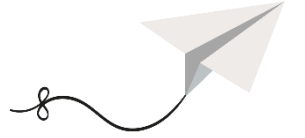
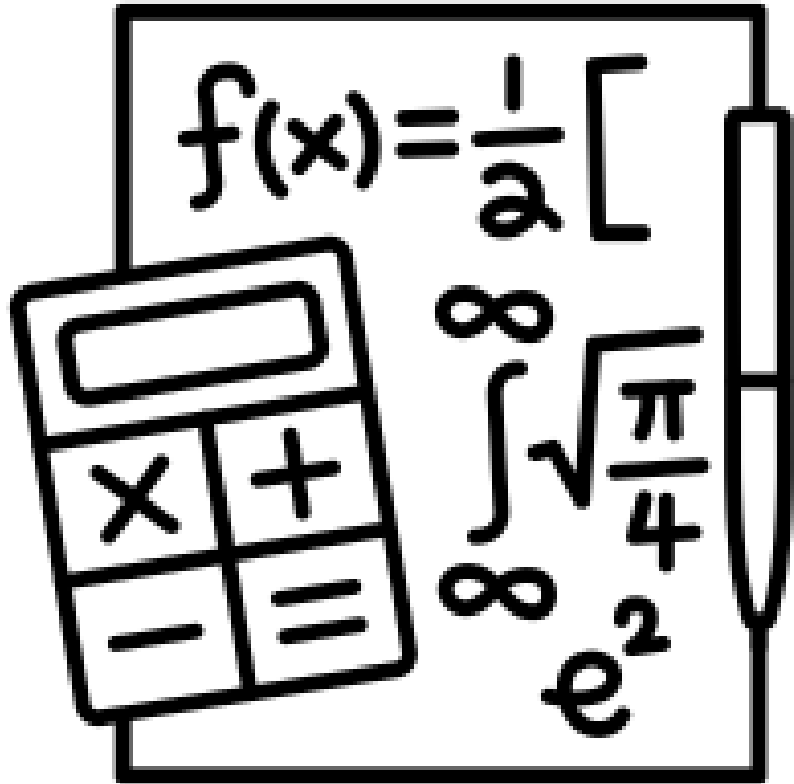


MAKING THE MOST OF YOUR TIME IN SIXTH FORM



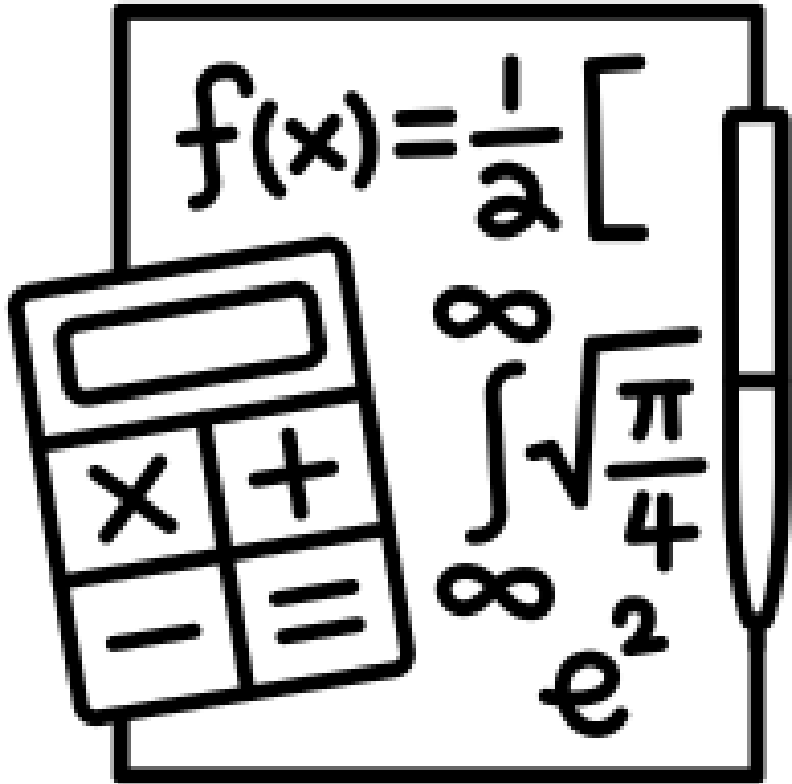
What can you accomplish?

