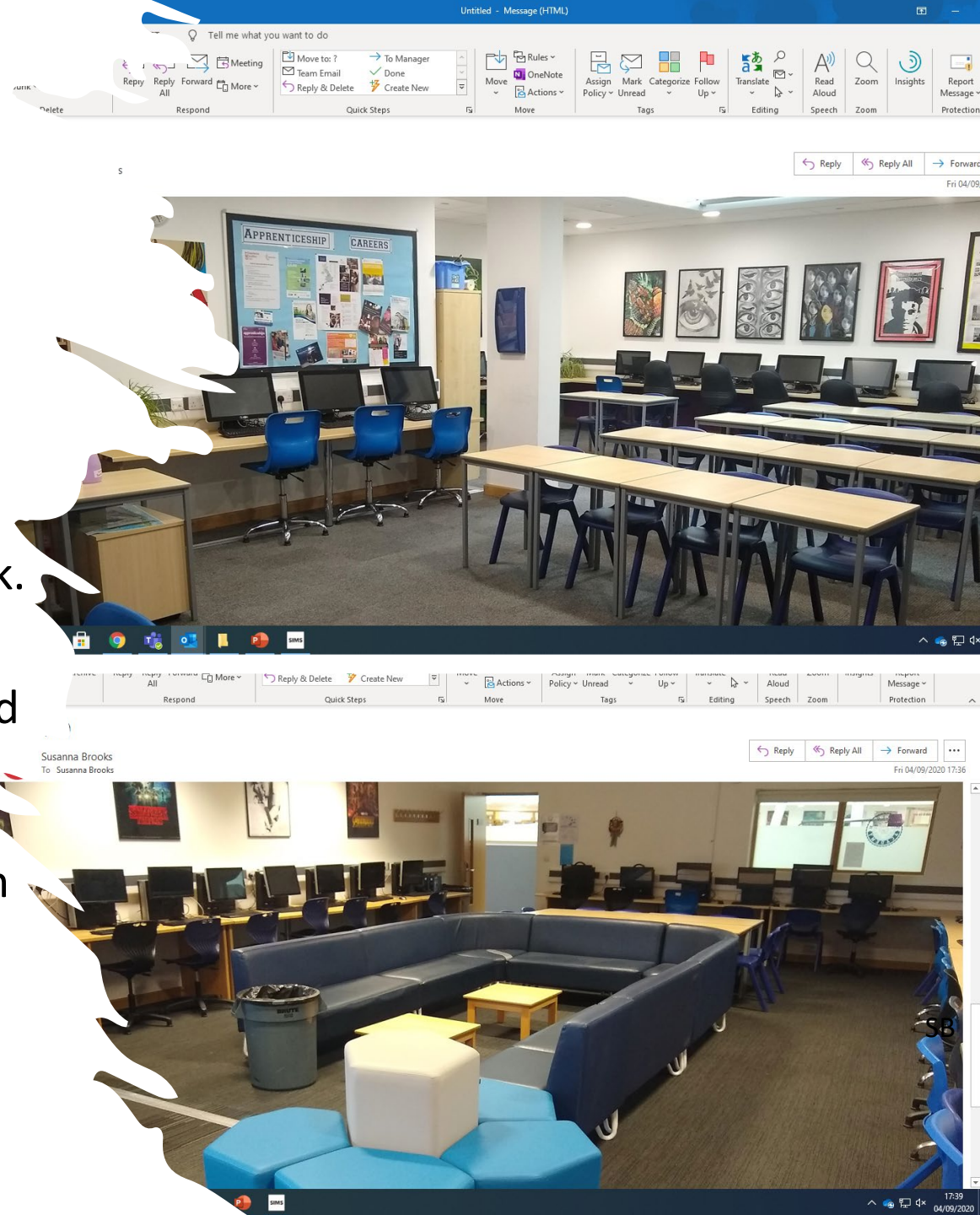
These hours won't happen automatically, they need to make their routine and then stick to it.

Minimum
expectation
4 hours a day
2 hours HW
2 hours
Independently
1 hour
organising
revision
materials
&
Study Capture



