



COWES

SIXTH FORM

AN ORMISTON ACADEMY



Educate for life

What are my options after Cowes Sixth Form?



YOUR 6TH FORM JOURNEY



01 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

Public Speaking
Social Action
Networking
Wellbeing / Life Skills

02 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 career options for you, including work experience, volunteering and mentoring.

Study Skills
Extra Curricular
Time Management
Destination Preparation

Public Speaking
Social Action
Networking
Wellbeing

03 TERM 3
Now is the time to be thinking about your future. We start to look at UCAS applications, what universities and related summer schools are possible for you to go considering university choices. How are your study habits and are you ready for next year's study. Where are the university entrance exams. What further reading can you do over the summer?

Study Skills
University Visits
Time Management
Destination Decisions

Public Speaking
Interview Practice
Networking
Wellbeing



04 TERM 4
As your 12 starts, UCAS is our first priority. Get ahead with your application and choices, with bespoke support from our team. Make sure your study routine is still effective and make decisions about the best charter options for your first year.

Study Skills
Exam Techniques
Time Management
Destination Preparation

Revision Schedules
Networking
Wellbeing

05 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

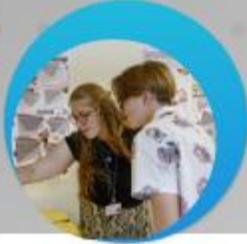
Tutoring Support
Career Advice
Networking
Wellbeing

06 TERM 6
As the exam period starts, you will be focusing on your personal wellbeing and goal routine to get you through the exam period and looking forward to the summer break and the exciting opportunities ahead. Applications to apprenticeships close in 1st week. Prepare for results day.

Study Skills
University preparation
Time management

Independence
Networking
Wellbeing

YOUR 6TH FORM JOURNEY



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



01

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

- Public Speaking
- Social Action
- Networking
- Wellbeing / Life Skills

E1M

COWES

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YOUR 6TH FORM JOURNEY



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
- EPQ 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



02

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
- Networking
- Wellbeing

E1M

COWES SIXTH FORM

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YOUR 6TH FORM JOURNEY



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

COWES SIXTH FORM

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Educate for life

03

TERM 3

Now is the time to be thinking about your future. We start to look at 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 summer?

Study Skills

University Visits

Time Management

Destination Decisions

Public Speaking

Interview Practice

Networking

Wellbeing

E1M



YOUR 6TH FORM JOURNEY



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



04

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

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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



05

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

E1M



YOUR 6TH FORM JOURNEY



APRIL - MAY
EXAMS PRIORITY

Study
Study
Study



MAY - JUN
EXAM SEASON

STEM employer encounters
UCAS decisions deadline
Apprenticeship support-
interviews and applications
6th form Prom
Leavers' event



AUG

RESULTS

**Off to a
bright future**



06

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
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E1M

