

Meet the **challenges** with **curiosity** and **commitment** as part of a **considerate community**



Having a Growth Mindset

The key to success at Sixth Form College (and beyond)





Transition from School to College

A time to grow and be **challenged** in a
supportive **community**

Emotional Change

Curiosity:

How do you think a typical student's emotions will change over the year?



Emotionally high

Emotionally low

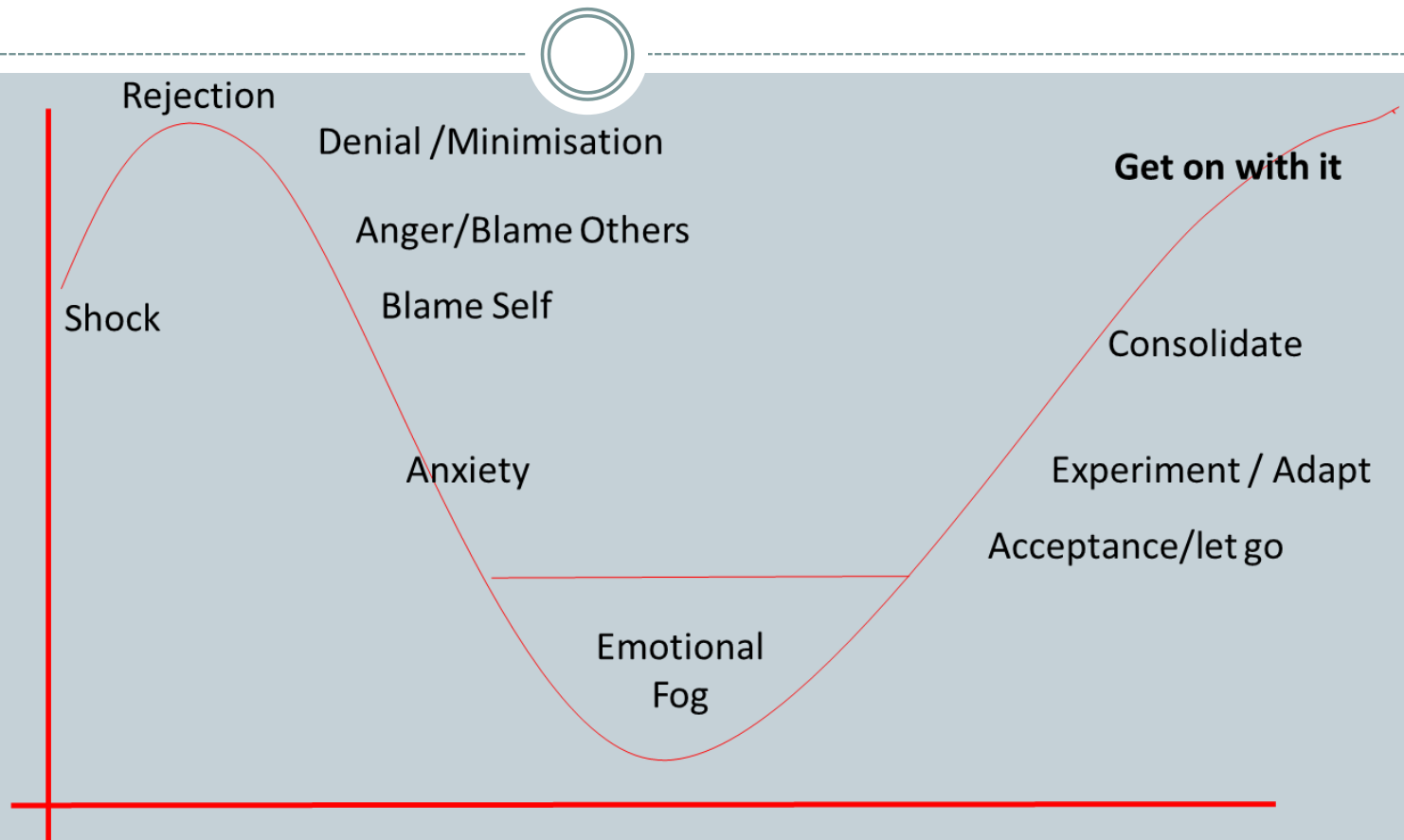
September

January

June

Emotional Change

The Change Curve – A typical response to change: **Commitment in Community**



Rise to the **Challenge: Commitment in Community**



Rejection: “I don’t believe what you’re telling me about A level study. It doesn’t seem any different. I’ll carry on as normal.”

Denial: “I’m fine. It’ll be alright. Stop hassling me about how different it is.”

Anger: “I actually hate this. The teachers are rubbish. The subjects are nothing like they said they would be. I wish I’d never started or gone to that other college.”

Blame self: “It turns out I’m just not clever enough to do this.”

Anxiety: “Everyone else is better than me. I’m not sleeping well. I don’t understand the work. I’m scared I’ll fail.”

Emotional fog: Withdrawing effort. Giving up.

Acceptance: “Things are different now. It’s hard, but I’m getting to grips with it.”

Get on with it: “I’m getting better at this. There are some points of the course that I like.”