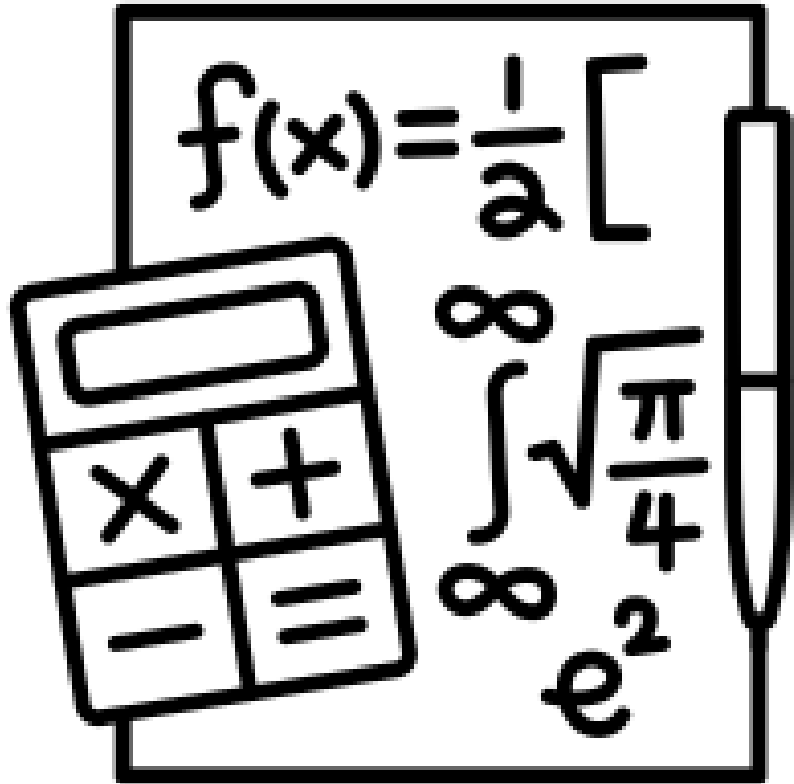




**YOU STUDY 10
HOURS PER
SUBJECT EACH
FORTNIGHT ON
YOUR TIMETABLE**

**THAT MEANS YOU
WILL BE IN
LESSONS ABOUT
5 HOURS PER
WEEK, PER
SUBJECT** (TIMETABLE
STRUCTURE DEPENDANT)





**BUT YOU WILL NEED
TO STUDY OUTSIDE
OF YOUR LESSON
TIME TO DO 'WELL'
IN YOUR A LEVELS**



**HOW CAN YOU
MAKE THE
MOST OF IT?**

10 LIFE HACKS FOR A SUCCESSFUL SIXTH FORM



I. Choose subjects you are passionate about



In order to cope with the increase in workload from GCSE, motivation needs to be high, so ensure you choose subjects that genuinely excite you. Also, be mindful of future goals, if you know for example that you wish to study medicine – look at which sciences are a prerequisite. You had opportunity to discuss with the pastoral team during your interview but please do reach out for advice and guidance if you need more support.

2. Be organised



You will now have more tasks and a longer deadlines. Being able to be organised is critical. Use a diary, with due dates and a system for categorising priority goals. The sense of satisfaction of arranging your work into a helpful order and ticking tasks off once complete can be addictive! Folders are super important – make sure you organise your notes, this makes it so much easier when it comes to essay writing and revising.

3. Further reading/commitment around your subjects



Wider reading and subject engagement in extra tasks is fundamental to gain a breadth as well of depth of knowledge. Utilise the stretch and challenge material in your subjects. Speak to the learning mentors who can signpost you to the 'subject boxes' in the Sixth Form with the new Moving On Tasks 'MOTS' for your subjects.

4. Consolidation from the off



The start of Sixth Form is the ideal time to get into some good study habits, as these will help you get the best possible A-level grades, as well as standing you in good stead for university.

Get into a routine that incorporates plenty of study time, and use 'To Do' lists to help maximise your productivity and prioritise homework tasks.

One of the best things you can do when you start A-levels is to revise as you go along, as this will help to reduce your revision workload nearer to exam time by ensuring that you learn it properly first time round BUT you will have to still revise nearer the time too- its just less daunting!

After a class, read up on what you learned to consolidate your new knowledge, and make flashcards with short snippets of useful information on each topic. These will be useful when you revise, both days and months down the line.

