



SIXTH FORM

TRANSITION BULLETIN

GCSE RESULTS EDITION

Dear Year, 11,
That long wait is nearly over



is almost upon you and I am sure in these challenging times that there is an additional bit of nerve twitching to be felt as an extended expectancy and uncertainty combine together. The school is very aware of the heavily criticised and controversial algorithm used to ascertain your estimated grades this year. It has already caused considerable disquiet and upset amongst the outgoing Sixth Form cohort in Year 13 within our school and nationally. We will rest assured strive to be as flexible and accommodating as possible with the outcomes that emerge this Thursday and will where feasible try to meet your Post 16 options and considerations. We will however have to be strict with the Grade 4 requirements at least in English and Mathematics and 5 Grade 4's in total as an absolute foundation for the BTEC pathways and a 5/4 combination in Maths and/or English for A level entries.

We are exploring as a school presently the late inclusion last week of your mock examinations as an alternative option to your actual grades as part of your application and the subsequent guidance due about the appeal process. We will update you in due course on this matter ahead of Thursday. The remainder of this bulletin considers some final tips and advice on your subject selection for your Post 16 pathways and in addition how best you can prepare for the start of your Sixth Form journey

Don't hesitate in contacting me on : moloneya@barkingabbeysschool.co.uk should you have any queries or concerns no matter how insignificant regarding this key transition to Key Stage 5.

Thanking you

Mr. Anthony Moloney
Head of Sixth Form



It has been 7 weeks since our last communication and that long warm tropical summer has probably allowed you to forget some of the key messages from that previous bulletin. Over the next four pages, I have set these out again to refresh your memory. Below you will find the following:

1. Our Changed Entry Requirements (July 2020)
2. Reminders regarding enrolment and the start of term
3. Important Checklists

Here are the early July Changes to Grade Entry Requirements we made:

Subject	Original Entry Requirements	New Entry Requirements
A Level General Subject Options	5 Grade 4+'s including either a 5+ in Maths/ 4+ in English Language/Literature or a 5+ in English Language/ Literature and a 4+ in Maths	No Change 5 Grade 4+'s including either a 5+ in Maths/ 4+ in English Language /Literature or a 5+ in English Language/ Literature and a 4+ in Maths
English Literature	6+ in English Literature and Language	5+ in English Literature or Language
Mathematics	7+ required in GCSE Maths	6+ required in GCSE Maths
Biology	66 in Combined Science or 776 in Separate Sciences with the need for 776 in Combined Science and Maths if Choosing a combination of Science and Maths options. 7776 will be needed in Separate Sciences and Maths if Choosing a combination of Science and Maths options	66 required in Combined Science or with Separate Sciences a 6 in Biology and one other Science
Chemistry	66 in Combined Science or 776 in Separate Sciences with the need for 776 in Combined Science and Maths if Choosing a combination of Science and Maths options. 7776 will be needed in Separate Sciences and Maths if Choosing a combination of Science and Maths options	66 required in Combined Science or with Separate Sciences a 6 in Chemistry and one other Science
Physics	66 in Combined Science or 776 in Separate Sciences with the need for 776 in Combined Science and Maths if Choosing a combination of Science and Maths options. 7776 will be needed in Separate Sciences and Maths if Choosing a combination of Science and Maths options	66 required in Combined Science or with Separate Sciences a 6 in Physics and one other Science

Art & Design	4+ in GCSE Art	No Change: 4+ in GCSE Art
Computer Science	6+ in Maths; 7 + in GCSE Computer Science or ICT	5+ in GCSE Computer Science or IT
Design & Technology	6+ in GCSE Design & Technology	5+ in GCSE Design & Technology
Economics	6+ in English Language/Literature; 6+ in Maths	5+ in Maths
Geography	5+ in English Language/Literature; 5+ in Maths 6+ in GCSE Geography	5+ in GCSE Geography
History	6+ in English Language/Literature 6+ in GCSE History	5+ in GCSE History
Physical Education	5+ in English Language/Literature; a 5+ in a GCSE Science; a 5+ in GCSE PE	5+ in GCSE PE
Psychology	5+ in English Language/Literature; 6+ in Maths	4+ in English Language/Literature; 6+ in Maths for <u>AQA A Level Course</u> 4+ in English Language/Literature; 4+ in Maths for <u>New BTEC (Level 3) in Applied Psychology</u>
Religious Studies	4+ in GCSE RE if studied	4+ in GCSE RE if studied
Sociology	4+ in GCSE Sociology if studied	4+ in GCSE Sociology if studied
BTEC General Subject Options	5 Grade 4+'s including either a 5+ in Maths/ 4+ in English Language/Literature or a 5+ in English Language/ Literature and a 4+ in Maths	5 Grade 4+'s including a 4+ in Maths and a 4+ in English Language/Literature
Business; IT; Sport; Performing Arts (Dance)	Must have a Grade 4 (GCSE) or Merit (BTEC Level 2) in subject (Business/ IT/ Sport (PE)/ Dance)	No Change

