



COWES

SIXTH FORM

AN ORMISTON ACADEMY



Educate for life

What are my options after Cowes Sixth Form?



YOUR 6TH FORM JOURNEY



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

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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
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

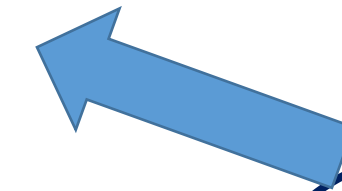
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YOUR 6TH FORM JOURNEY



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

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**

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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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YOUR 6TH FORM JOURNEY



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

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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
Networking
Wellbeing

E1M

COWes

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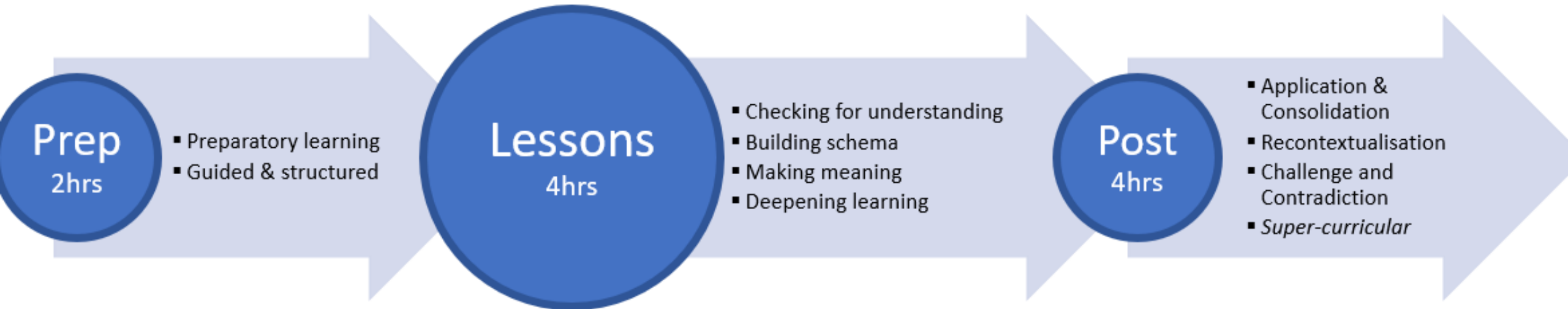
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A Cowes weekly model

10hrs
per subject



5
hours

Charter

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

[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:

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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 \(sharepoint.com\)](#)

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 completing 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)

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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

