

COV/OSS SIXTHFORMO

Educate for life

What are my options after Cowes Sixth Form?





Apprenticeships











SEPT - OCT Enrolment Induction Base line assessment Course change deadline University research 6th Form Open Evening Team building IW literary festival Meet your academic mentor



OCT - NOV Prepare for January assessments Apply for Student Senior Leadership Goal mapping Explore Charter Opportunities **EPQ** registration Local employer encounters Oxbridge visit

NOV - DEC Join Student Leadership Mock trial Sutton Trust USA University visit Celebration awards. End of term event Bespoke Study Support



Public Speaking

Wellbeing / Life Skills

E1M

Social Action

Networking

TERM 1

At the beginning of your Sixth Form journey, your focus is on establishing good study routines that will set you up for effective learning. Learn how to study and your preferred learning patterns. Make friends, decide on your courses and consider your future.

Study Skills **Exam Techniques Time Management Destination Preparation**

YOUR 6TH FORM JOURNEY **AN ORMISTON ACADEMY**

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JAN - FEB Apply to university summer schools Goal mapping Action planning Mid Term Assessment Model UN **Enrichment Fair** Tutor group mentoring **Employer encounters** - public services



FEB - MAR Academic reviews Appoint new student SLT University research Attend University open days EPO Presentation Showcase Prepare for MARCH MOCKS Law debate Team building event Celebration awards University Visit

MAR - APR MARCH MOCK EXAMS Volunteering University subject decisions Work placements University entry requirements Professional employer encounters



TERM 2

Your study routines should be established, so now is the time to test them by revising for mock assessments and reviewing your learning! Expand your thinking to consider the best charter options for you, including work experience, volunteering and mentoring.

Study Skills

Extra Curricular Time Management **Destination Preparation** Public Speaking Social Action E1M Networking Wellbeing

YOUR 6TH FORM JOURNEY **AN ORMISTON ACADEMY**

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APRIL - MAY Action planning Wider reading **Begin UCAS process** Academic reviews Employer encounters - STEM





MAY - JUN **EPQ** Presentation Showcase Academic review 1:1 Career consultations Y12 Parents' evening Begin researching Student Careers Fair Cookery event UCAT support

JUN - JUL Higher apprenticeships Study & Summer schools University entrance exams University research & visits EPQ research at Uni of Southampton Employer encounters - Creative Year 12 awards Open Days Team building event Preparation for University Entrance Exams

TERM 3

UCAS applications, visit universities and attend summer schools. Be prepared for year 13 by considering university choices. Make sure your study notes are all complete, ready for next year's study. Prepare for university entrance exams. What further reading can you do over the

Study Skills University Visits **Time Management Destination Decisions**

Public Speaking Interview Practice Networking E1M Wellbeing

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SEPT - OCT UCAS application support sessions Oxbridge application support Goal mapping University research Oxbridge/Medicine UCAS deadline Complete UCAS application



OCT - NOV University mock interviews Revision strategies Y13 assessment week 6th form open evening Y13 Parents' evening Oxbridge subject entrance exams and Interviews



NOV - DEC 6th Form open evening Y13 Parents' evening Mock trial Academic review Bespoke Study Support Educate for life

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TERM 4

As year 13 starts, UCAS is our first priority. Get ahead with your application and choices, with bespoke support from our team. Make sure your study routines are still effective and make decisions about the best charter options for your final year.

Study Skills Exam Techniques Time Management Destination Preparation

Revision Schedules Networking Wellbeing

E1M



JAN - FEB Goal mapping Action planning Mid term assessment Study / Study / Study UCAS application deadline Applicant days



FEB - MAR Appoint new student Y12 SLT EPQ Presentation Showcase Prepare for MARCH MOCKS Applicant days National apprenticeship week Intensive tutoring programme Celebration awards Degree apprenticeship encounters



MAR - APR MARCH MOCK EXAMS

Attend university applicant days Begin apprenticeship applications

Apply for university student finance

Bespoke revision classes



E1M

TERM 5

Exam preparation intensifies now. Practice your revision skills by establishing a strong revision timetable and sticking to it. Your charter activities end and you focus on study and mental health. Early apprenticeship application open for Law, Nursing, Finance and Engineering.

Study Skills Revision Strategies Time Management Exam Technique

Tutoring Support Career Advice Networking Wellbeing Educate for life

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APRIL - MAY EXAMS PRIORITY Study Study Study



MAY - JUN EXAM SEASON

STEM employer encounters UCAS decisions deadline Apprenticeship supportinterviews and applications 6th form Prom

Leavers' event



AUG

RESULTS Off to a bright future



TERM 6

As the exam period starts, you will be focusing on your personal wellbeing and good routines to get you through the exam period and looking forward to the summer break and the exciting opportunities ahead! Applications to apprenticeships continue in earnest. Prepare for results day.