5. Free periods/SFSR slots – use them wisely



Free periods and Sixth Form Study Room slots in your school timetable will probably be a novelty for you, but you shouldn't waste them. Use them productively to write up your notes from class and get homework done, as this reduces the amount of homework you need to do when you get home, and frees up time to spend on reading more widely and developing new knowledge and skills in preparation for university. You can use lunch breaks productively as well if you have found yourself procrastinating during your slots. The learning mentors are here to help you stay on task- respect their instructions, advice and guidance- they have your interests at heart!

6. Speak with your tutors/Heads of Year!



Communicating with staff is absolutely essential. Pastoral and academic staff love to help students and it is those students that are most pro-active in seeking advice and help who make the most progress. Ask for resource recommendations, inform them if you have a challenging period of time ahead and ask what you can do to work around this. You can see your teachers, tutors, Heads of Year Mrs Campbell-Birch or Mrs Smith, Head of Sixth Form Mr Bradbury... Any staff basically! Reach out if you need!

7. Get involved



Sixth form isn't just about study, as there may be other activities you can join in with – from sports to clubs, societies, or events.

Make the most of your time by getting involved – it will help you meet like-minded people, settle in, and possibly even expand your horizons!

Look out for all the information on Personal Development opportunities which will be regularly referred too. Stretch and challenge yourself- we love student voice too so take up the opportunities to complete surveys when they are given to you.

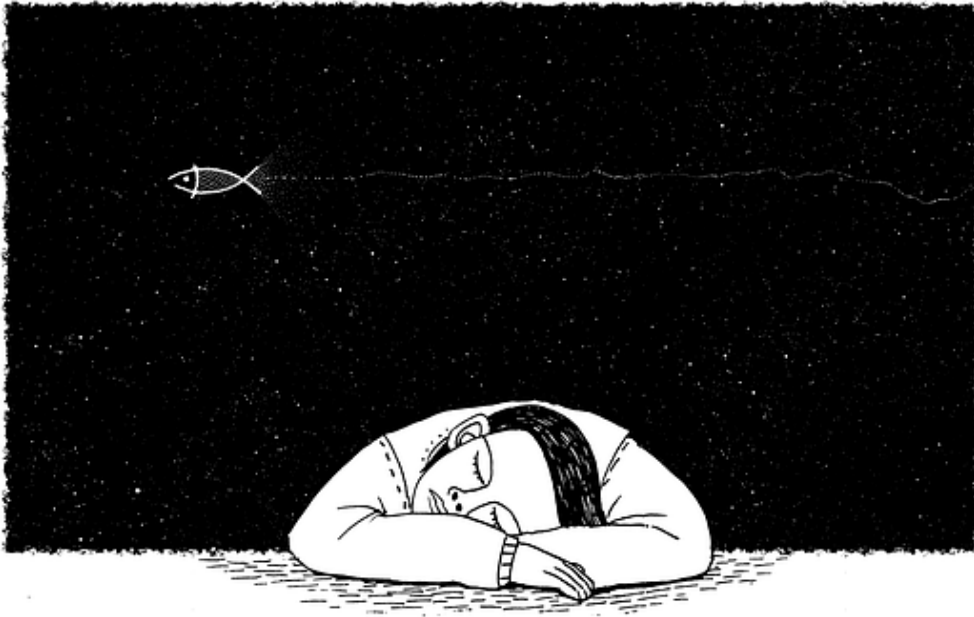
8 Think carefully about outside school commitments, especially part-time jobs.



A Saturday job can be a good idea when you're in Sixth Form. It doesn't just give you some extra pocket money: it allows you to develop non-academic skills that will be useful for university and your future career. This might include customer service and sales skills, as well as working well within a team.

But don't let your job take over your spare time; if you find your grades are suffering, it's preferable to give up your part-time work, as good grades will benefit you more at this stage in your life.