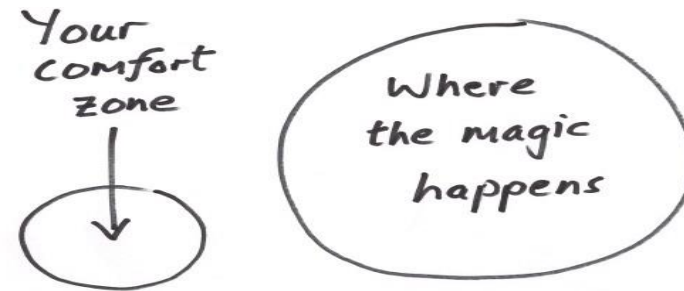


Immediate Safeguarding Concern

- 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

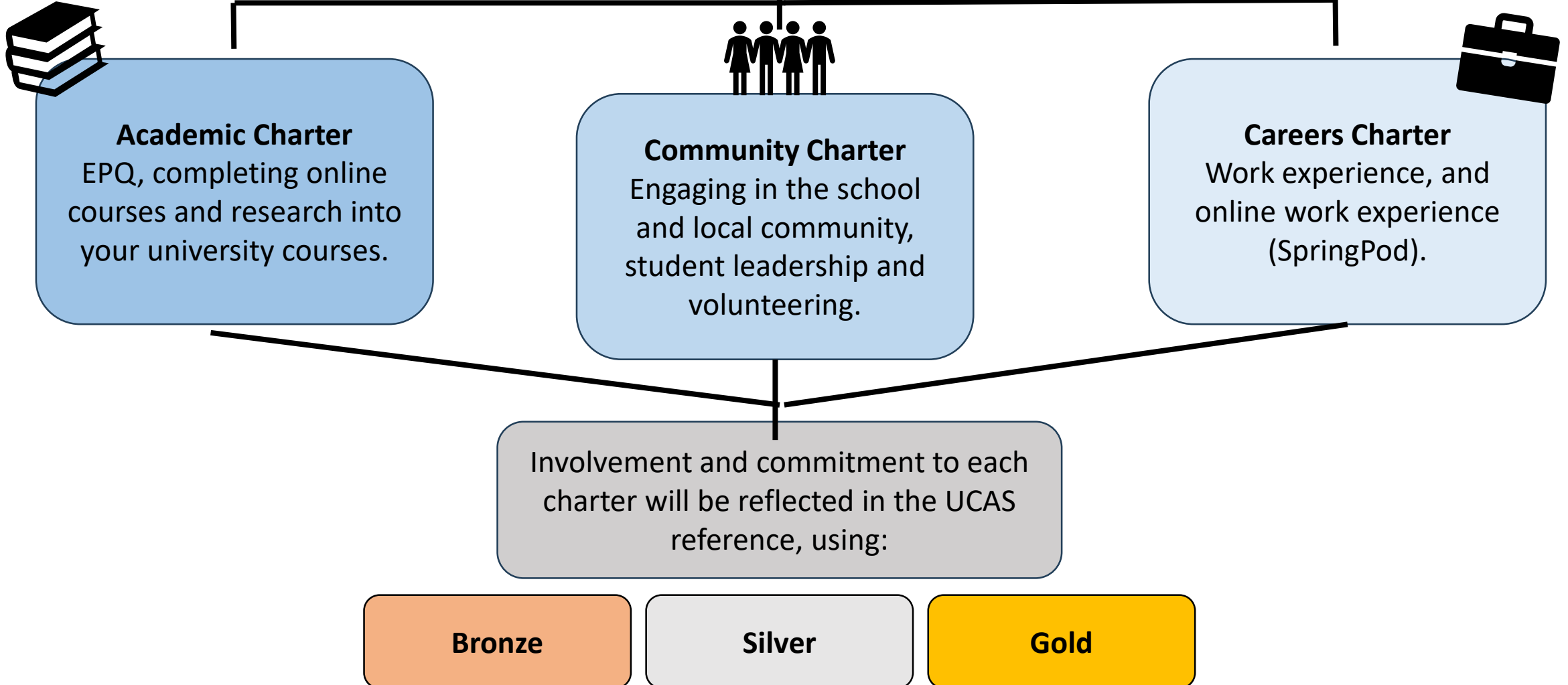
- Be active with student led clubs and leadership opportunities
- Take on a variety of work experience
- Get involved with EPQ, DofE, Young Enterprise, Youth conservation etc.
- Learn to drive
- Be generous with your time and push yourselves a little out of your comfort zone- Take on the challenge!
-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