ENROLMENT AND START OF TERM UPDATE

- **Current Year 11 Barking Abbey Students** on Thursday, 20th August will be able to collect their GCSE results in person by making their way to the Dining Room at 9.00am observing social distancing and appropriate hygiene measures
- They will be able to enroll in the Sixth Form Centre from 9am-1.00pm on that Thursday only, having received their enrolment packs by post from Monday, 17th August onwards.
- Thursday, 20th will be the only day where enrolment will occur to minimize cross contamination during this ongoing pandemic
- **New Year 12 Barking Abbey Students** will receive an email in mid-August from Mr Falzon (FalzonA@barkingabbeyschool.co.uk) or Mrs Wright (wrightC@barkingabbeyschool.co.uk) with a link to an online enrolment form which they will need to have filled in and submitted with a screenshot/copy of their GCSEs on Thursday, 20th August. This is to again minimize the prospect of contamination and limit large numbers on the premises to preserve social distancing. **The cut-off point for submitting this online enrolment form is 1pm on Friday, 21st August**

- Any issues with **new Year 12 students'** enrolments will be coordinated through email and phone calls by Senior teachers with confirmations made provisionally via email by Friday, 21st August if possible and Monday, 24th August at the latest.

IMPORTANT SEPTEMBER DATES

According to the current school calendar for the academic year 2020-21 we are still working on the following schedule:

Tuesday, 1st September: Teaching Staff return from their Summer Holidays

Wednesday, 2nd September: Teacher Training continues

Thursday, 3rd September: 8.25am: **Year 12 Induction begins until 2.40pm**

Friday, 4th September: 8.25am: **Year 12 Timetable and lessons begin**
Years 7-11 Timetables and lessons begins

Monday, 7th September: Year 13 return and their timetable begins

Friday, 11th September: **Deadline for Year 12 to make any timetable subject changes (Final)**

From the government's general guidance to Schools these are some of the changes you can expect in September:

- A need for regular washing of hands and sanitizing regularly at the start, specific movement points and the end of the school day- very strict hygiene levels will need to be upheld by all students and staff.
- Social distancing will need to be practiced where feasible in both learning and communal settings
- As the new Year 12 you will be put into a large bubble alongside Year 13, but you must remain separate at all times to Years 8-11 who are also on the Sandringham campus
- This may involve staggering starting points to the school day, different break, lunch and lesson times for each Year group/Bubble with a different end point to the day (Details on this will be made available on 1st September)
- It is still the school's intention to have normal class sizes for A Level/BTEC lessons and for the time you would expect to spend on each subject to remain the same as a 'normal Year 12 student'
- There will be a focus on full attendance for all students in this new academic year
- Your examinations at the end of 2022 are unlikely to be affected/delayed (unlike the outgoing and incoming Year 13)

All the above proposals are based on an initial set of guidelines released by the Department of Education in July and are subject to change and updating as the school plans for next year in the next two weeks.

REMINDER: Your Scheduled Tasks for 1st September 2020

Unfortunately, we will not be able to put you on our Year 12 registers and issue you with a Sixth Form ID if the following hasn't been completed by Tuesday, 1st September. You will be informed by email when to bring these tasks in to school

