



SHOREHAM SIXTH FORM

YEAR 12 PARENT INFORMATION

STARTING SOON





Expectations
& successful
mindset



Working
together



Essentials



Organisation
& Time
management



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 ★



LEVEL

2

GCSE

SCHOOL

LEVEL

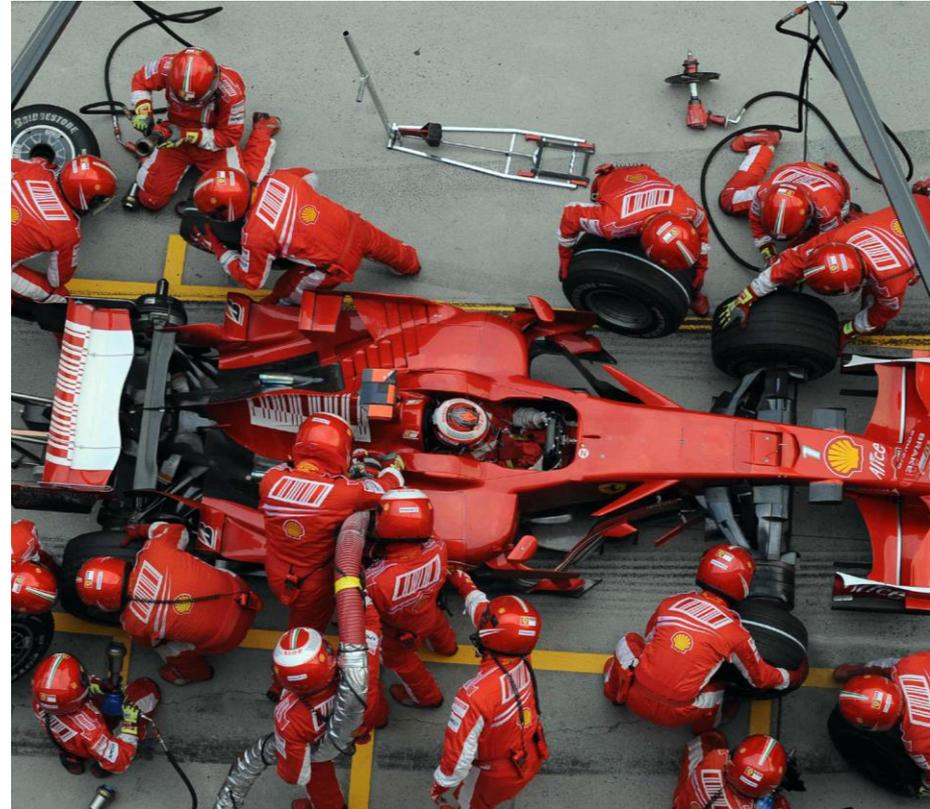
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A LEVEL