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



Charter



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

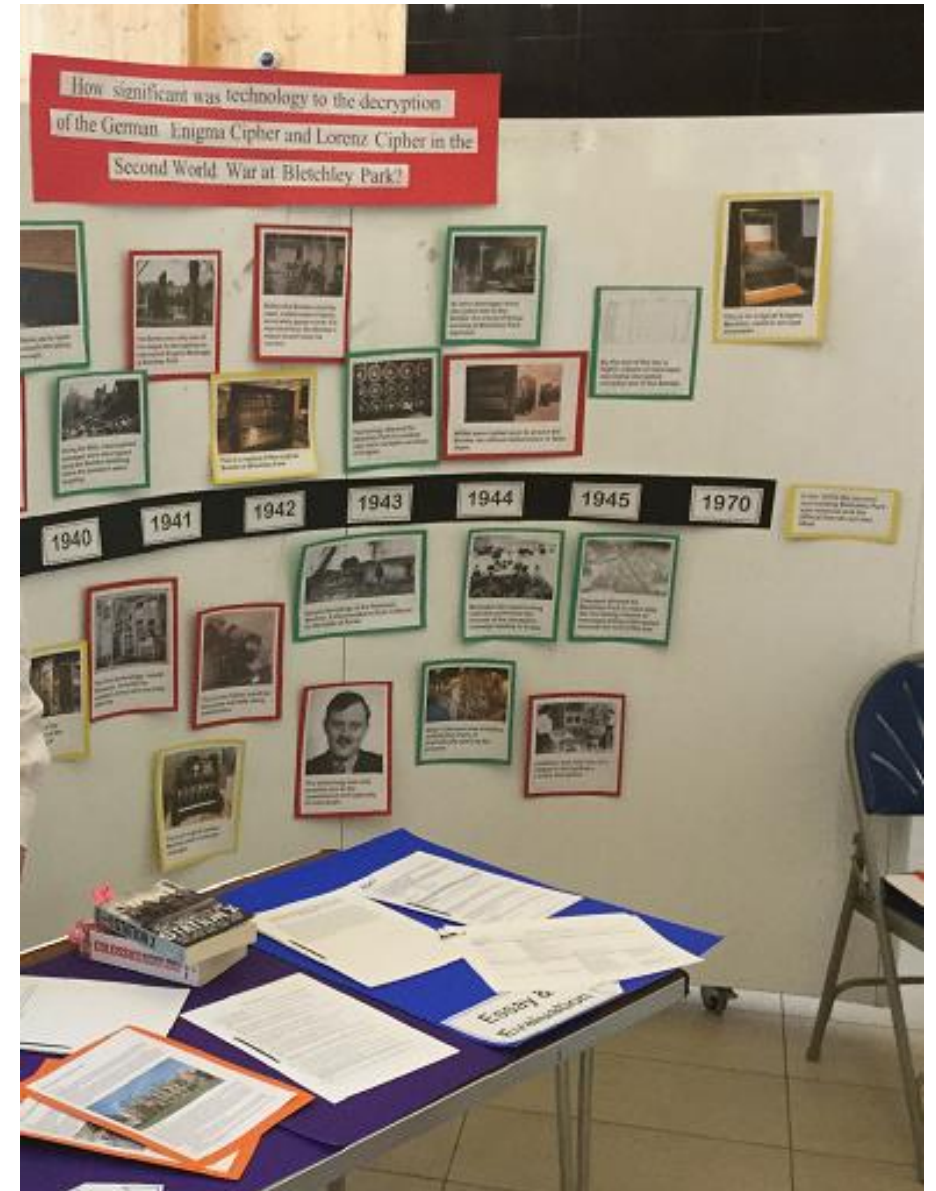
EPQ = Extended Project Qualification

- 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

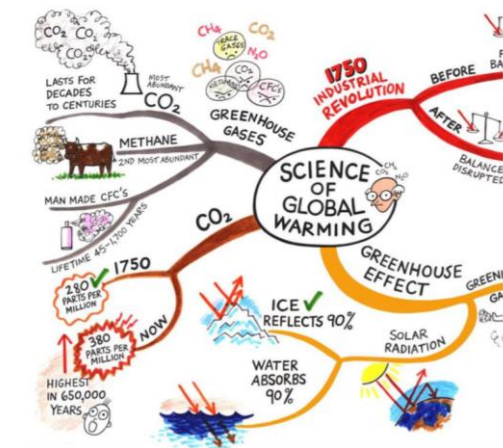
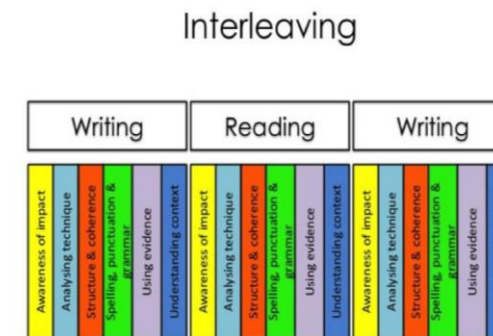
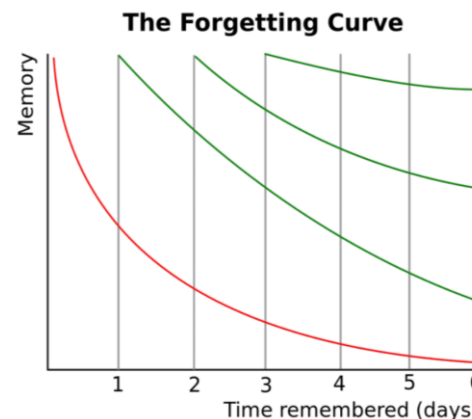
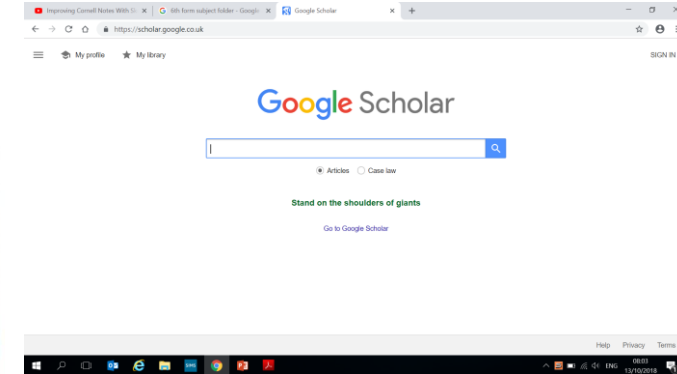
- Every student should have a subject folder containing:
 1. Relevant sections including course specification- course overview- assessment- subject vocabulary lists etc.
 2. Detailed and well organised learning notes
 3. Records of assessment/ assessment papers they have taken
 4. Revision flash cards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