COWES SIXTH FORM

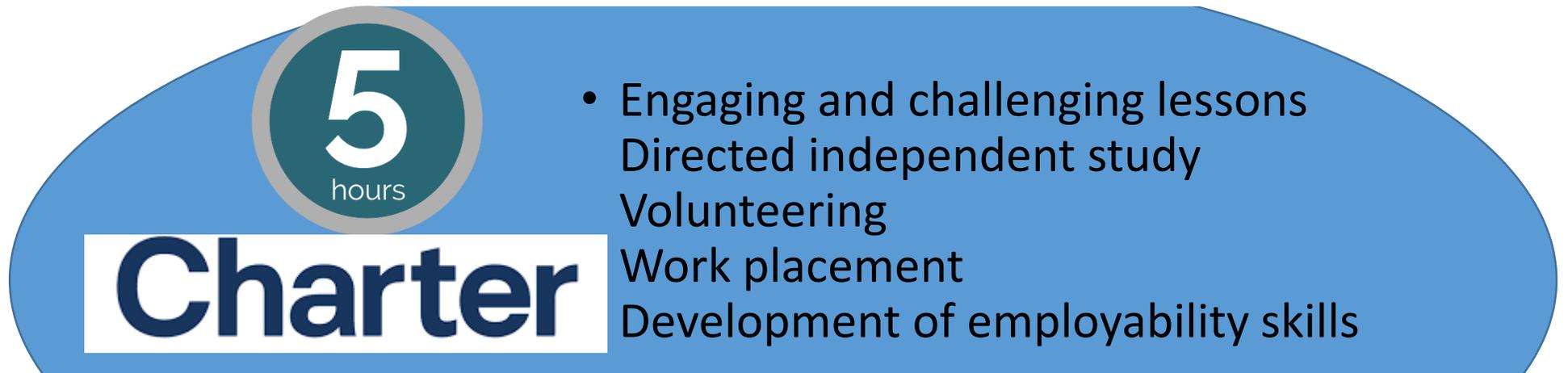
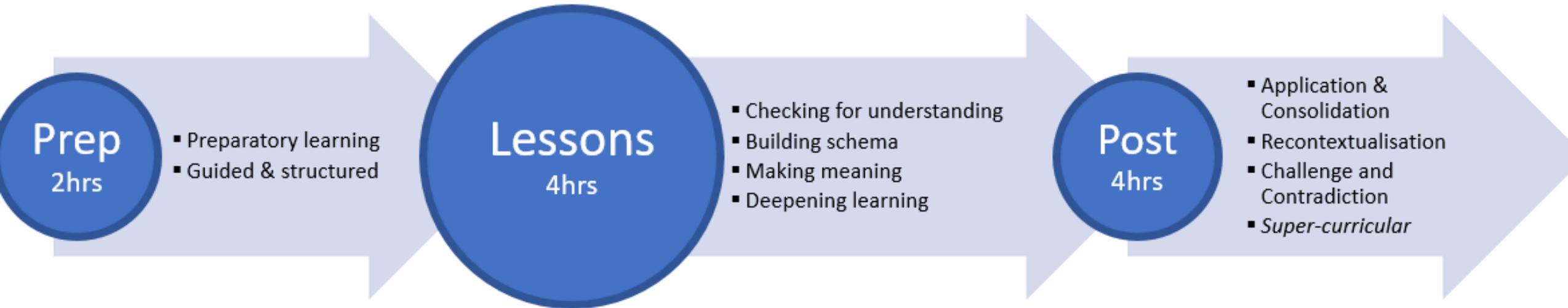
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A Cowes weekly model

10hrs
per subject



[OAT] SharePoint

CEC Curriculum Student Resources Subject ▾

CEC Sixth Form Subjects
Home Sixth Form Charter ▾ Sixth Form Subjects ▾ Edit

+ New ▾  Page details  Analytics

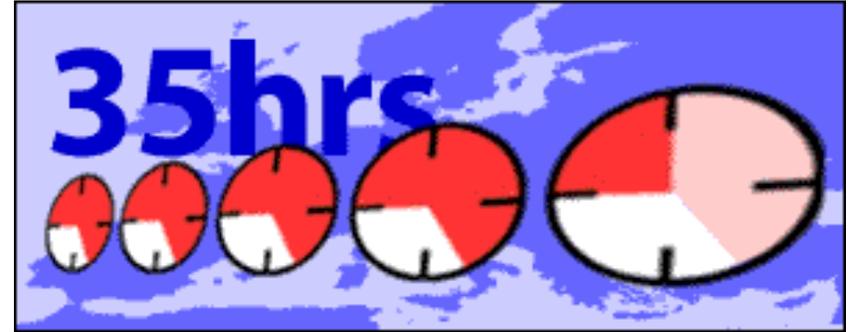
Welcome, you are on the home page for Sixth Form subject areas, use the links below to find your course content:



 Art & Design	 Biology	 Business	 Chemistry	 Computer Science	 Drama & Theatre	 Economics	 English Language	 English Literature
 Film Studies	 French	 Further Mathematics	 Geography	 History	 Law	 Mathematics	 Music	 Music Technology
 Philosophy & Ethics	 Physical Education	 Physics	 Product Design	 Psychology	 Sociology	 Spanish		

[CEC Sixth Form Subjects - Home \(sharepoint.com\)](https://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.

Charter:

Statutory Requirements -

Year 12

PSHE, RE, Citizenship and Relationships and 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 \(talktofrank.com\)](https://www.talktofrank.com)

[Coping with your teenager - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[How to teach kids about money | MoneyHelper](https://www.moneyhelper.org.uk)

Educate for life

Managing Money

- How can I understand fraud?
- How can I protect myself from identity fraud?
- What is a money mule?
- How can I protect myself from cyber enabled crime?
- Gambling: How can we manage risk?
- Gambling: How can we manage impulses and influences to gamble?
- Gambling: How can we help people who have developed problems with gambling?

Skills for Life: Careers Education

- What help & support is available for fertility issues?
- What is the menopause?
- What are my options when I leave school?
- How do I write a strong personal statement for an application form?
- How do I create an impactful CV?
- How do I use networking and social media to get a great job?
- How do I ace an interview?
- How should I behave in the workplace?
- What are my employment rights and respons?