SIXTH FORM

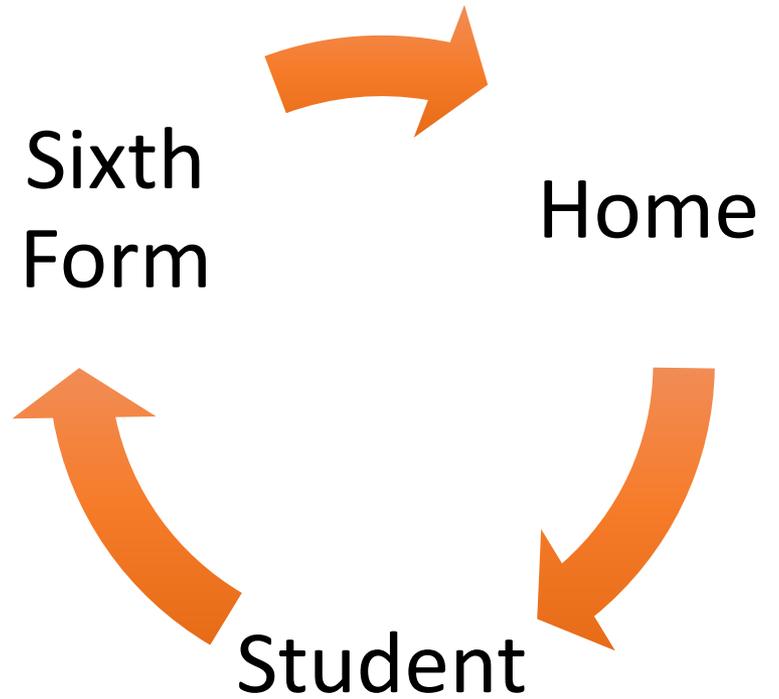


Students need a support team

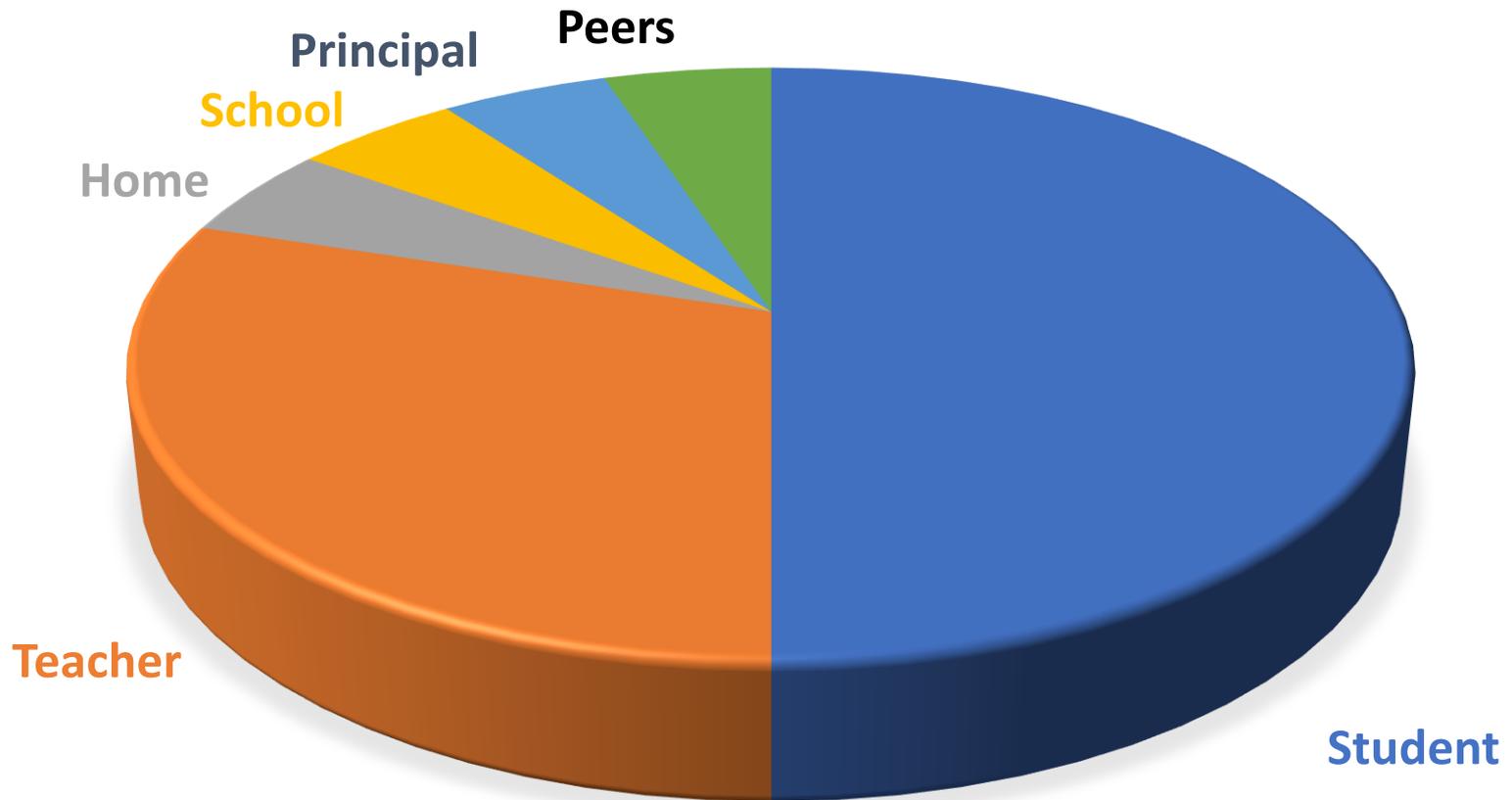




Our 3-legged stool



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			
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STUDENT TARGETS		Met?	COMMENT



Good attendance has never been more important.



You might have gaps in your knowledge.



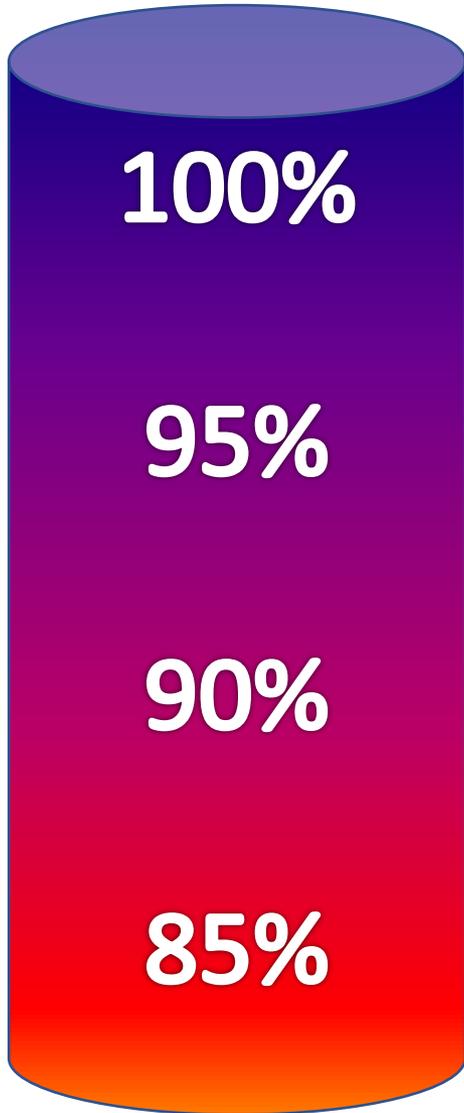
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Attendance

“Half of success is turning up”