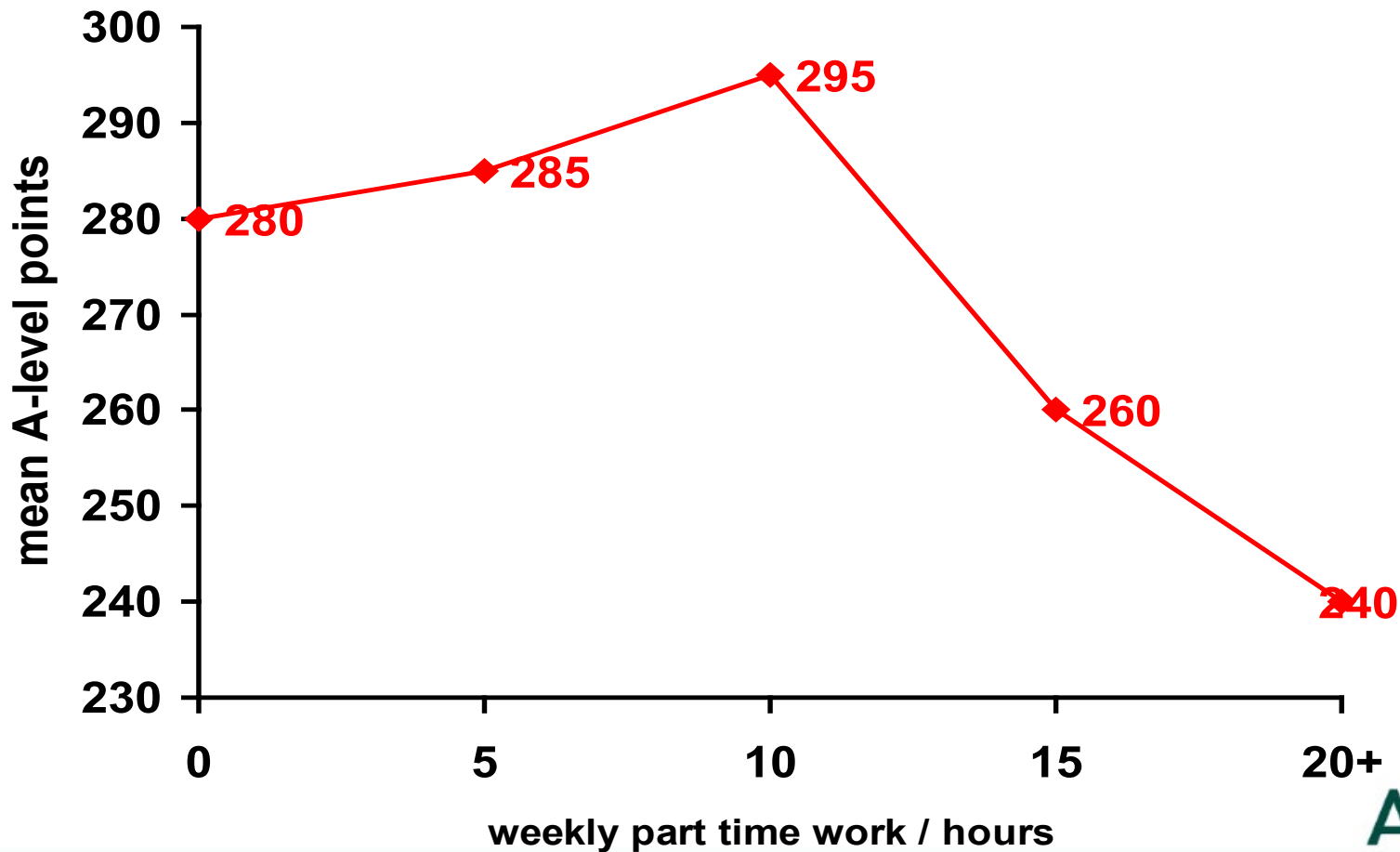
Work in college:

- As a sixth former students have additional spaces.
- The library is for silent work.
- There will be extra laptops.
- These rooms are supervised to ensure you can study effectively.
- Use the growing Sixth Form Library of books!
- **We are open until late for study**



Part time work: Delayed Gratification...