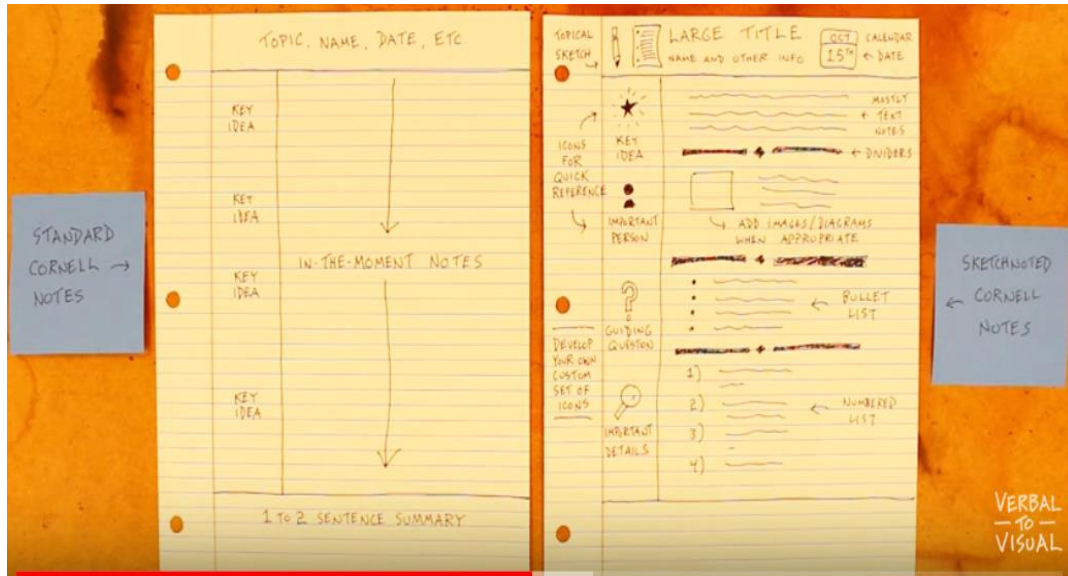
ACADEMIC REVIEWS ARE UNDERTAKEN TWICE A YEAR