Active Citizenship

- Run. Hide. Tell
- Do we have a responsibility to vote?
- What is the difference between criminal and civil law?
- What is social justice?
- What is institutional racism and white privilege?
- What is the UK's relationship with the rest of Europe, the Commonwealth, the UN and the wider world?

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

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Mrs Jupe
Deputy Designated Safeguarding Lead
K.Jupe@cowesec.org

Mr Lyon
Designated Safeguarding Lead
R.Lyon@cowesec.org

Miss Godfrey
Assistant Principal
D.Godfrey@cowesec.org

Mrs Kitley
Principal
R.Kitley@cowesec.org

Mr Brown
Assistant Principal KS4
A.Brown@cowesec.org

Mrs Rudd
Head of Year 7
J.Rudd@cowesec.org

Mrs Thomas
Head of Year 8
C.Thomas@cowesec.org

Mrs Lewis
Head of Year 9
V.Lewis@cowesec.org

Mr Sanchez-Brown
Assistant Principal KS5
D.Sanchez-Brown@cowesec.org

Mrs Tanner-Rolf
Head of Year 11
S.Tanner-Rolf@cowesec.org

Miss Monaghan
Head of Year 10
V.Monaghan@cowesec.org

Mrs Cody
Deputy Director of Learning for Sixth Form
S.Cody@cowesec.org

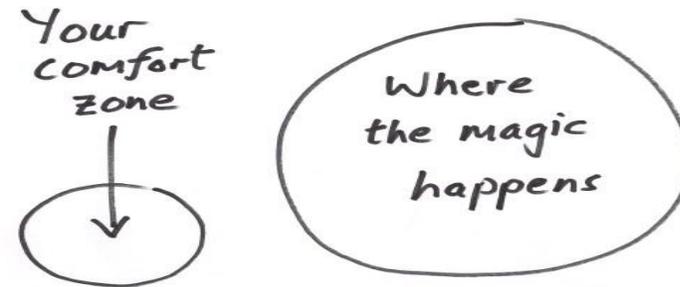
WE WILL LISTEN & WE CAN HELP

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



**WORK HARD!
BE NICE!
HAVE FUN!**



Charter



Academic Charter
EPQ, completing online courses and research into your university courses.

Community Charter
Engaging in the school and local community, student leadership and volunteering.

Careers Charter
Work experience, and online work experience (SpringPod).

Involvement and commitment to each charter will be reflected in the UCAS reference, using:

Bronze

Silver

Gold

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



Community Charter: School options



- Mock trial and debate
- Committees – Equality, change
- Running clubs
- Buddy reading
- Mentoring
- Sports Leaders
- Ecocouncil
- Pride
- Helping at events
- Visitor tours

- And many more!