Monitoring stress levels

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UNHEALTHY



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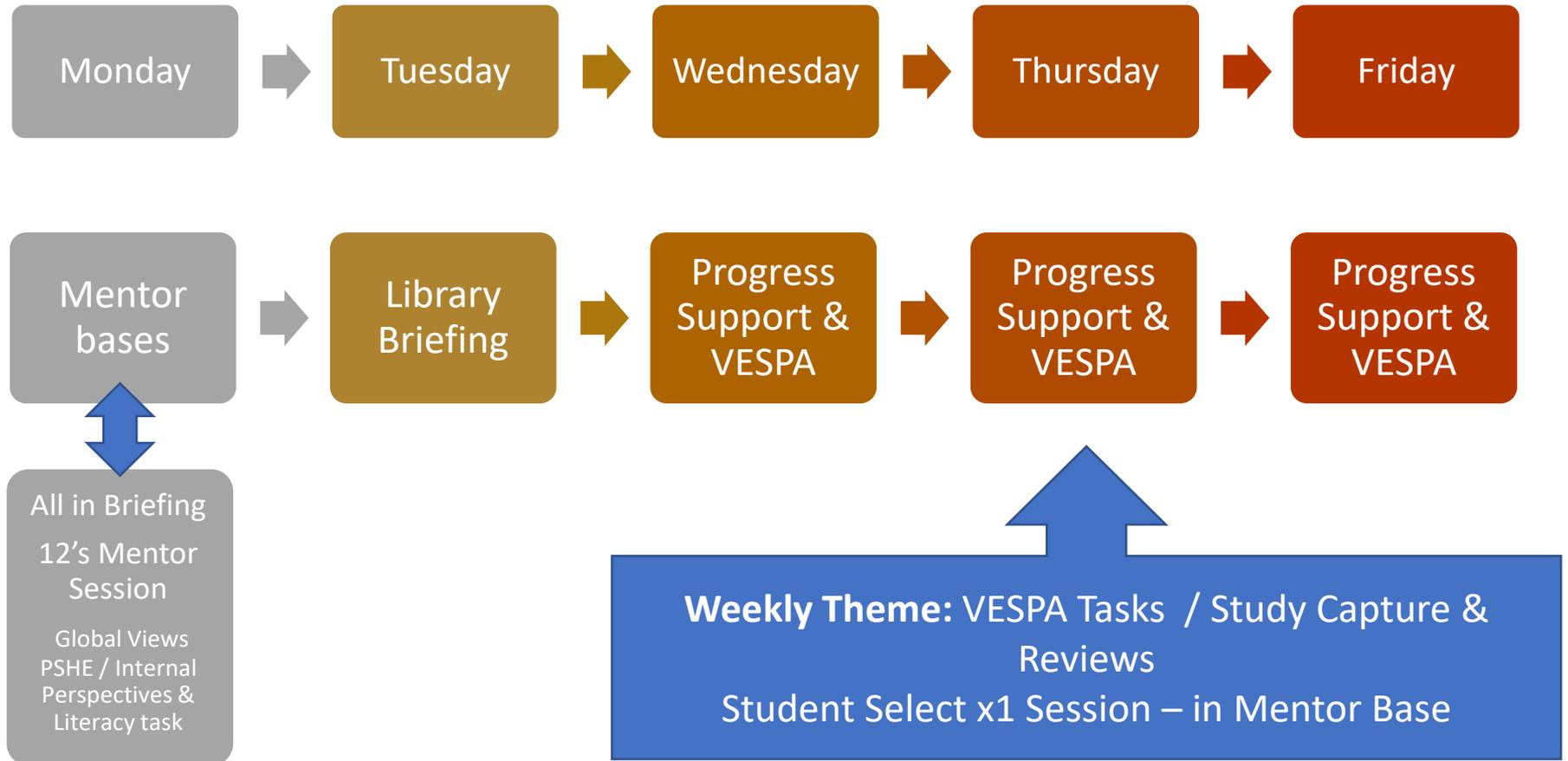


**Richard
Buttle**



Organisation
& Time
management

Year 12 Weekly Mentoring Schedule



College 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.



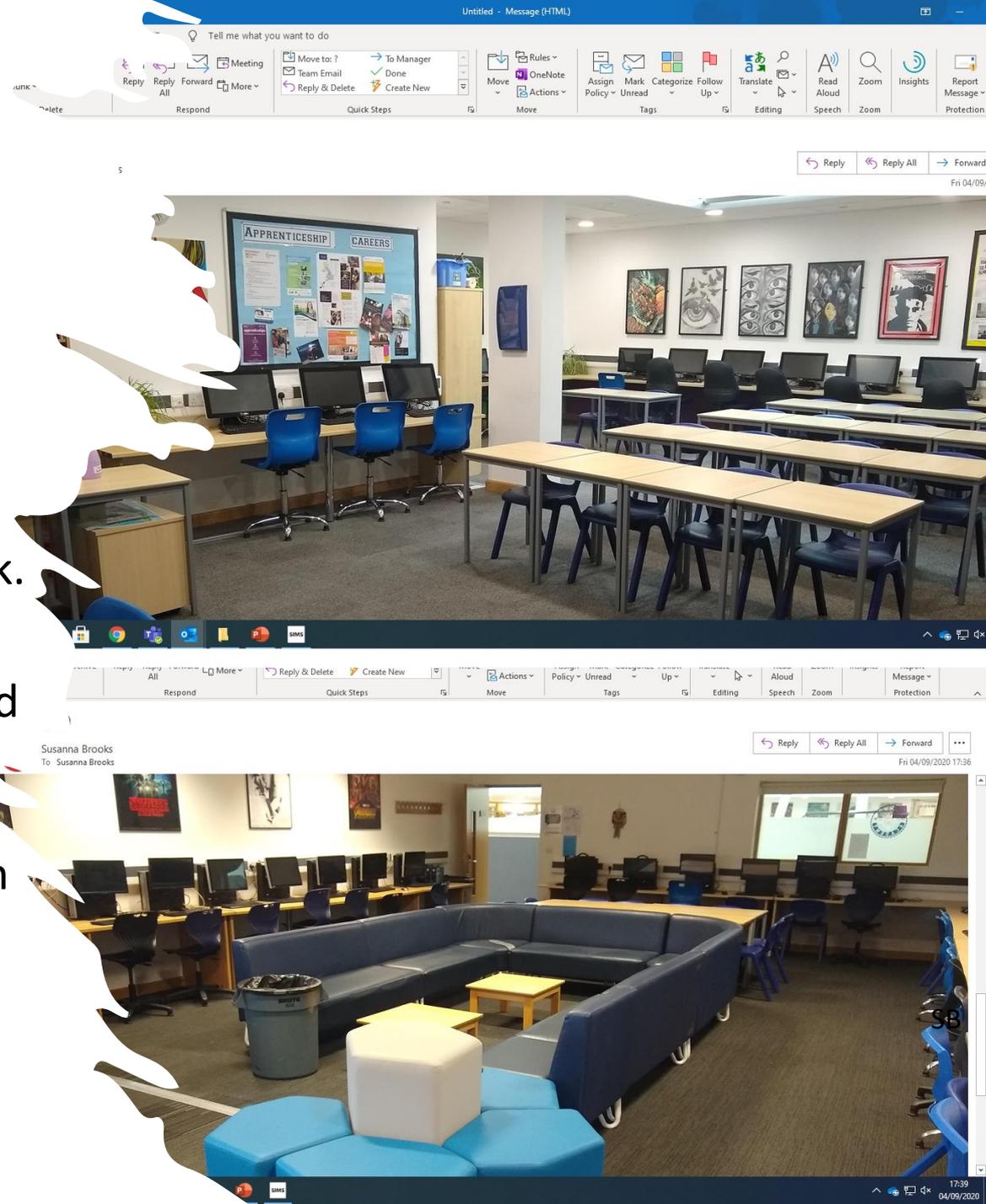
These hours won't happen automatically, they need to make their routine and then stick to it.