Part time work and A-level success



Developing and sticking to successful habits and routines

Sixth Form Independent Study Plan: Name: _____ MEG _____

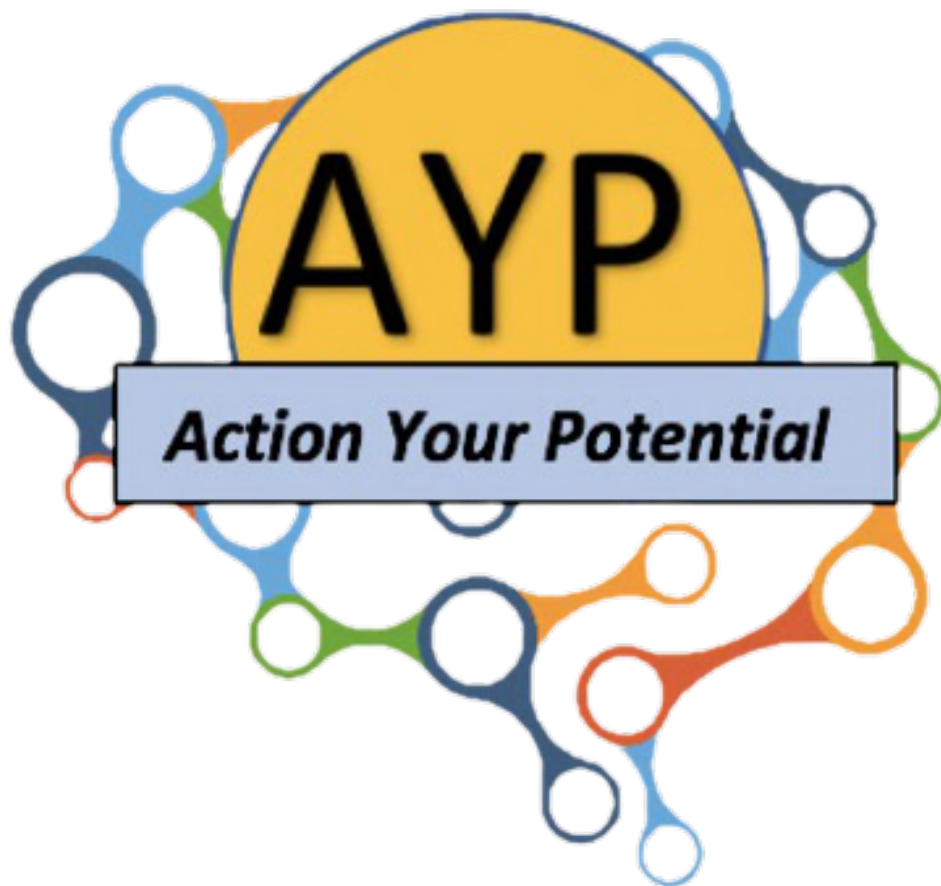


Success Plan 1

You can use this as a fixed plan or plan it each week, ensure that nothing is missed. You need to be **fully focused**, minimal distractions. No phones

Tim	Monday	Tuesday	Wednesda	Thursday	Friday	Time	Saturday	Sunday
7:30						8:00		
8:30						9:00		
9:30						10:00		
10:30						11:00		
11:50						12:00		
12:50						1:00		
Mentor & Lunch						2:00		
1:45						3:00		
2:45						4:00		
4:00						5:00		
5:00						6:00		
6:00						7:00		
7:00						8:00		
8:00						9:00		
9:00						10:00		

Don't be over ambitious – break work down into small chunks. Assess how familiar you are with each topic and focus on your weak areas. Take breaks, do short (45 minute) sessions often and include fun stuff / rewards – that way you are more likely to stick to your timetable.



AYP

Action Your Potential

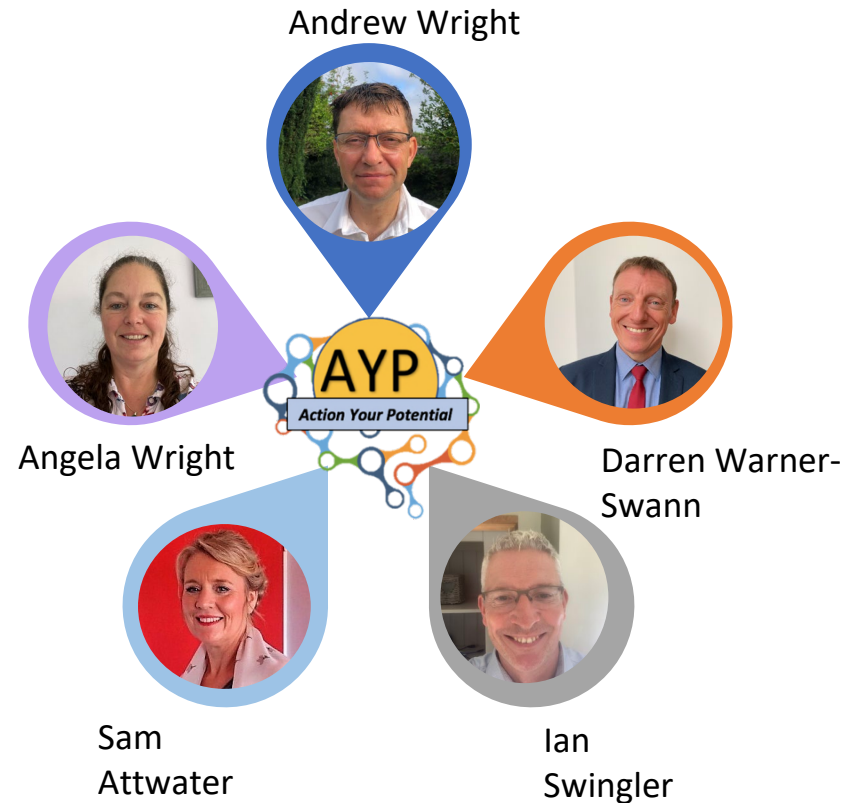
Who are we?

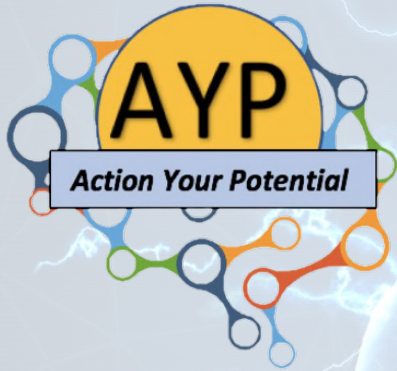
We started AYP in 2018 with a mission to help people to harness the incredible power of their brains to live with hope, passion and enjoyment.

We have now grown to 6 members of the team, with over 200 years of teaching experience between us in a variety of subjects, in primary, secondary and post 16 and expertise in talking to children and students of all ages and backgrounds.

We now work with over 150 schools and businesses helping people to unleash their productivity and learning, manage their minds, and improve their wellbeing.