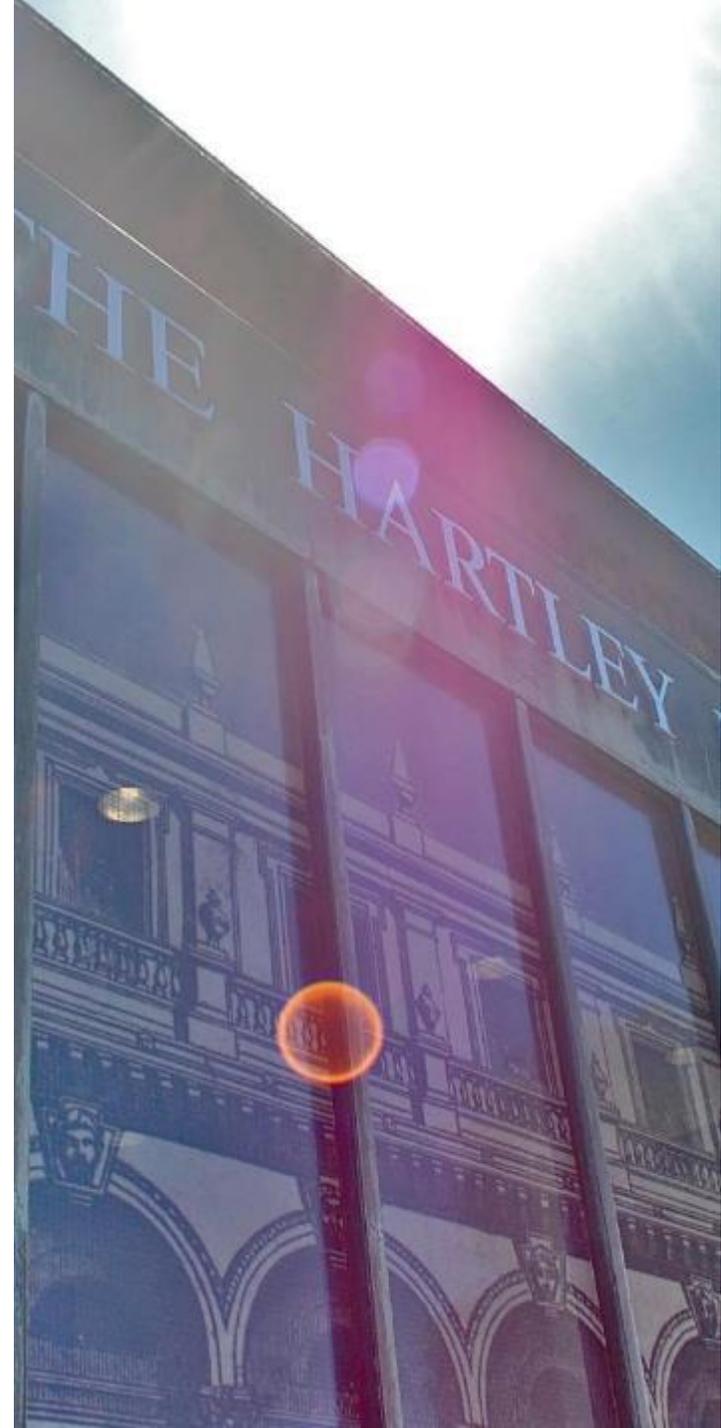


Learn, discover,
develop and create.

Try the EPQ

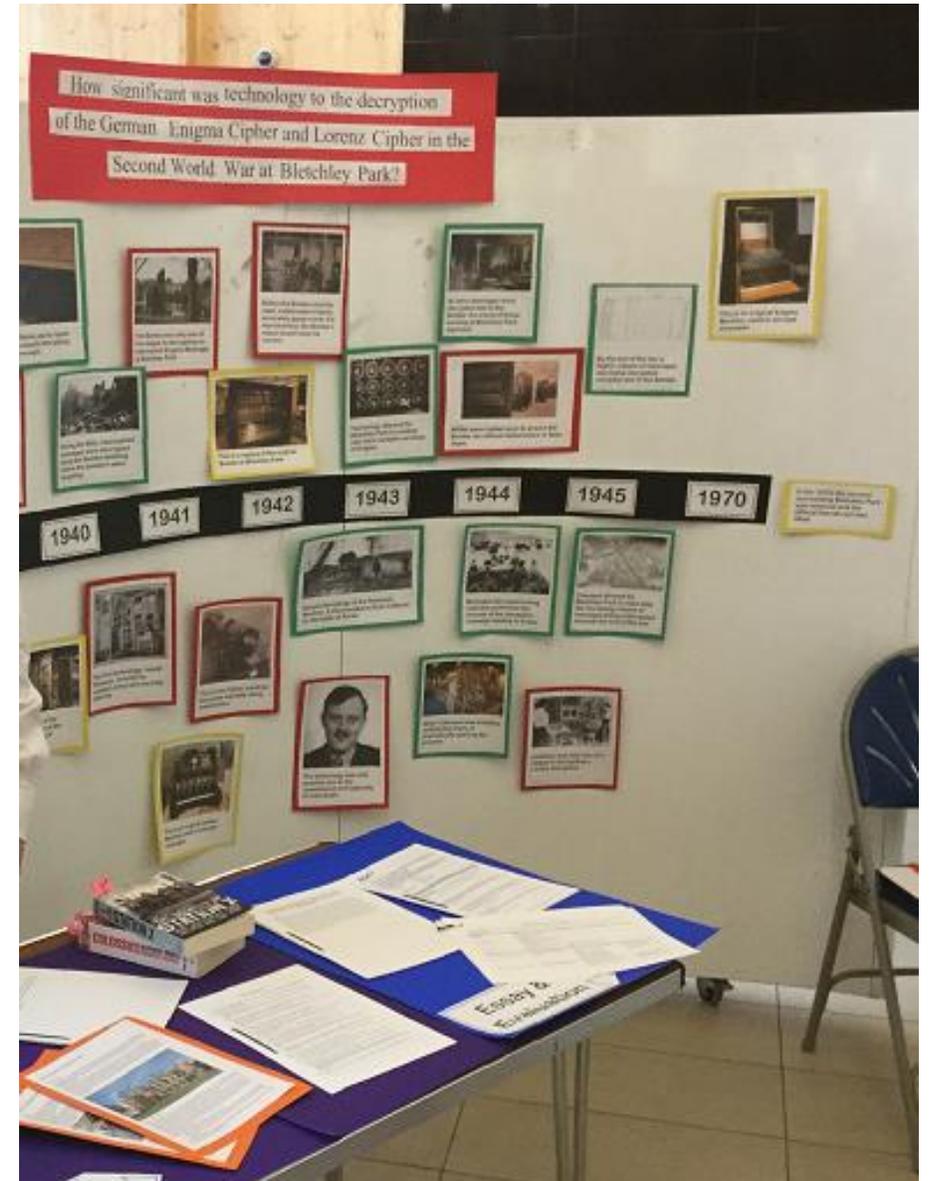
EPQ = Extended Project Qualification

- 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.