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



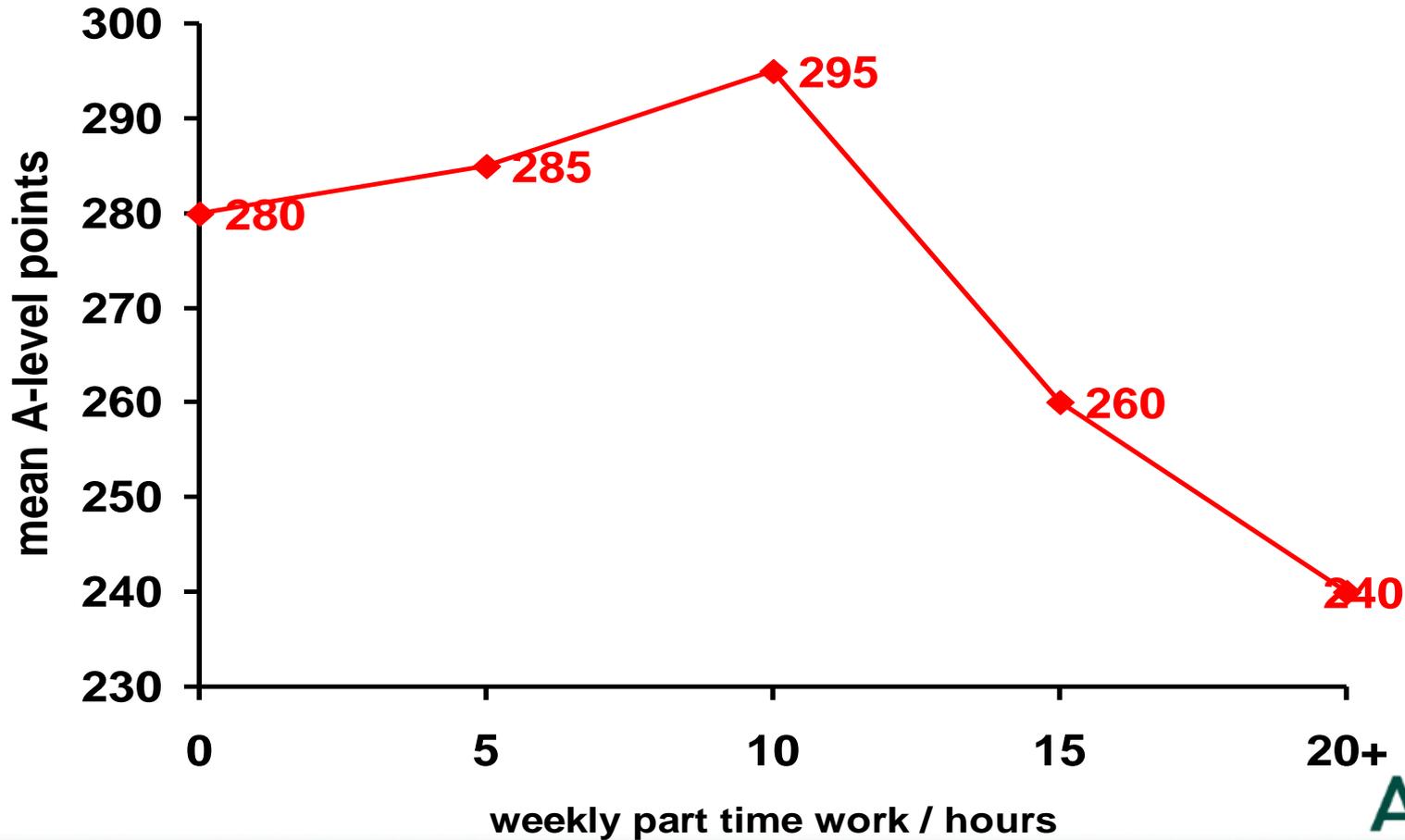
Work in college:

- 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		
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9:30						10:00		
10:30						11:00		
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Mentor & Lunch						2:00		
1:45						3:00		
2:45						4:00		
4:00						5:00		
5:00						6:00		
6:00						7:00		
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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.