Study Skills University preparation Time management

Independence Networking E1M Wellbeing

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Prep

2hrs

A Cowes weekly model



Preparatory learning
 Guided & structured

Lessons

4hrs

- Checking for understanding
- Building schema
 Making meaning
- Deepening learning

Post ^{4hrs}

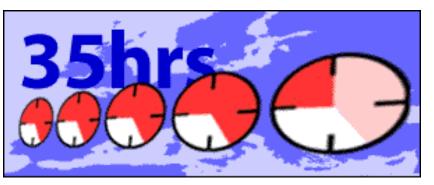
- Application & Consolidation
- Recontextualisation
- Challenge and Contradiction
- Super-curricular

Engaging and challenging lessons
 Directed independent study
 Volunteering
 Work placement
 Development of employability skills

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	Art & Design	Biology	Business	Ex Chemistry	Computer Science	Drama & Theatre	Economics	English Language	English Literature
	Film Studies	French	Further Mathematics	Geography	کے History	Law	Mathematics	H Music	Music Technology
	မား Philosophy & Ethics	Physical Education	Physics	Product Design	Psychology	<mark>දිදි</mark> Sociology	ÇÇ Spanish		

CEC Sixth Form Subjects - Home (sharepoint.com)

Full time working week



- The average working week in the UK is 35 hours a week.
- In the sixth form, this is equivalent to working 8:50am until 4:45pm Monday to Friday.
- Imagine competing all your study during the week and having evenings and weekends for your wellbeing and leisure- Guilt free fun!
- Utilise your study periods to the full. Time management is everything.

Everyone Matters (E1M)

Statutory Requirements -Year 12PSHE, RE, Citizenship and Relationshipsand Sex Education requirements.

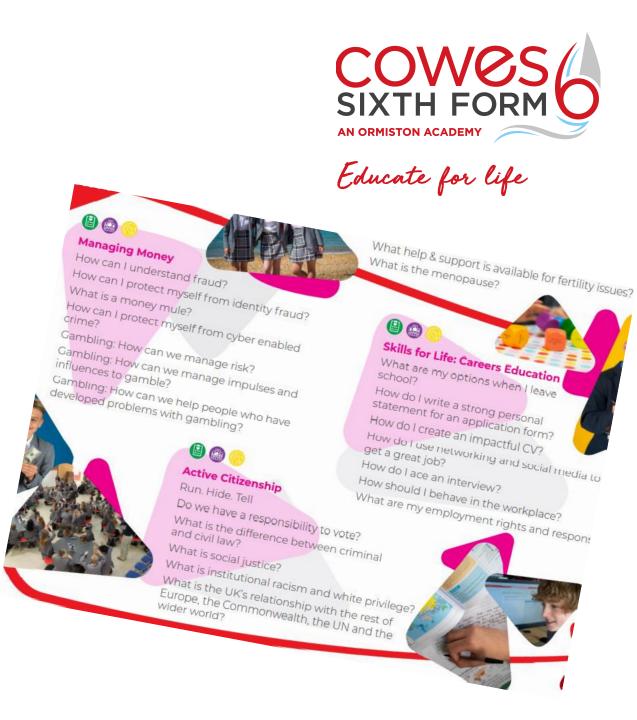
The E1M curriculum has been carefully designed to;

- Broaden our students' horizons
- Prepare themselves for the modern world
- Enrich their lives
- Identify how to keep safe
- Take into account our local context

Where to go to for help?

Honest information about drugs | FRANK (talktofrank.com)

Coping with your teenager - NHS (www.nhs.uk) How to teach kids about money | MoneyHelper



Identity Badges

- Worn at all times (replacement cost £1 via ScoPay)
- Access to Academy Building
- Access to printing
- Access to canteen
- Discounts with local retailers



Safeguarding Team:

- Please contact
 Designated Safeguarding
 Lead, Mr Roger Lyon or
 Deputy Safeguarding
 Lead Mrs. Karen Jupe if
 you have any queries
 about safeguarding.
- Please phone 01983 203103 or for less urgent enquiries please email: info@cowesec.org



Immediate Safeguarding Concern

- Alternatively, if your concern is urgent, please contact the Hampshire MASH line on:
- 0300 555 1384 during office hours 8.30am to 5pm Monday to Thursday, 8.30am to 4.30pm on Friday or 0300 555 1373 at all other times to contact the out of hours service.
- If there is an emergency and you believe a child is in immediate danger, you must call 999 without delay.