9. Sleep



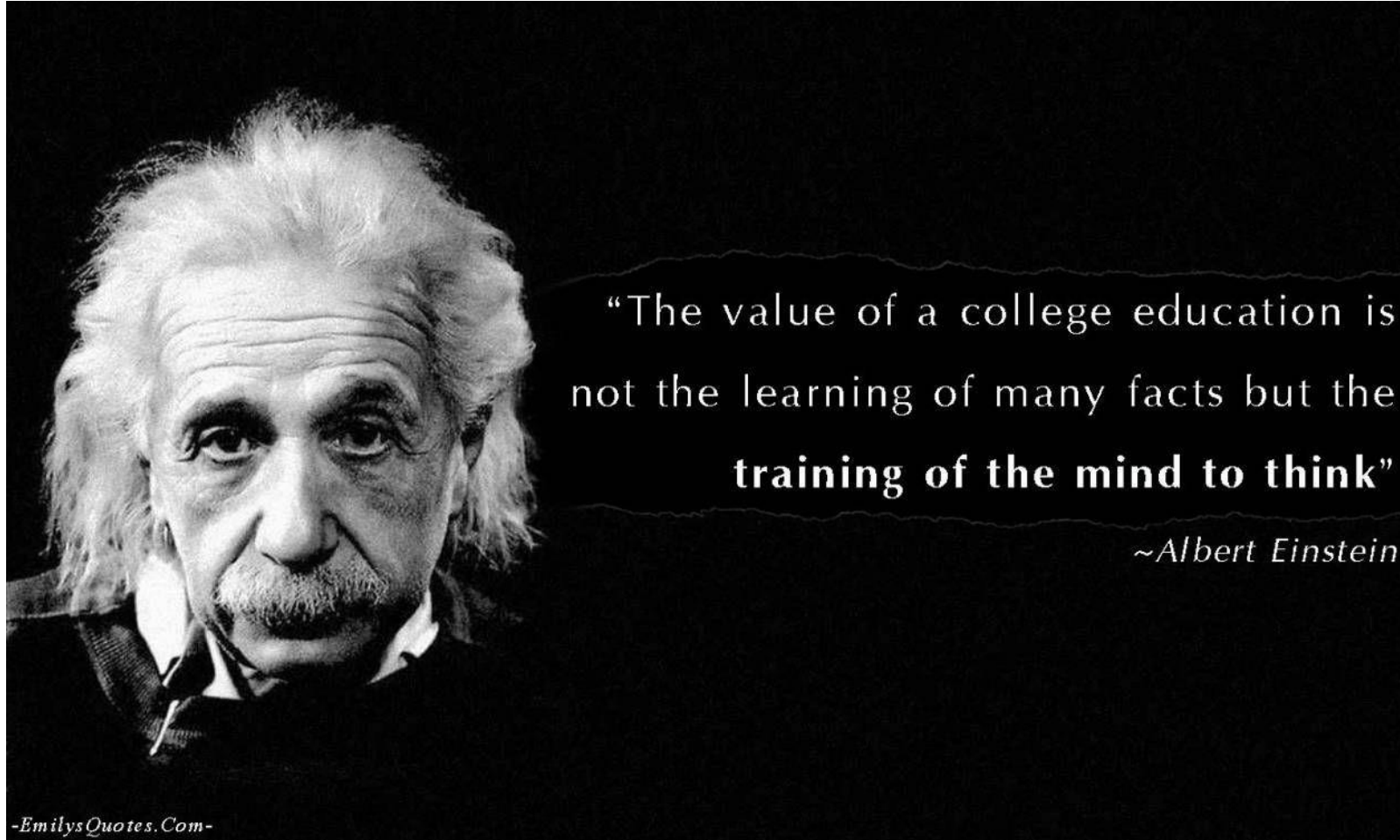
Sleep underpins all that we do. Whilst it is true that teenagers can have a different circadian rhythm to adults, the basics still apply. Go to bed and get up at the same time each day. Pack your bag the night before to ensure you are refreshed and ready for the day ahead. Use 'night mode' on your mobile phone to reduce blue light and potential distractions, then avoid all devices an hour before sleep. It is during sleep that your muscles grow, and this includes the brain! Just don't over sleep the alarm clock for school- attendance matters!

10. Enjoy it!

Sixth Form is a time when you've finally left behind the subjects you disliked at GCSE and you're now able to concentrate on subjects that genuinely interest you. What's more, you're working towards studying your favourite subject at university or pursuing your chosen career.

Although A-levels are harder work than GCSEs, you'll probably find that you really enjoy Sixth Form and the new challenges it brings. It's also a time to make the most of home comforts and spending time with your parents/carers/family and friends before you go to university. Enjoy it, and remember that all this hard work will pay off, even if it doesn't always feel like it at the time. It goes by incredibly quickly so let's get going! Before you know it, it will be prom night so enjoy and make the most of any opportunities available to you!





8 TRAITS OF SUCCESSFUL PEOPLE

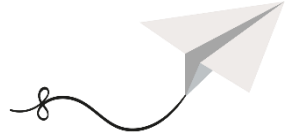
Are you successful?



8 traits of successful people - Richard St. John

[https://www.youtube.com/
watch?v=NOI0v54DaXo](https://www.youtube.com/watch?v=NOI0v54DaXo)

MAKING THE MOST OF YOUR TIME IN SIXTH FORM



What can you accomplish?