Future
Focused

Key Dates



- **Year 12**
- Baseline Assessments - 25th September in class
- Destination Workshops - 2nd October all week in mentor time
- PSHCE morning – October 12th
- Baseline report - mid October

Later in the year:

Parents evening in the Spring

End of year assessments in July

Post – 18 Destinations Information Evening



Pathways Programmes
Destination Workshops



Employability Week



Personalised Support



Curriculum Links



Developing skills

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?



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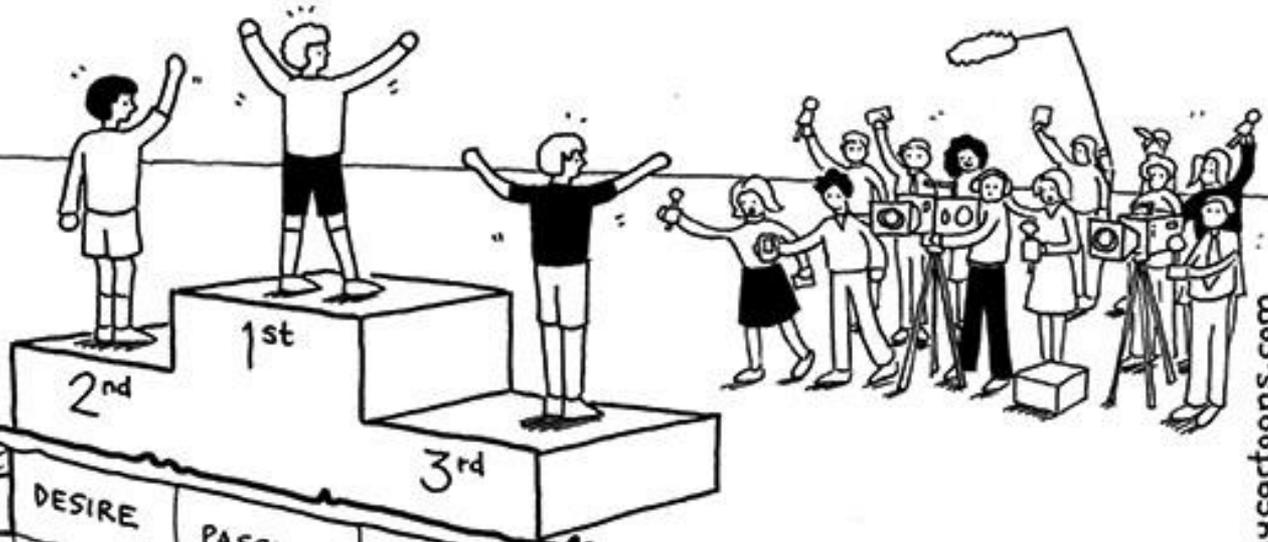
INTEGRITY



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EXCELLENCE ★

What we see



What we don't see

			DESIRE	PASSION	FOCUS		
	DOUBT	EFFORT	TRAINING	FAILURE	HARD WORK	BLOOD, SWEAT & TEARS	
	TESTS	PAIN	INJURY	EARLY MORNINGS	LATE NIGHTS	IMPROVEMENT	PATIENCE
ANGST	SPIRIT	GOALS	LISTENING	SACRIFICE	FEEDBACK	COURAGE	PLANNING
WORK	GRIT	JOY	INNOVATION	DISCIPLINE	PERSEVERANCE	SADNESS	TACTICS
TREP	GUTS	TIME	BRavery	REJECTION	LEARNING	WILL	VISION
WILL	DIET	SUPPORT	LONELINESS	STRATEGY	TEAR		
PAIN	DRIVE	HOPE	MOTIVATION	COMMITMENT			
AIMS	ZEAL	LOSS	SLEEP	PAIN			
PHYS	WILL	DARING	HONESTY				
WILL	TEAM	ATTITUDE					

officeguycartoons.com
GUY DOWNES ©

How much work should students be doing?



12 hours of independent study is a core expectation in year 12.

As we approach exams this year, students should be achieving at least 20 hours of study outside of lessons.

How can I help my child stay motivated?