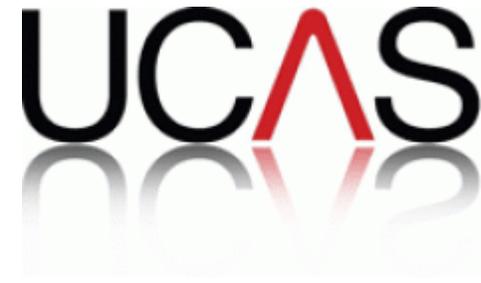


What does it involve?

- 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**

The Iceberg Illusion

Success is an iceberg

SUCCESS!

WHAT PEOPLE SEE

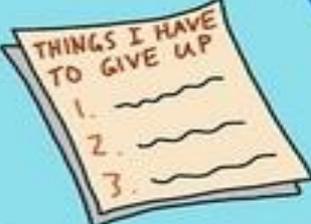
Persistence



Failure



Sacrifice



Disappointment



WHAT PEOPLE DON'T SEE

Dedication



Hard work



Discipline



@sylviaaduckworth

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 learning- the subject folder

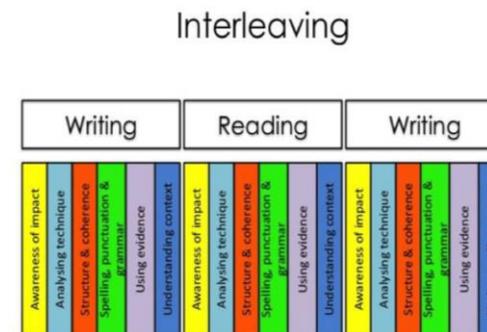
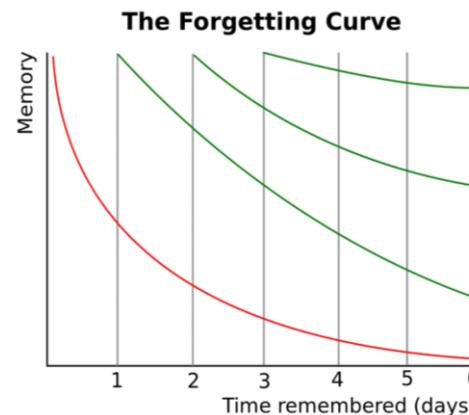
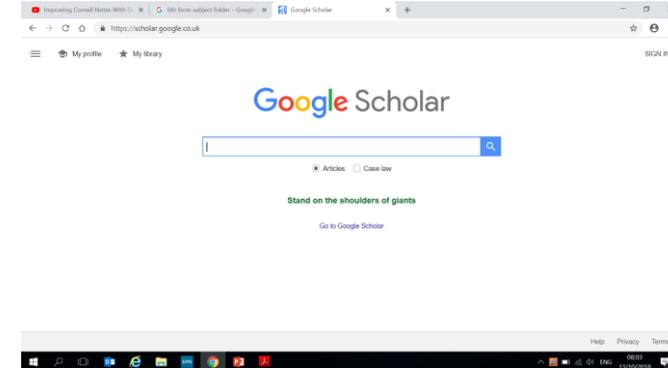
- Every student should have a subject folder containing:
 1. Relevant sections including course specification- course overview- assessment- subject vocabulary lists etc.
 2. Detailed and well organised learning notes
 3. Records of assessment/ assessment papers they have taken
 4. Revision flash cards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