Andrew Wright (CEO AYP)





Do follow us on social media for ongoing updates and tips on being a NeuroNinja every day



@ActionPotential



Action Your Potential



Action Your Potential Today



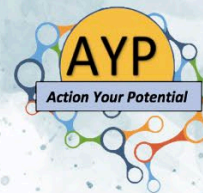
Action Your Potential



Action Your Potential

We're here to solve the A Level / BTEC Problem

Become a #NeuroNinja this year & change your world



We're here to help you be the
best you can be...

Become a #NeuroNinja this year &
change your world

You have everything you
need at the top of your
neck...

A human brain with its
needs met and the
right daily behaviours
is unstoppable





Metacognitive Skills to change your mind and change your world...

Strand 1 - Well-being is a skill



Skill 1 - Do Your Rocks

Skill 2 - ...
Strand 3 - Unleashing learning

- Skill 7 - Do your leaps
- Skill 8 - Practice makes progress
- Skill 9 - Little & often learning
- Skill 10 - Plan your learning and day



Strand 2 - Mind Management



- Skill 3 - Manage worries
- Skill 4 - Build your calm
- Skill 5 - Choose Growth
- Skill 6 - Bouncing back



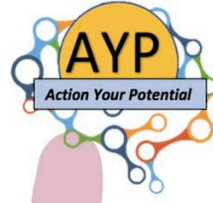
AYP

Action Your Potential

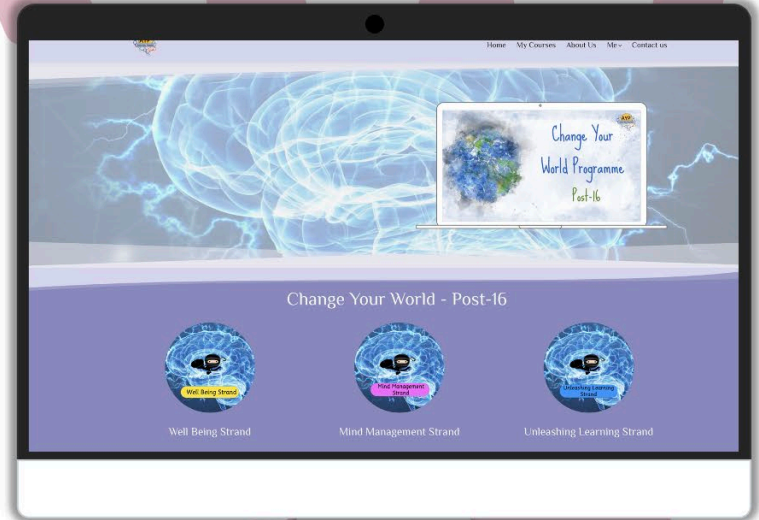
AYP

Action Your Potential

These are the 10 metacognitive skills of being a #NeuroNinja



#NeuroNinja Learning Hub



We worked with over 3000 really inspiring young people last year and we listened very carefully to what they told us about the barriers they faced to learning, growing and achieving.

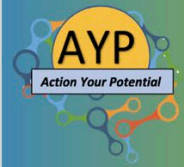


This is what they said:

- ➔ Procrastination (wasting time, rather than being productive)
- ➔ Low mood, low motivation
- ➔ Not knowing how to revise effectively
- ➔ Feeling overwhelmed
- ➔ Wide ranging anxiety about exams, their futures & the planet's future
- ➔ Never feeling good enough



*Unique and powerful 1:1 coaching support students to action
their potential everyday*



This:

People don't decide their futures, people decide their habits and their habits decide their futures.



Your brain is amazing...



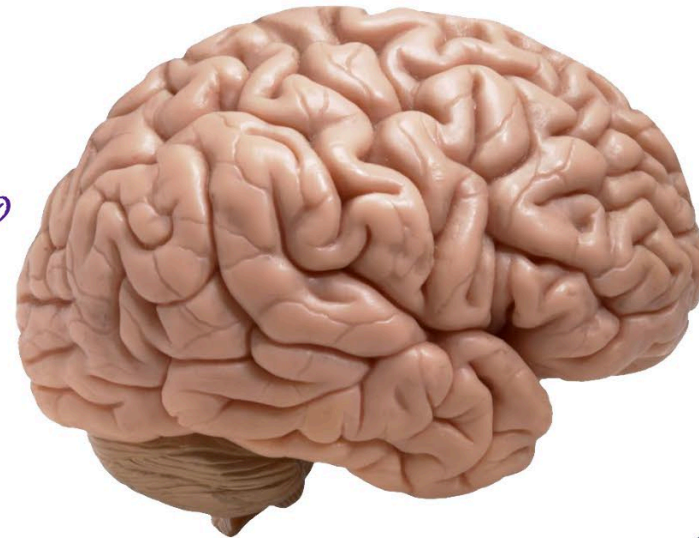
86 billion neurons.

300 trillion connections.