Routine



Positive reinforcement and praise

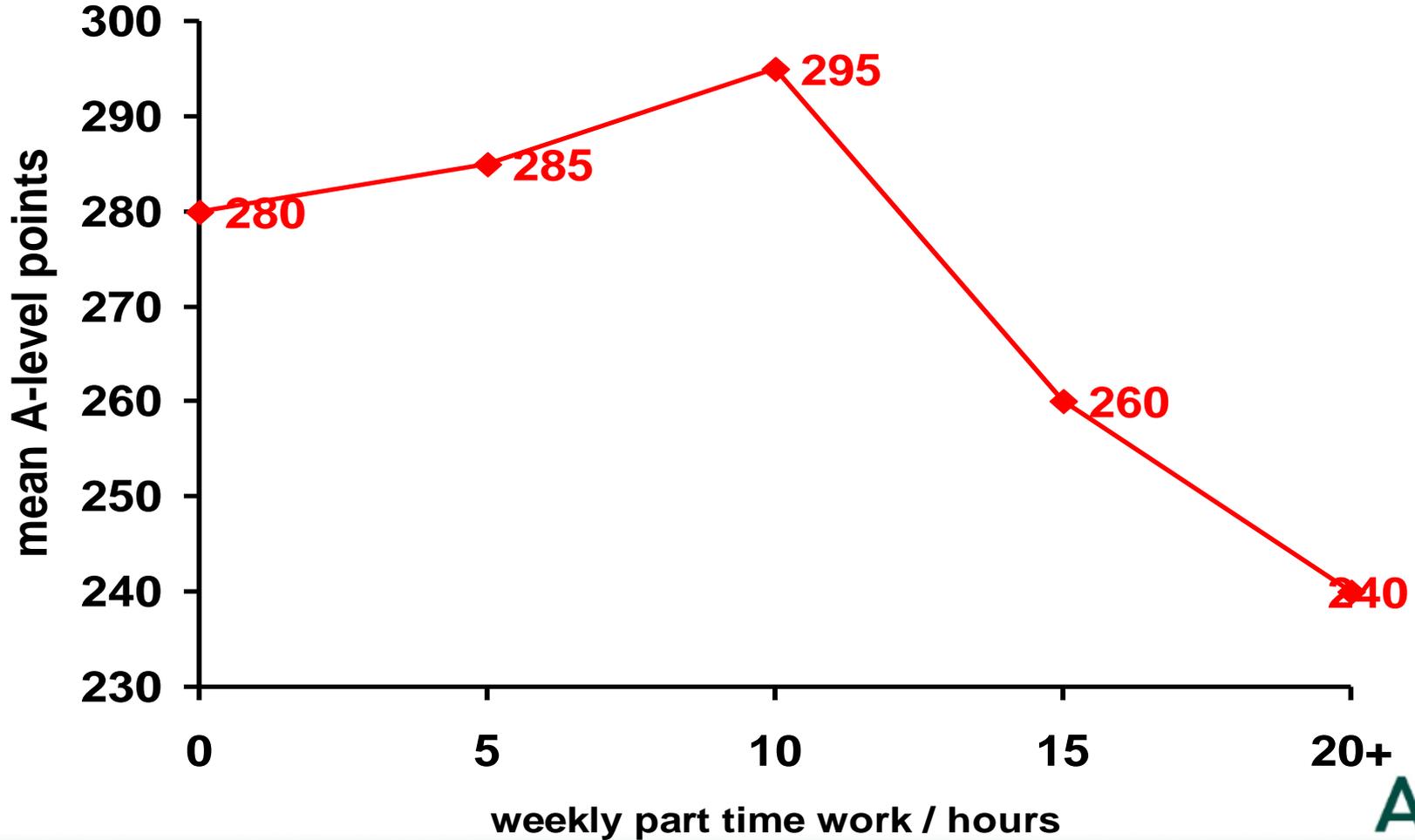


The end goal – university applicant days and offers, appointments with careers advisor