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

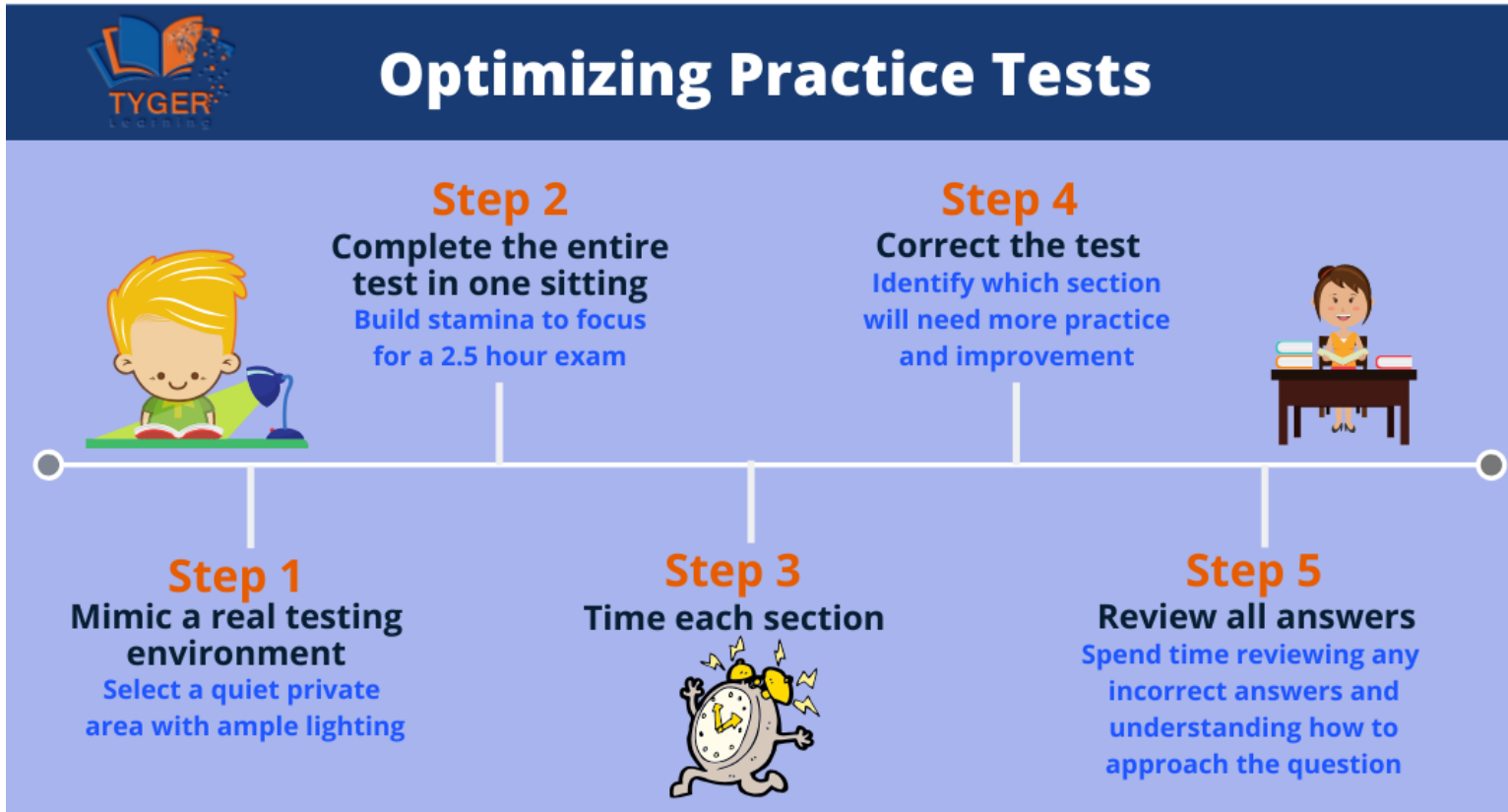
NOTE COLUMN

- Make notes
- Summarise concepts

SUMMARY

- Review what you learnt

Practice testing



Retrieval Practice [Practice Testing]