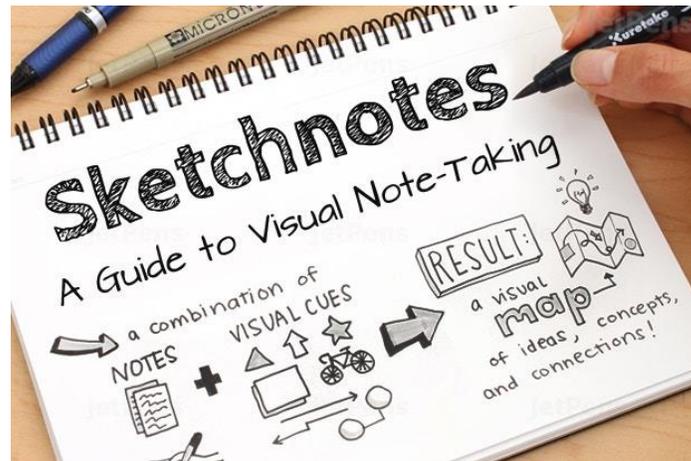
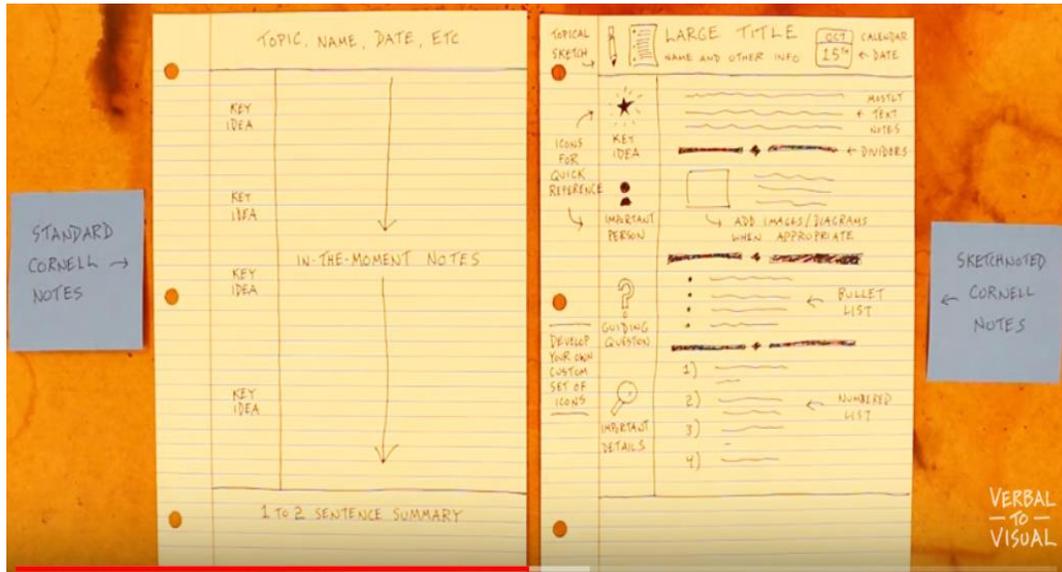
ACADEMIC REVIEWS ARE UNDERTAKEN TWICE A YEAR