Begin to expand your skill set

- Be active with student led clubs and leadership opportunities
- Take on a variety of work experience
- Get involved with EPQ, DofE, Young Enterprise, Youth conservation etc.
- Learn to drive
- Be generous with your time and push yourselves a little out of your comfort zone- Take on the challenge!
- Choose to be optimistic and happy



Student leadership

- Guest speakers
- Make an impact
- Engage in social action
- Trips and visits to amazing places
- Make your student voice heard on issues that matter to you
- Shape the future of your sixth form
- Lead initiatives with other year groups

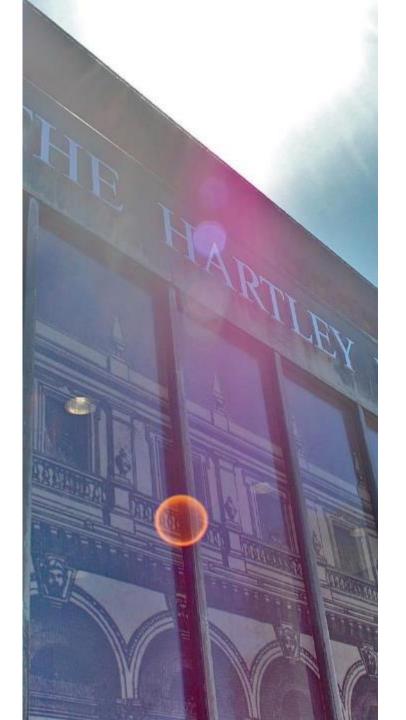


Learn discover, develop and create.

Try the EPQ

EPQ = Extended Project Qualification

- EPQ is a single piece of work of your choosing involving planning, preparation, research and independent work.
- You plan your own topic which goes beyond your A Level subjects.
- Worth **50%** of an A Level.

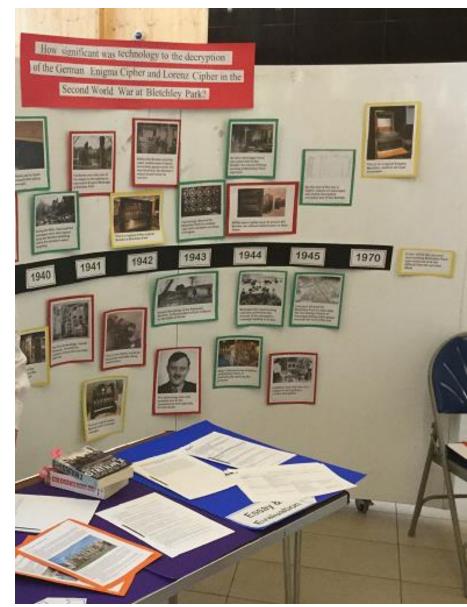


What does it involve?

- 5000 word essay
 - Analysing, arguing or investigating a topic

OR

- An Artefact
- - e.g. artwork, performance
- Marketplace
 presentation



Why do an EPQ?



1. UCAS

Extra points/half an A Level – completed well before your exams.

2. Lower University offers.

3. A more impressive personal statement leading to a better University place.

BUT MORE IMPORTANTLY.....

4. A chance to study something of your own choice.

5. A way to learn invaluable study skills



Study Essentials

- Attend all lessons
- 10 Hours of study per subject



- Prepare a course folder for each subject (spec. dividers, assessments, course notes, flash cards etc.)
- Have the correct equipment for lessons
- Fully utilise office 365

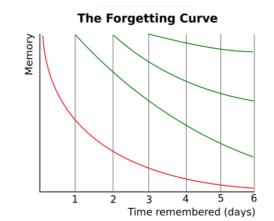
Organising learningthe subject folder

- Every student should have a subject folder containing:
- 1. Relevant sections including course specification- course overview- assessment- subject vocabulary lists etc.
- 2. Detailed and well organised learning notes
- 3. Records of assessment/ assessment papers they have taken
- 4. Revision flash cards
- 5. Further reading/research resource list.



Independent learning and research skills

- Research skills
- Use Show My Homework
- Model active learning during lessons
- Cornell note taking
- Sketch note taking/visual note taking
- Practice testing
- Interleaving
- Distributed Practice
- Forgetting curve





Writing

Interleaving

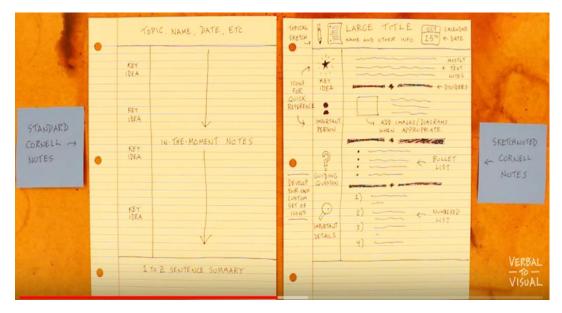
Reading

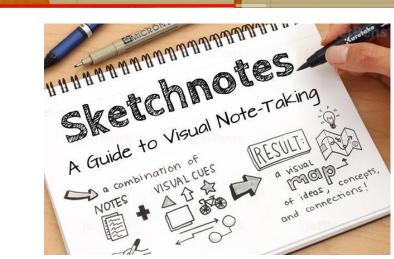
Writing

Google Scholar	
O Articles Case law	
Stand on the shoulders of glants	
Go to Google Schalar	