A millimetre of brain tissue has 120 million connections, 700x more storage than your laptop (in just a mm)

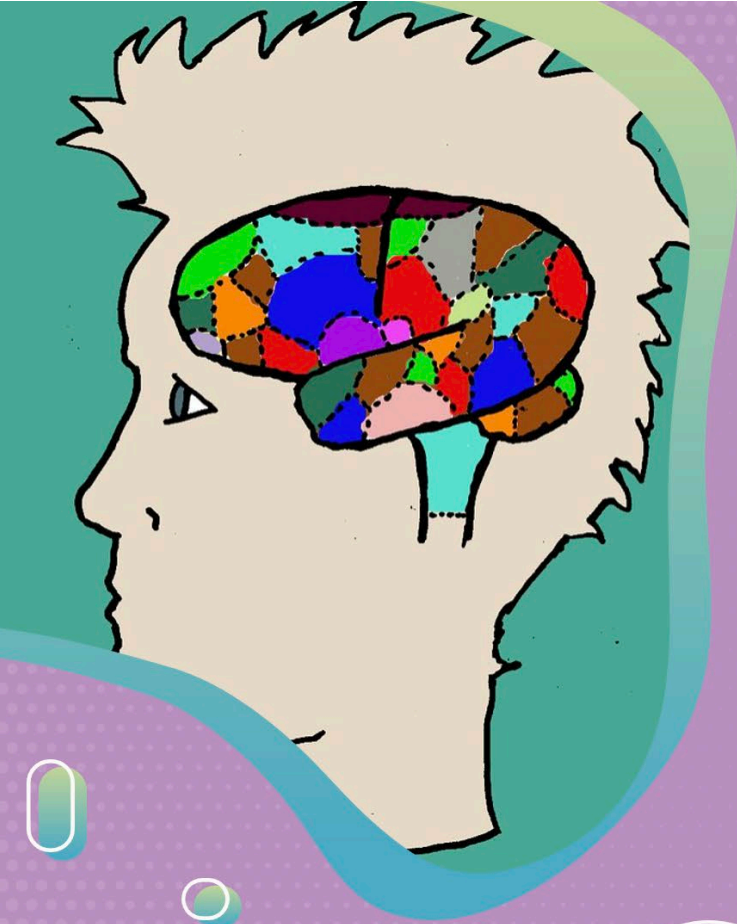
You can do this

You just need to choose to try

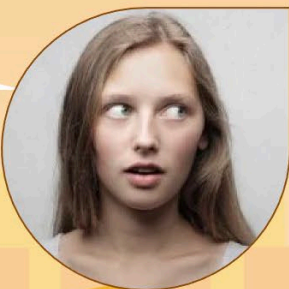
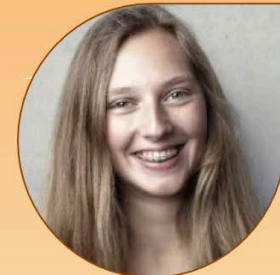
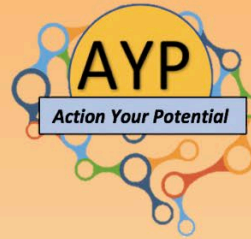


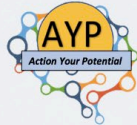
Your brain changes on the basis of what you use it for...

If you repeatedly practice something, your brain and body make it easier for you to do that thing regardless of whether you like that thing, or it is good for you...

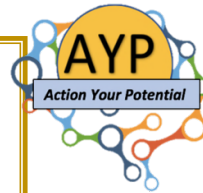


50% of how we feel right now is down to what we've done in the previous 24 hours...





12 Rocks Of Well-Being – Weekly Check



- Rock 1 – Sleep – 8-9 Hours a night
- Rock 2 – Exercise – 20 mins per day
- Rock 3 – Eat and Drink Healthily – complex carbs, protein, low sugar
- Rock 4 – Mindfulness – be present without judgement 5-10 mins
- Rock 5 – Mind Wandering – allow your mind to social problem solve
- Rock 6 – Manage Emotions – notice, accept, share with trust
- Rock 7 – Walk Outside in Nature
- Rock 8 – Listen to Music – 20-30 minutes
- Rock 9 – Connect meaningfully with friends and family
- Rock 10 – Gratitude and Kindness- express both explicitly each day
- Rock 11 – Engage in activities important to your life’s purpose
- Rock 12 – Learn, Play, Create, Read