Dates	Summary	Details
Ongoing (Completed by Tuesday 1 st September)	Completing the A Level Subject/ BTEC Course Transition Documents set by different departments : Transition Tasks	These can be found on our website and can be completed and saved on a word/ other format ready to submit to the relevant subject teachers in early September
June 1 st – June 7 th	Completing the VESPA Home Study Programme and save the pdf ready for September.	To help you complete this set of exercises – Please register and follow this online course: VESPA Mindset Course
June 8 th -June 14 th	Complete in pdf form and save safely the following Personal profile task.	If you are unsure how to answer Q.10 (your Preferred Learning Style) and Q.14 (16-19 Bursary) there is a short document on each of these in the General Preparation for 6th Form area
June 15 th -June 21 st	Future Plans Activity Sheet Memory Maker 2020	Complete the Future Plans Activity that can be found here : and save as a pdf document for September. Please use the vast array of Career weblinks and Success for School Career Zone areas highlighted in Bulletin 5 to help you fill this in. You also have a Summer holiday project that we would like you to complete for September: A Memory Maker 2020 where you can start to reflect and log/record the dramatic changes you have experienced since mid-March in these historical times we live in. Your answers can be recorded on a word document ready to share in September during tutor time when hopefully a new normality has dawned for us all.
June 22 nd – June 28 th	Linked In Profile and CV Draft to complete	You will find advice on how to create a good Linked In Profile as well as start your CV draft here and in the middle of Bulletin 6. You will see two files : Applications and CV Brochure as well as the ultimate Linked In Profile Cheat sheet in the General Preparation for 6th Form area
June 29 th - July 3 rd	Watching a talk or online lecture	How do you improve your communication skills by watching the very best in the business? Pick any talk advertised in a bulletin to watch, noting the guest speakers' oral skills and body language. Browse through this guide which offer you tips on how to become a skilled communicator.
July 6 th -July 10 th	Passport to Sixth Form needs to be completed and can be downloaded from here	This is your final task to complete and have ready for early September. We would also like to make sure you have completed your research thoroughly on possible careers by looking through the Informed Choices booklet which can also be found here
Ongoing	Explore in this area : General Preparation for 6th Form area a range of resources to help you 'Bridge the gap' to Sixth Form	Find a book in the large Reading List Find a course in one of the many MOOCS or the newly added Lots More MOOCS also found here Try out a Cultural Experience from this large list of 100 Challenges

YOUR ULTIMATE CHECKLIST FOR SEPTEMBER

- I have thoroughly **researched** the subjects I plan to study at Post 16 and feel confident they fit my skill set and my future career ambitions having browsed in this section of the [website](#).
- I have thought through not only where these options will take me in **September 2020** but **September 2022** and if going into further education **September 2025!!**
- These are mainly subject(s) I expect to see in the 'top half' of my GCSE results page (in terms of **performance**) . These are my **best performing subjects!**
- These are subject(s) that I really **enjoy**, and I am willing to 'put in the hours'on average 1050 hours per subject over the course of the Sixth Form years...44 whole days!!
- I feel I can **handle** the **demands** and rigour of these subjects and have browsed the subject syllabus details of the relevant exam boards to look at the content, final exam structure and some sample exam papers.
- I am familiar with the Sixth Form **uniform** requirements from [Bulletin 7](#) and know where to purchase the special tie
- From [Bulletin 7](#), I am also aware of the stationary/ equipment I will need and what outlays/ expenditure in terms of subject resources I will need.
- I have completed all the relevant subject transition tasks for my A Level/ BTEC selections which can be found [here](#)
- I have done some initial exploration (through the opportunities offered in the bulletins) of university , apprenticeship, school leaver, job and gap year opportunities.
- I have also managed to get all the General Preparation for 6th Form exercises as outlined on the previous page completed
- I am aware of the Enrolment arrangements and expect to receive either a letter/enrolment pack (if I am a current Barking Abbey student) or an email and an online enrolment form if I will be new to Barking Abbey in September 2020.
- I have completed a free [MOOC](#) (Massive Open Online Course) from the selections on offer
- I have completed a Virtual Work Experience from the list offered in the Bulletins or got myself involved in volunteering as detailed in Bulletin [4](#)
- I have read a [book](#) related to a subject I hope to study or career area I hope to pursue
- I have watched an **Online talk or lecture** in an area of interest
- I am keeping myself alert of Current affairs by watching either a quality TV news programme or surfing a reliable news website ([Bulletin 3](#) has a wide range of current affair links)
- I have either explored online a [Cultural experience](#) or visited a gallery, museum or place of educational interest in London this Summer.

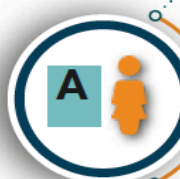
HOW GRADING WORKS THIS YEAR FOR GCSE, AS AND A LEVEL

Step 1 - School or college considers and submits centre assessment grade and rank order information

For each student for each subject

Centre assessment grade based on evidence of performance

For example
A level geography



- Any non-exam assessment work
- Classwork
- Homework
- Mock exams
- Other relevant evidence

Position in rank order of students on that grade



Grade A

Grade B

Step 2 - Exam boards standardise grades using statistical model developed with Ofqual