Cornell note taking





HOW TO TAKE NOTES USING THE CORNELL METHOD

by @Inner_Drive | innerdrive.co.uk

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Key words Ask questions Prompts for revision

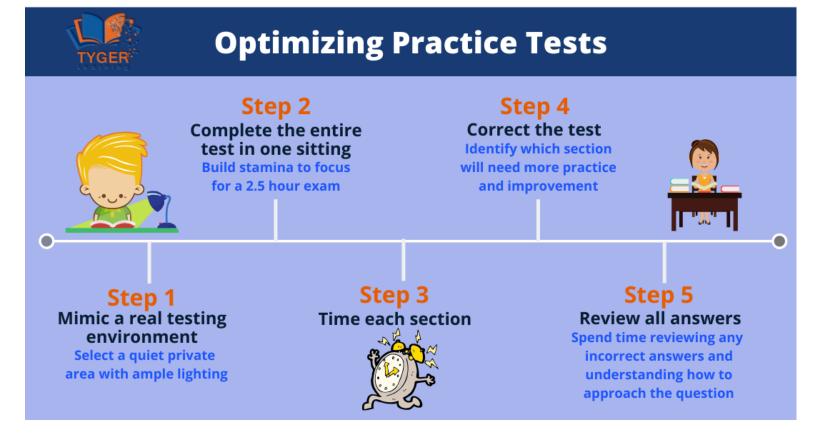
NOTE COLUMN

Make notes Summarise concepts

SUMMARY

Review what you learnt

Practice testing

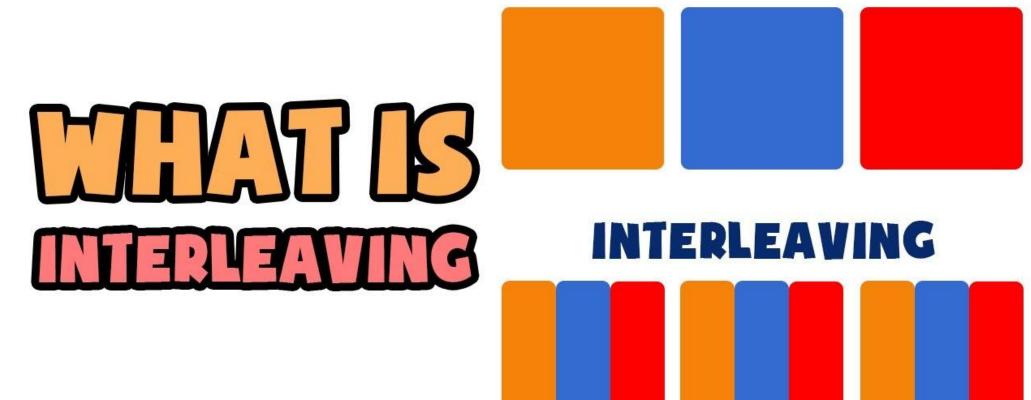




Retrieval Practice [Practice Testing]







Distributed Practice

D: Theory: Distributed practice is the spreading out of the studying of a topic over a range of study sessions (spaced out over a longer period of time than massed/blocked practice). In his article, Dunlosky rates distributed practice in the top two most effective study methods to enhance learning and boost student achievement. Students may find more comfort in massed practice as they may feel they are making more progress in the short term, but distributed practice has proven more effective for long term retention.

Examples: When teachers return to important material and concepts weekly e.g. with Year 10 content that will be tested at the end of Year 11. When learning words for a spelling test, students could practice each word once before starting again at the top (rather than mastering one before moving on). Studying using flashcards that require a student to actively recall information every night for a week in the run up to

an exam.

Distributed Practice

#tenminutePD

context, boosts attention and allows for time to consolidate the information through sleep." (Smith) erences: Strengthening the Strengthening the Dunlosky, J (2013) Distributed Practice: Is it really effective: Is Smith, M (2019)

Quick Quotes:

"Distributed practice may take more effort, but it is

essential for obtaining knowledge in a manner that will be maintained (or easily relearned) over longer, educationally

It appears that, "a time delay before restudy changes the

relevant periods of time." (Dunlosky)