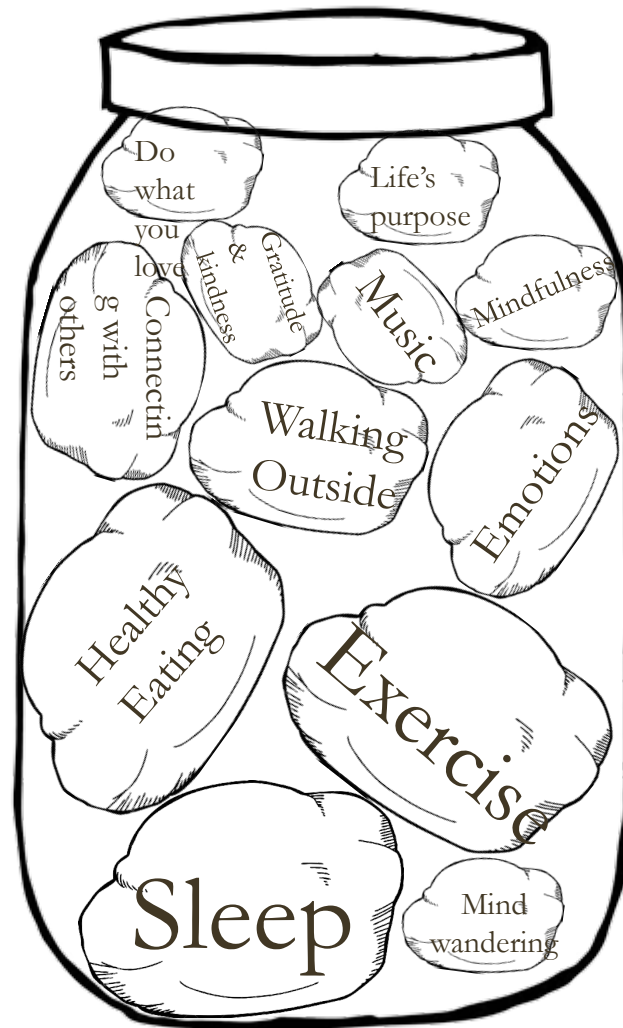
	mon	tues	wed	thurs	fri	sat	sun
total							

www.actionyourpotential.org

Plan your well-being

Plan your rocks
everyday in priority
Get the **BIG**
ROCKS in first

Fit in the smaller
rocks alongside the
bigger ones



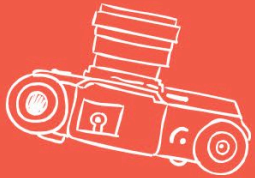


Learning Routines – everyday

- 1. Study Capture (10 mins)*
- 2. Box & Frayer Flash Cards (10 mins)*
- 3. Mind Map Build / Review (10 mins)*
- 4. Effortful Topics (10 mins)*