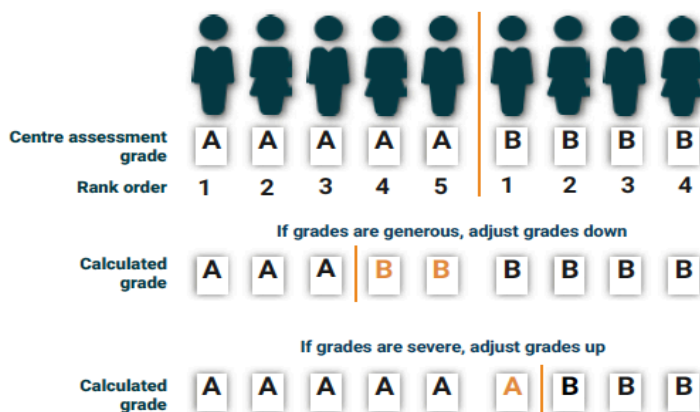


Statistical standardisation

What results might the school or college be most likely to achieve given the following:

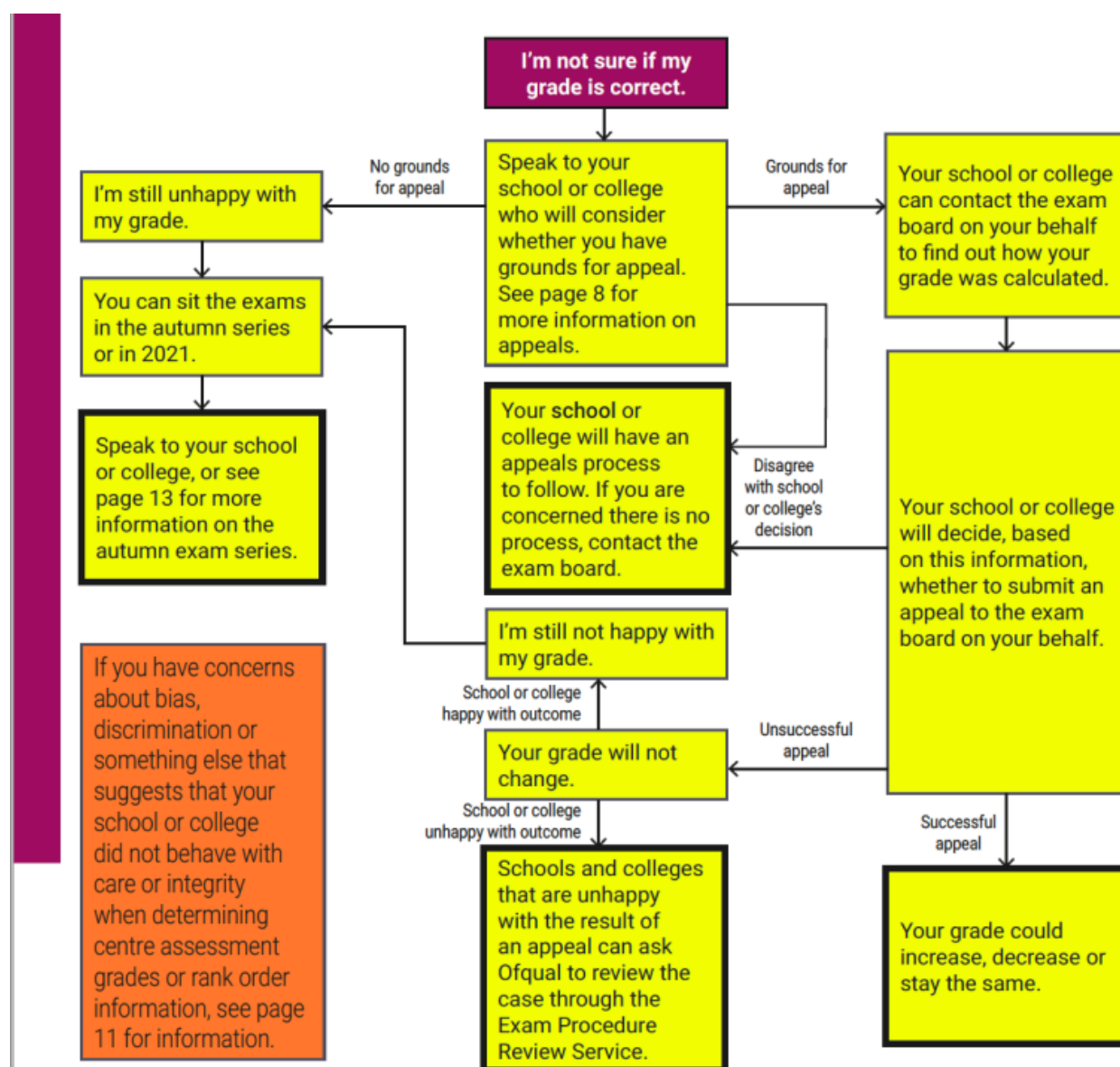
- previous national results in the subject
- the prior attainment of its students this year compared to previous years
- the school or college results in recent years