Reduce hours at part time job

Part time work and A-level success

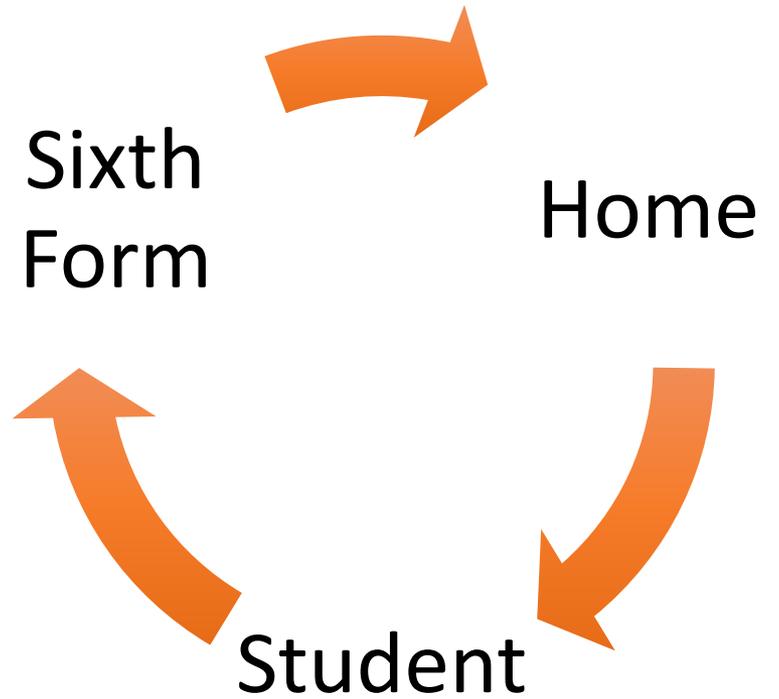


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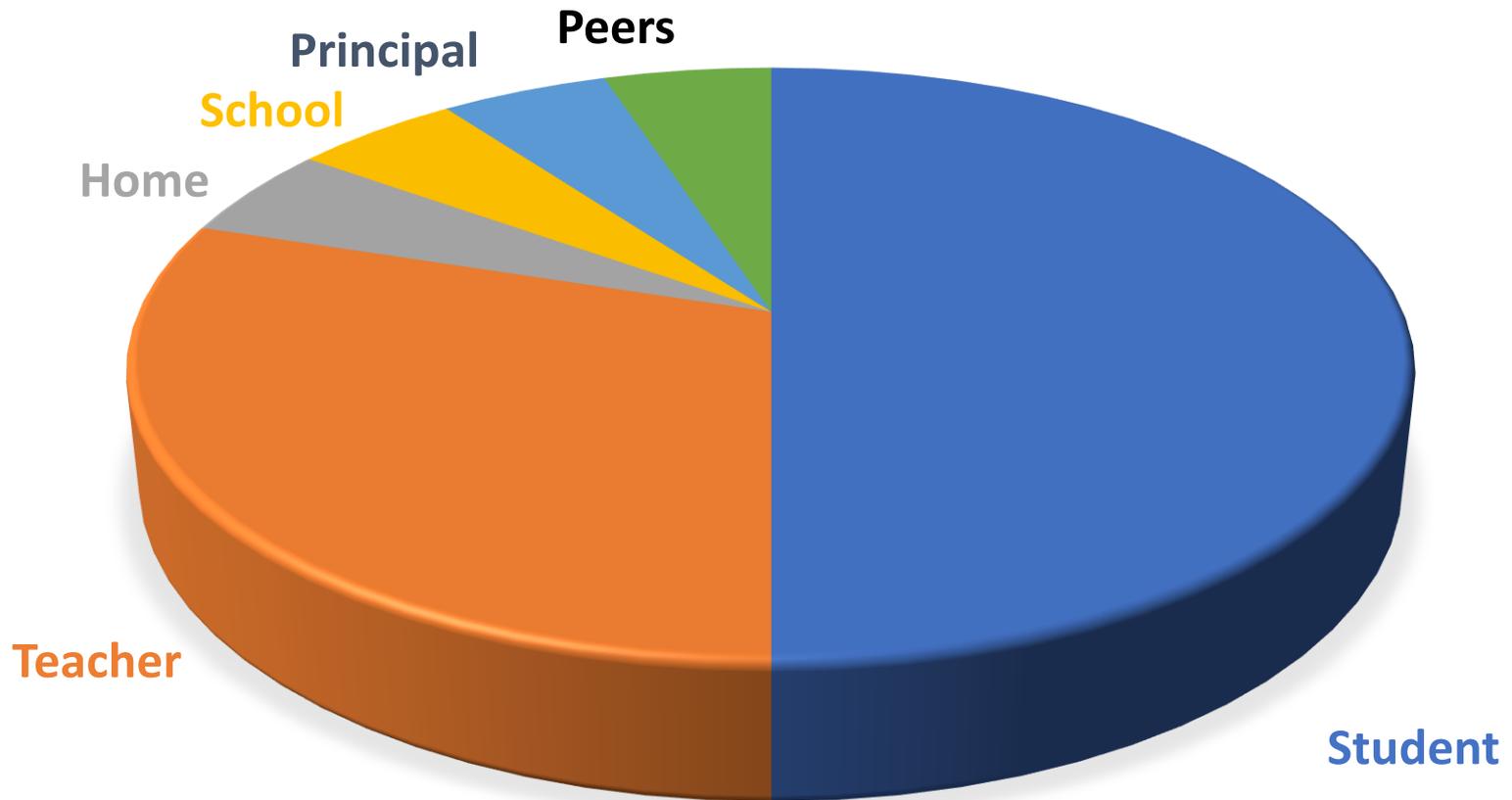




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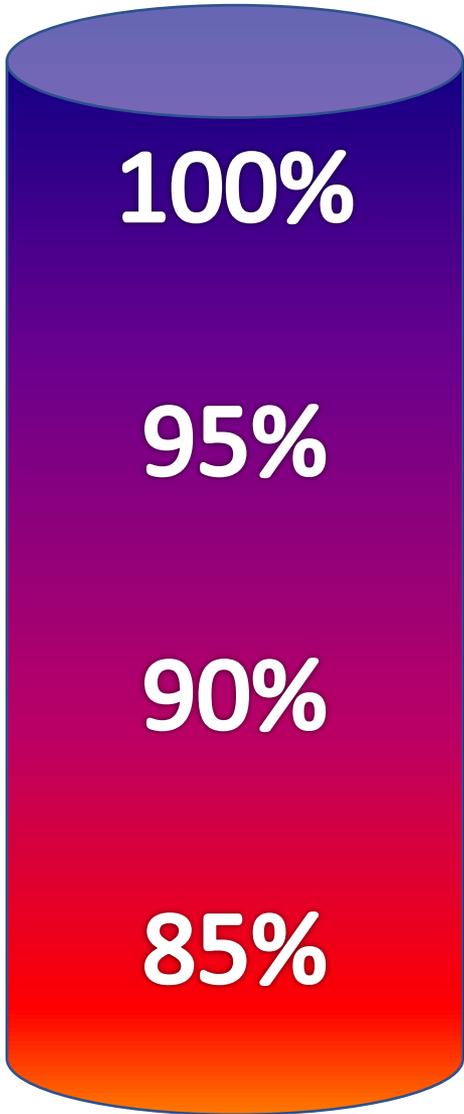
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UNHEALTHY