Refocusing Thinking

Be **curious** about how you think: get unstuck

Students might say...	We might respond...
Everyone else is better than me	That's really unlikely. What makes you feel like that? What three things can you do to improve the next piece of work?
I'm really rubbish at this	You're not good at it YET. What steps can you take to improve- who can you ask?
No one else is doing the 5 hours independent study	Name me some names!...talk to some second year students, see what they recommend.
I'll revise nearer the exams	You should begin to revise from week 1 – memory works best when you go over material regularly.

Refocusing Thinking

Be **curious** about how you think: get unstuck

Students might say...	We might respond...
There's too much work	Have you got an organiser/calendar on your phone with alerts? How can you break it down?
No one told me there was homework	Have you got an organiser/calendar on your phone with alerts?
It's boring/too/hard/not what I expected	What did you expect? Why? Who can you talk to about finding it difficult at college?
I don't know how to study/revise	Ask your personal progress mentor for some pointers.
I'm just seeing how well I do without effort before I really try	That's very likely to not work! – put your best effort in and enjoy the rewards.



- Effective use of student email
- Digital display, WQEOnline, Website, Twitter, ProPortal, texts.
- Personal Progress Mentors and subject staff moving towards signposting rather than telling

- A valued partnership – part of the WQE **community**
- Maybe it will feel a little further removed?
- Finding out with students through ProPortal.
- Personal Progress Mentor as a point of contact- by email or phone.
- Parent/Carer section of the website.

It is in the student's control:
results are not already decided

Here's 8 real WQE students all starting Maths last September:

- NM ●
- JH ●
- JJ ●
- IK ●
- AM ●
- JT ●
- HG ●
- IH ●

All got grade 8 in Maths.

All got a average GCSE point score of 6.0 to 6.5.

End of 1 st year grade
A
B
C
D
E
U

Meet the challenges with curiosity and commitment

Change what you can change; work well with what you can't

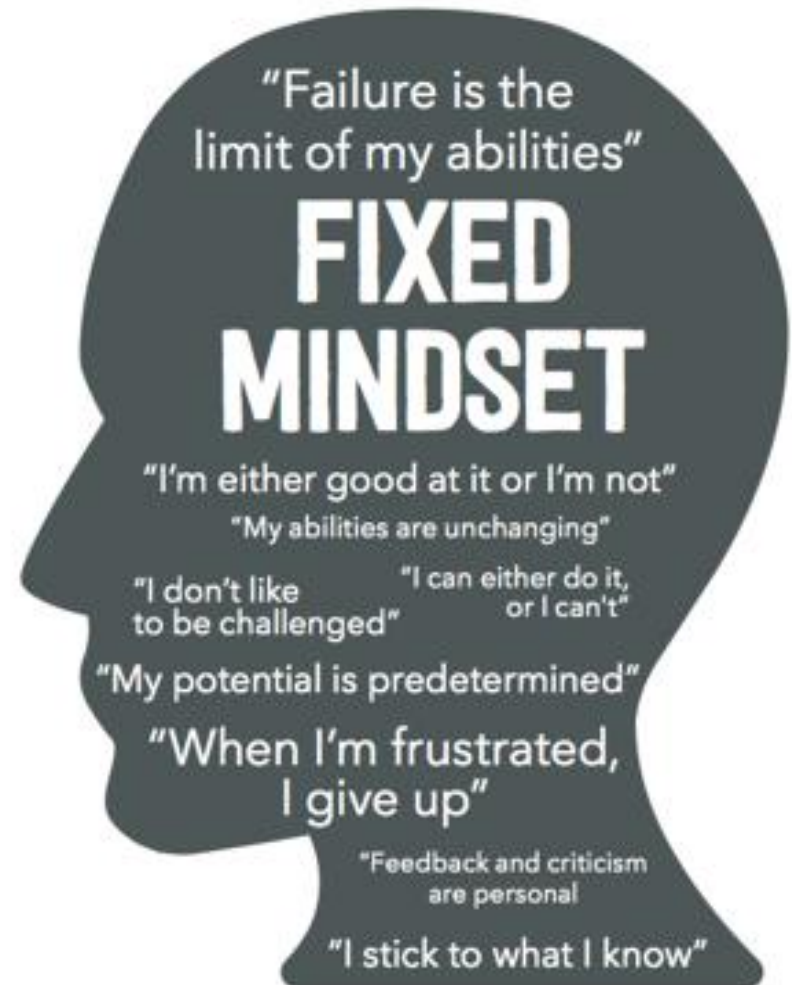
Factors that can't be changed – some possible examples	Factors that can be influenced – some possible examples
Distance of commute to college	Number of hours studying outside of lessons
Medical issues	Organisation skills
Responsibilities at home	Learning from mistakes / not giving up
Which other students are in your class	Diet
The particular exam boards you studied / will study	Seeking help when needed
What teacher you get	Effective study skills
	Lots of practising of exam questions
	Making friends with people who study effectively
	Hours of sleep

Keeping Track: Reviewing Progress

Challenge and commitment in community

- MEGs Calculated to set aspirational targets
- Discussion with students about the grade they are aiming for
- Progress Points collect assessment grades and indicate whether students are on track
- Student owned, look at together via ProPortal, plus an overview to Parents/Carers by email
- Targeted action planning through discussion with the student to keep a growth mindset going

Be **curious** about how you think: get unstuck



A time to grow and be **challenged** in a supportive **community**

Take part in a learning **community**

How much time are you going to spend studying outside of lessons?