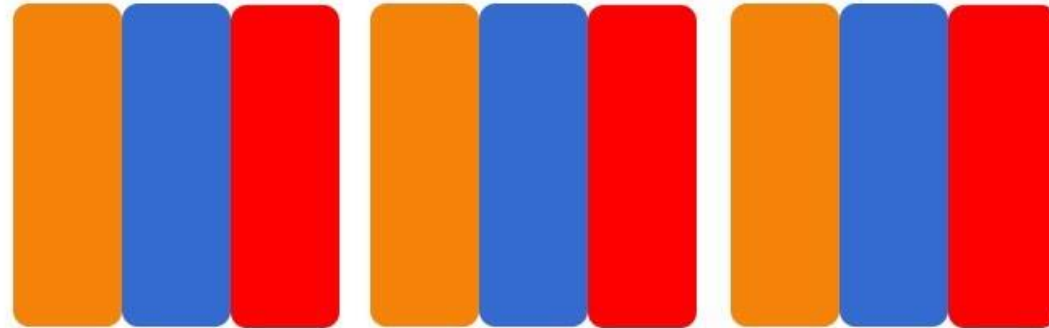


WHAT IS INTERLEAVING

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.

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.

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)

Distributed Practice

#tenminutePD

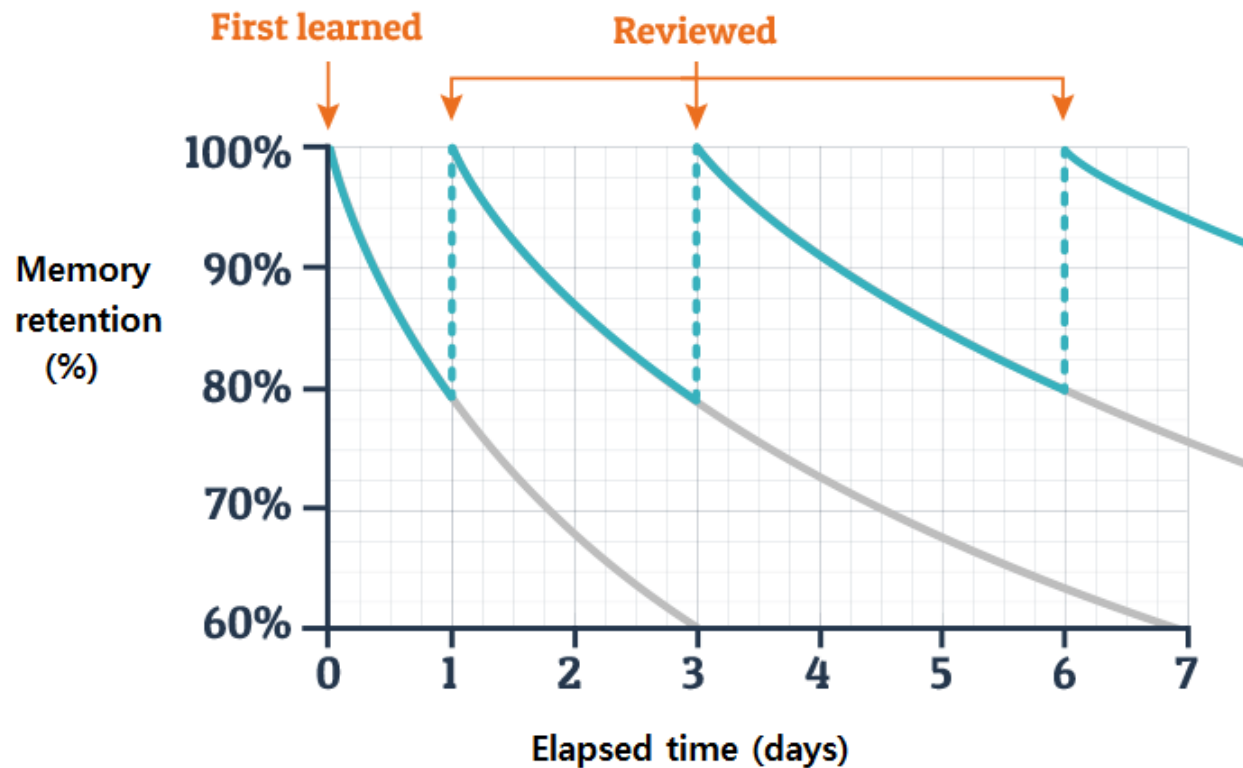


References:

'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



Disappointment



WHAT PEOPLE
DON'T SEE

Dedication



Hard work



Discipline



@sylviaaduckworth