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LEVEL OF STRESS

PERFORMANCE

Remember

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



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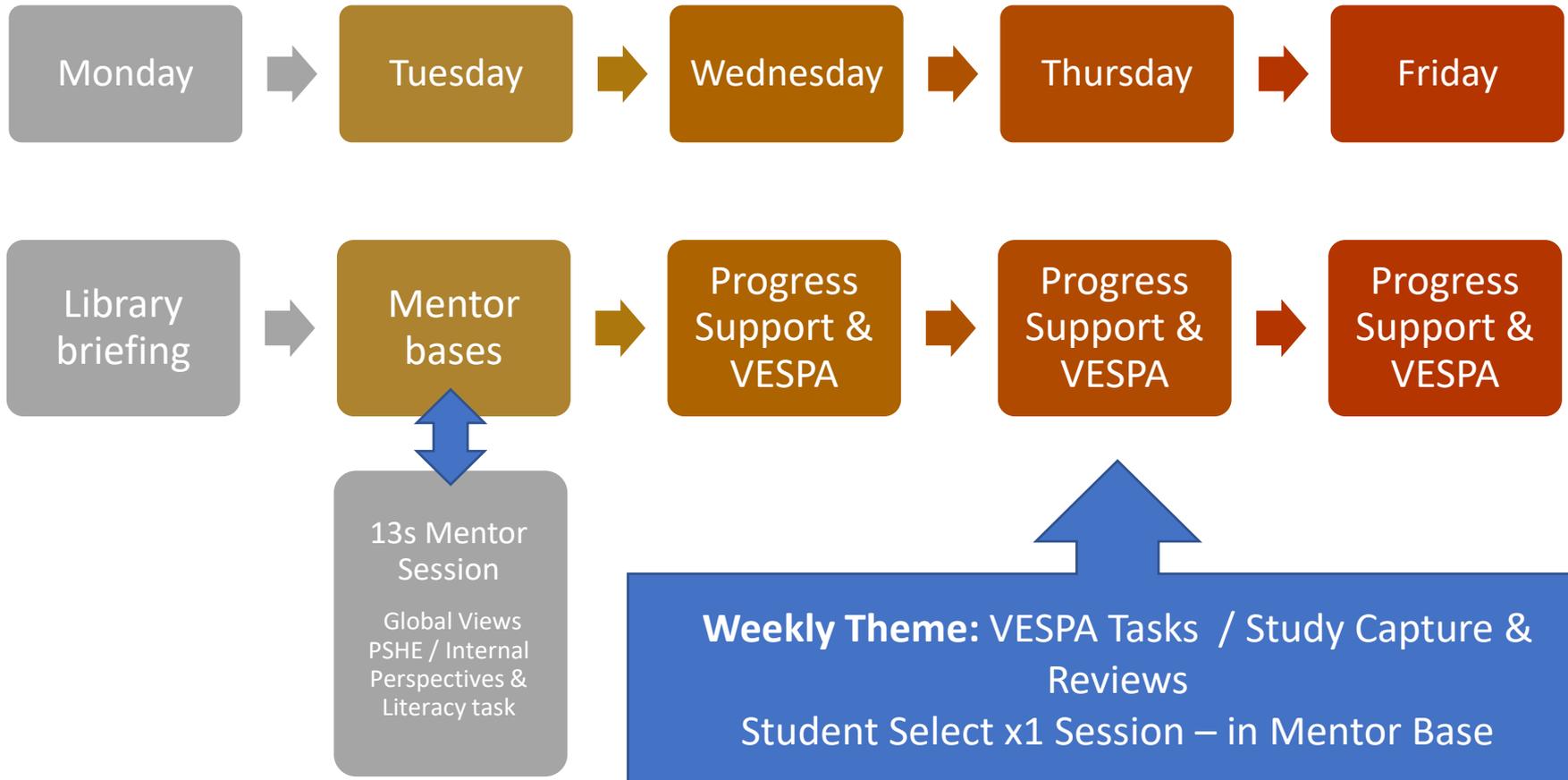


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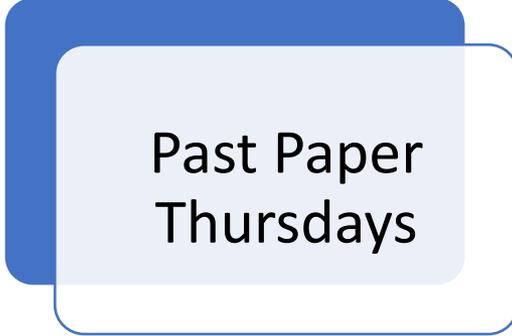
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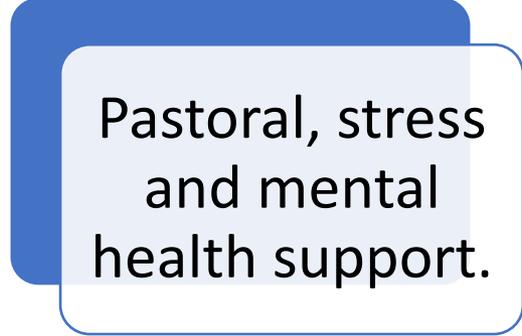
How are the college supporting students?



3-5 study sessions



Past Paper Thursdays



Pastoral, stress and mental health support.

'The Pomodoro Method'



There are six steps in the technique:

1. Decide on the task to be done.
2. Set the Pomodoro timer (traditionally to 25 minutes).
3. Work on the task until the timer rings.
4. After the timer rings, put a checkmark on a piece of paper.
5. If you have fewer than four '25 minute sessions' take a short break (3–5 minutes), then go to step 2.
6. After four pomodoros, take a longer break (15–30 minutes), reset your timer to zero, then go to step 1.



Future
Focused

Key Dates



- Year 13 report card - October
- Destination Workshops - 2nd October all week in mentor time.
- PSHCE morning – October 12th
- Year 13 mock exams – 4th – 8th December

Later in the year:

January 25th Year 13 parents' evening

February Mocks

Public exams begin 9th May

Year 13 prom 3rd July

Thinking of University?



We encourage all students to apply to university. It enables students to keep their options open, and avoids a last-minute application or disappointment.



All students will write a Personal Statement as part of their application.



The college deadline for university applications is Friday 8th December.



We encourage students to attend University Open Days where possible.



*For further
information:*

- Michelle.newman@shoreham-academy.org - Careers advice
- Anne.hopkins@shoreham-academy.org - University advice
- Susie.bishop@shoreham-academy.org – Early entry applications
- Susanna.brooks@shoreham-academy.org - Anything else!

Support at Shoreham Sixth Form:

People who can support:

Mentors

Anne Hopkins

Michelle Newman

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 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





Pathways Programmes
Destination Workshops



Employability Week



Personalised Support



Curriculum Links



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