1 - Study Capture



The Study Capture Sheet

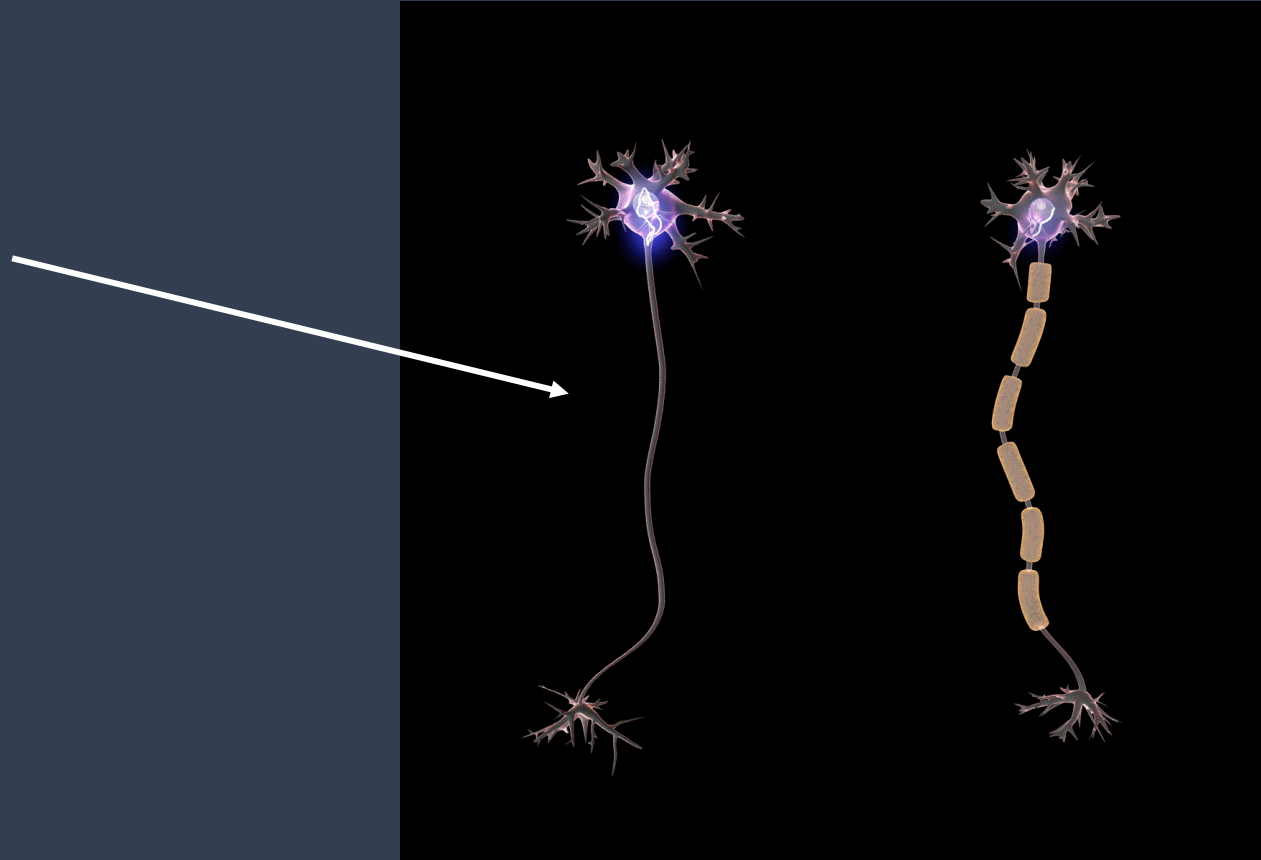
Subject	Topic	Key Idea	Key Words	Rating

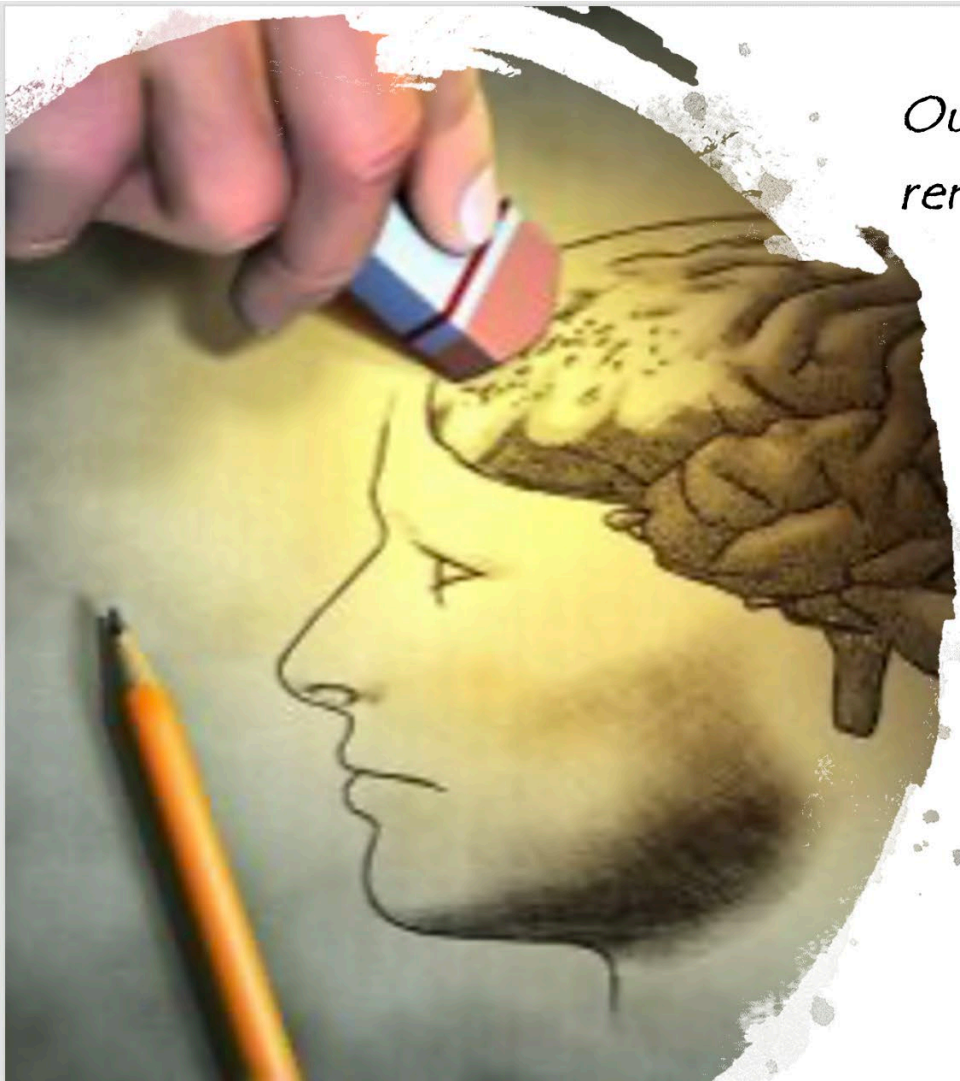
The Study Capture Sheet

Subject	Topic	Key Idea	Key Words	Rating
Biology	Respiration	The Krebs cycle continuously recycles, reusing the substrates and enzymes with an overall reaction given by.	Kreb's Cycle. Co Enzyme A	5
Chemistry	Atomic Structure	The mass spectrometer gives accurate information about relative isotopic mass and relative abundance of isotopes.	Isotope. Mass spectrometer	4
				3
				2
				1

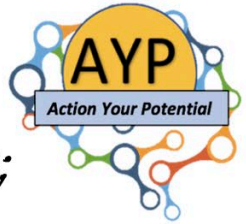
Axon

The biological wire, moves electrical impulse from one end of brain cell to the other





Our Brain finds it easiest to remember information that is;



- 1. Dangerous to us*
- 2. Salient (Interesting to us)*
- 3. Repeated*

So...If you don't repeat, your brain will delete...

How we think
we Learn...