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



Cornell note taking



HOW TO TAKE NOTES USING THE CORNELL METHOD

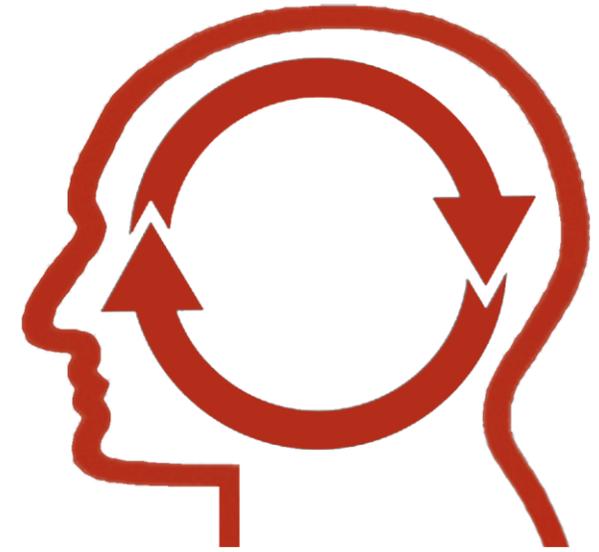
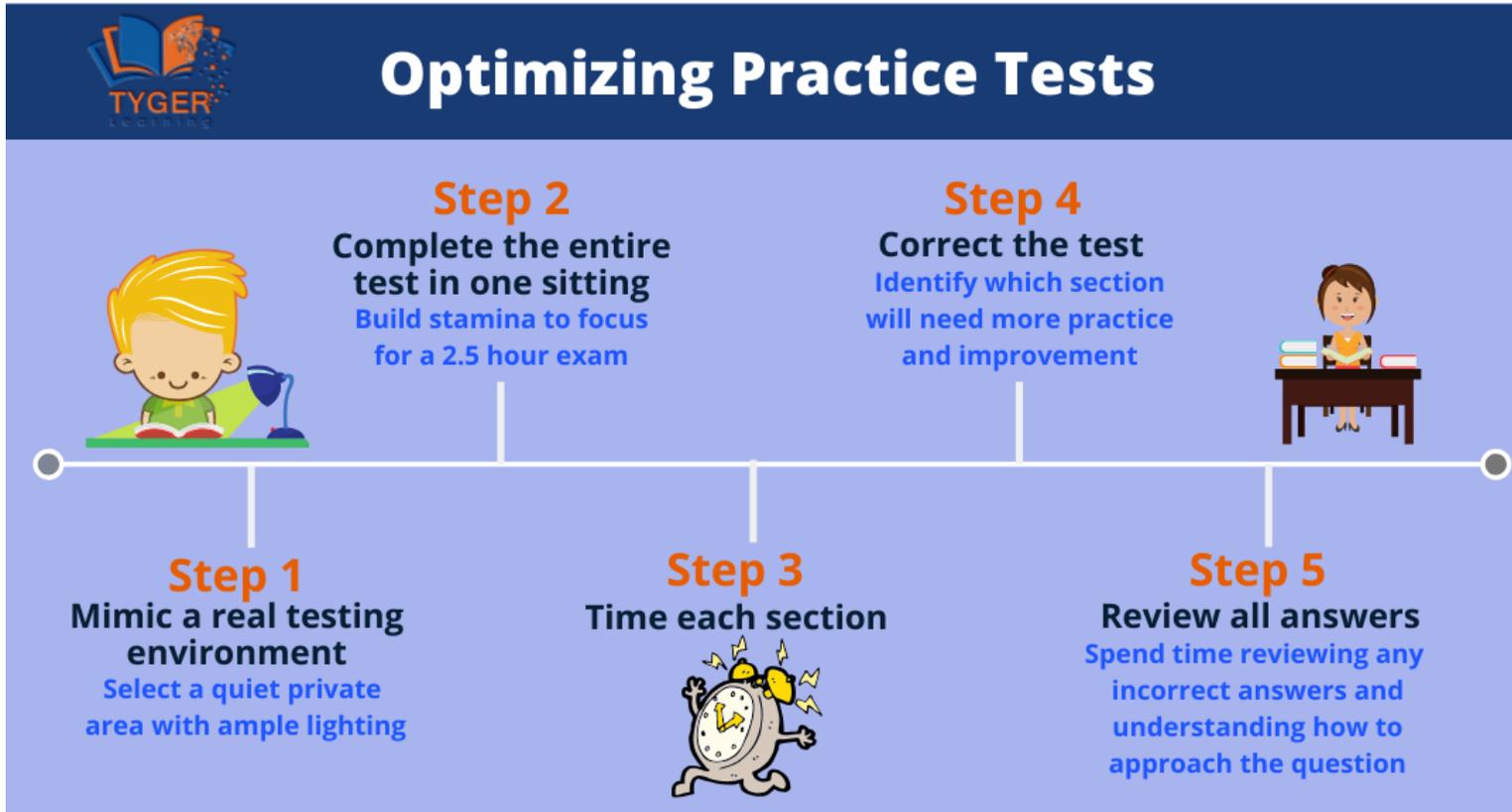
by @Inner_Drive | innerdrive.co.uk

CUE COLUMN
Key words
Ask questions
Prompts for revision

NOTE COLUMN
Make notes
Summarise concepts

SUMMARY
Review what you learnt

Practice testing



Retrieval Practice [Practice Testing]

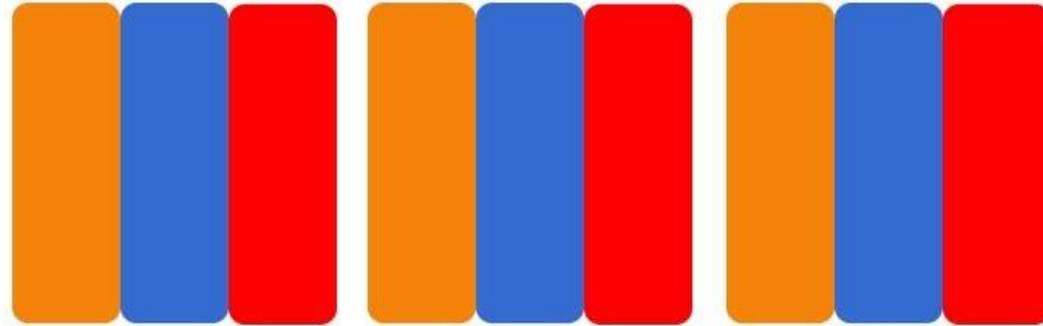


WHAT IS INTERLEAVING

BLOCKING



INTERLEAVING



Distributed Practice

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.