0-5 hours

5-10 hours

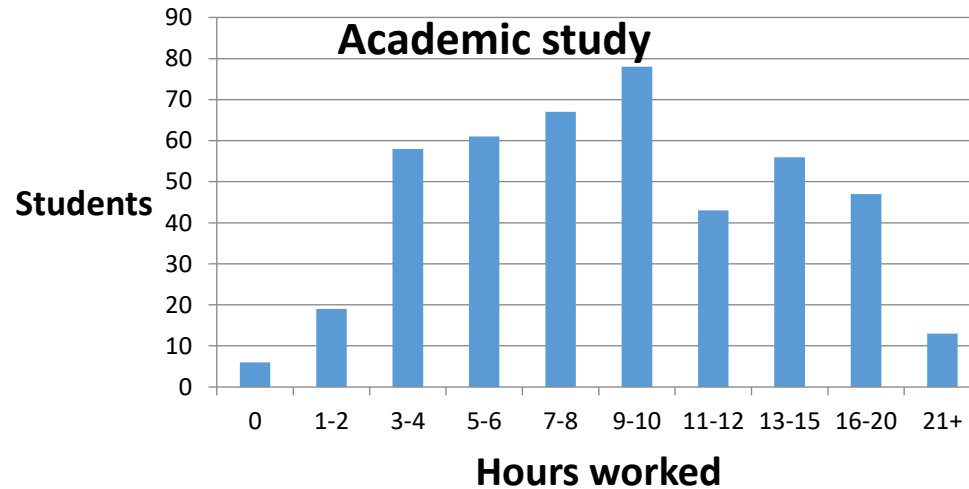
10-15 hours

15-20 hours

Discussion question:

What do you think is a reasonable amount of time to spend studying?

Independent Study Time



- The average student surveyed studies 9 hours per week outside of lessons
- 26% of students estimate they work more than 12 hours per week
- The college expects you to study for as much time out of class as you have lessons. For e.g. approx. 15 hours for a 3 A-level programme

Independent Study Time

A question for students
..... How much will you
pay for your grade? e.g.

- A* 25+ hours a week
- A 20+ hours a week
- B 15+ hours a week
- C 10+ hours a week
- D 5+ hours a week
- E <5 hours a week
- U <5 hours a week



How many hours to get a 4 or
higher in g.c.s.e. Maths or English?

Organisation is key: A question for students

Are you one of these?

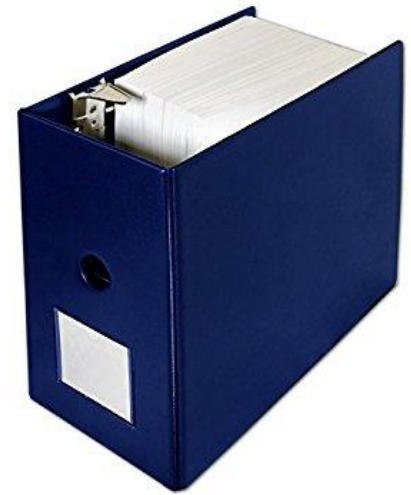
Turn up with only the bare minimum.



Stuff it all in the bag in no particular order; empty occasionally onto the floor.



Bring everything to college, everyday; filed in chronological order.



Discussion - is there a better way to organise your college work?

Meet the **challenges** with **curiosity** and **commitment**

Organisation is key:

Meet the **challenges** with **curiosity** and **commitment**



SECRET  **WEAPON**

Organisation is key:



OneNote



Organisation is key: Good habits

Meet the **challenges** with **curiosity** and **commitment**



- Student “filing” – regular and planned
- Separate places for each subject, with ways to identify separate topics.
- Calendar App / Diary – up to date with deadlines and work set
- For paper: watch out for the basics – title and date notes!
Hole punch and staple where necessary

Planning for Progression: growth mindset?

Be **curious** about the options and the not yet known


- Think about areas of interests
- Base your ideas around what you enjoy
- Look at all the possibilities
- Accept that there can be more than one way to reach a goal
- Accept that it is fine not to know exactly what “the plan” is

Planning for Progression: Possible Routes

Be **curious** about the options and the not yet known

- Good progression on to the next level at WQE
- Higher Education
- Further Education –foundation degrees, vocational courses etc.
- Employment
- Gap Year
- Apprenticeship/Higher Degree Apprenticeships

We are **committed** to supporting all in the WQE **community**

- 
- Personal Progress Mentors
 - Welfare & Skills
 - Subject support via teachers and student mentors
 - Specialist Careers advice

Success at Sixth: Thanks for joining us

I'm not
telling you
it's going
to be

easy,

I'm
telling you
it's going
to be

WORTH IT.

*We will answer
questions of a
general nature via
the Q&A function.*

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