I've got it - lets
move on

But...

Within 1 Hour - you have forgotten 56% of it

Within 1 day - 67%

Within a Week - 75%

Ebbinghaus Forgetting Curve





Be in no doubt you
can do this...



Future
Focused

Key Dates



• Year 12

- Baseline Assessments
- 10th October – 14th October
- Baseline report 7th November
- Spring Assessment 6th March
- Spring Report 27th March
- **Parents Evening 27th April**
- Progression Exam
- Progress Exams 5th June
- Work Experience 10th July

• Year 13

- Oxbridge deadline 15th Oct
- **1st November**
- Autumn Report W/B
- Mock Exams 5th – 9th December
- UCAS Deadline 2nd December
- Spring Report 16th January
- **Parents Evening – 26th January**
- Spring Mocks 6th February
- External Exams – 15th May
- Leavers Prom – 29th June



Pathways Programmes
Destination Workshops



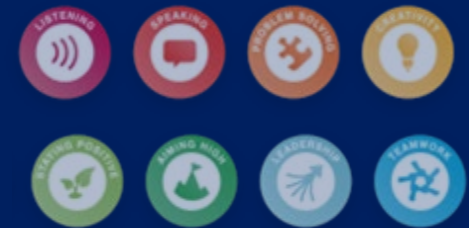
Employability Week



Personalised Support



Curriculum Links



Developing skills

The sooner the better when applying to University

Students applying to university have an experienced UCAS coordinator who is always on hand to support parents too!

Students receive bespoke guidance on writing their personal statement and how to apply through UCAS.

Our UCAS co-ordinator is always available for drop-ins if students are uncertain about any aspect of their application.



Support at Shoreham Sixth Form:

People who can support:

Mentors

Anne Hopkins

Eppie Silverman

Susie Bishop

Subject teachers

Sixth Form Team

Applying to University and your Post-18 Options

The everything you need to know Shoreham Sixth Form Student Guide

This booklet is made of two sections:

The first section is a collection of activities for you to complete in mentor time and at home to get you thinking about your future and the best route for you.

The second section is gives you all the information that you need to apply for University or an Apprenticeship after college.

Name:

Mentor:

Mentor Group:



1

Facilities to support:

UCAS student booklet

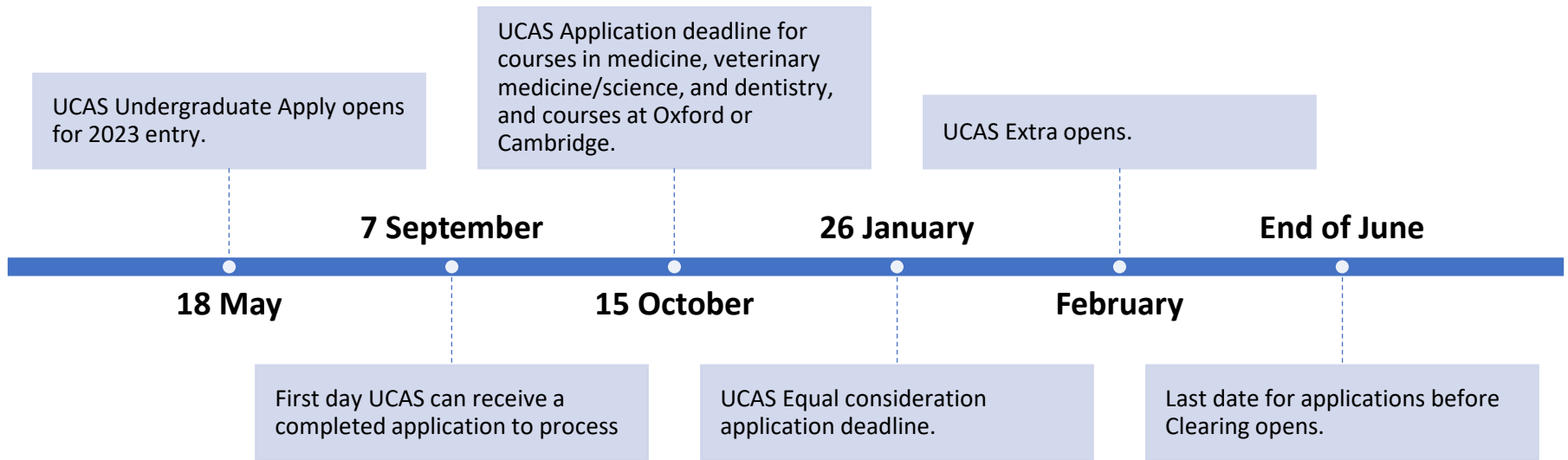
Unifrog

Work Experience Week

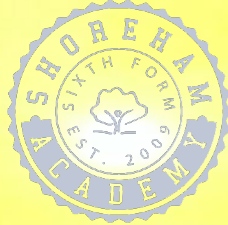
The Silent Study Room



When to apply for 2023 entry



Let's work together to support your child to
work hard, in the right way to achieve the
successful futures they deserve



Thank you



ANY QUESTIONS?