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 relevant periods of time." (Dunlosky)

It appears that, "a time delay before restudy changes the context, boosts attention and allows for time to consolidate the information through sleep." (Smith)

Examples:

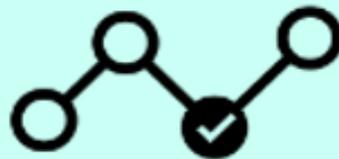
When teachers return to important material and concepts weekly e.g. with Year 10 content that will be tested at the end of Year 11.

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

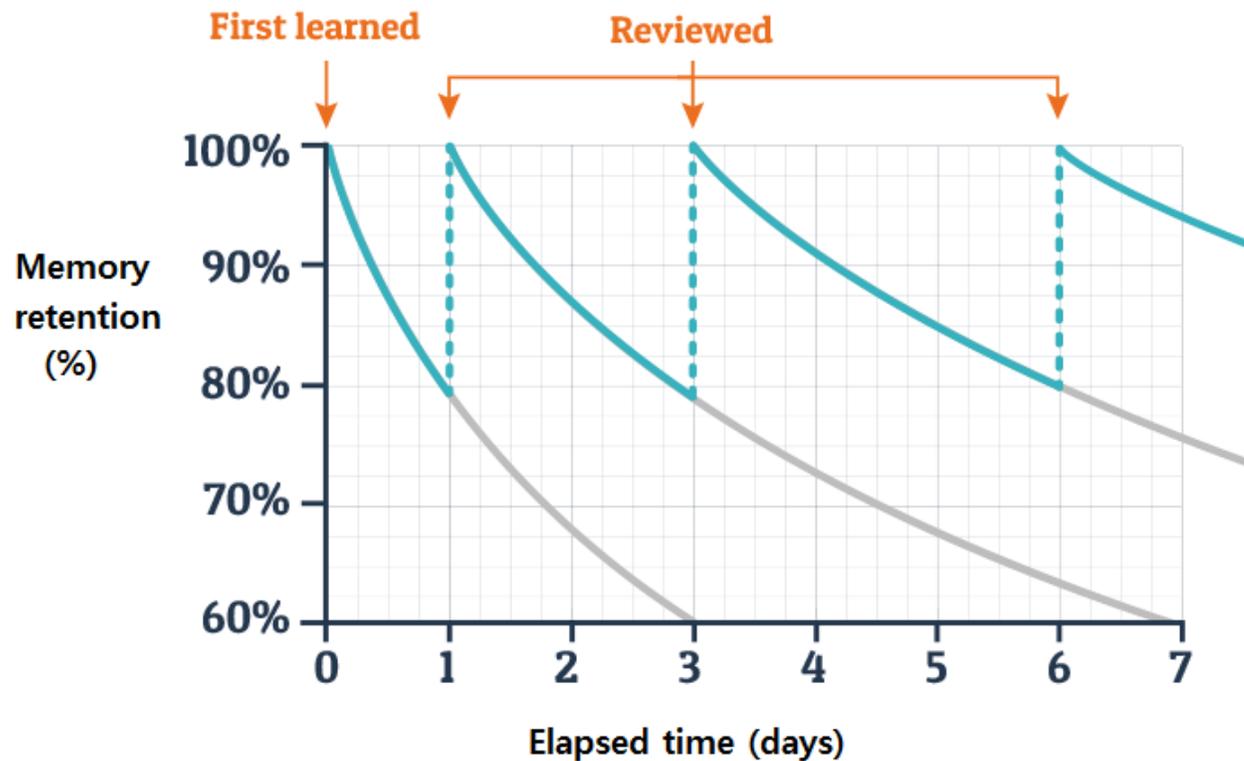


References:

'Strengthening the Student Toolbox'
Dunlosky, J (2013)

'Distributed Practice: Is it really effective?'
Smith, M (2019)

Theories of forgetting :



42%
of information
learned is
forgotten after
20 minutes.



67%
of information
learned is
forgotten after
24 hours.



79%
of information
learned is
forgotten after
1 month.

The Iceberg Illusion

Success is an iceberg

SUCCESS!

WHAT PEOPLE SEE

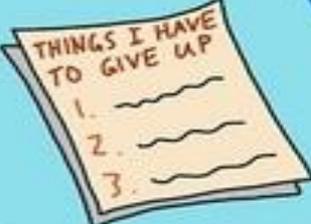
Persistence



Failure



Sacrifice



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WHAT PEOPLE DON'T SEE

Dedication



Hard work



Discipline



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