- Your school or college was asked to consider a range of evidence to inform your centre assessment grades. They are not the same as your target grade, predicted grade or mock result.
- Your school or college was asked to provide a rank order of students within each grade in a subject, based on who they felt was most secure in achieving that grade. The rank order is needed for the statistical standardisation process to work in the fairest way possible.
- Your centre assessment grade and place in the rank order was agreed by at least 2 teachers and confirmed by your head teacher or college principal as a true representation of your performance.
- The circumstances meant teachers could not use a nationwide approach as they made their judgements and exam boards could not directly check the judgements. All grades have been standardised to make sure the same standard is applied across different schools and colleges.



The Appeal Process (Summary Flow Chart)

If you are dissatisfied with the grades you have received, please look at this useful infographic which explains to you what options are open to you on Results Day and the immediate aftermath. If you are new to Barking Abbey, you will have to go through this at your previous school. Details on the mock appeal process published at the weekend can be found here: <https://www.gov.uk/government/news/appeals-based-on-mock-exams>

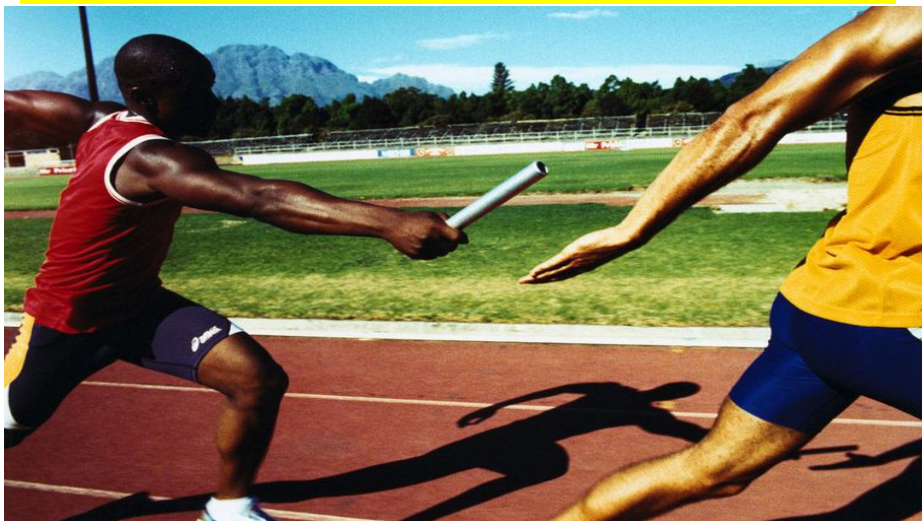




Finding a permanent home, a life-long partner and a fulfilling career are 3 of the most important decisions and Life Choices you will make as an adult. Selecting those 3 or 4 Subject Options to take at Post 16 can have a big impact on that last Choice....the career that encompasses almost 50 years of your adult life so should be thought through very carefully.

Here in a week where you confirm those subject selections are our **Top 3 Tips:**

- 1. Pick those best performing GCSEs or subjects that best bring out your strongest skillset from your secondary education to date**



Imagine you are running a 4 x 100m relay race...If the first runner in your team is at the front...to stay at the front ...it is imperative that the remaining team members;.No.2, 3 and 4 **‘RUN WITH THE BATON’** . In the same way...if you want to be successful at A Level/ BTEC you choose those subjects where you were at the ‘front of the race’ at GCSE.

On the morning of Thursday, 20th August on receipt of your GCSE grades take some time to put these subject grades in rank order from highest to lowest.....Draw a line under your 5th/6th ranked subject and look carefully at those subjects above this line...How many have you chosen?

**DEVELOP
AND WORK
ON YOUR
STRENGTHS**

Your Grades	Ranked in order	
Biology 6	PE 9	THE MAJORITY OF YOUR SUBJECT SELECTION SHOULD COME FROM ABOVE THIS LINE
Business 8	Business 8	
Chemistry 7	Sociology 7	
English Language. 7	Chemistry 7	
English Literature. 7	English Language/Literature 7	
History 5	----- LINE	DO NOT TOUCH THESE SUBJECTS AT POST 16
Mathematics 4	Biology. 6	
PE 9	History. 5	
Religious Studies 4	Mathematics 4	
Sociology 7	Religious Studies 4	

REMEMBER: 80% of all University Courses, Apprenticeship positions and School Leaver jobs **don't have any subject requirements but they do have GRADE requirements**

2. Select Subjects you really enjoy

**Do you
love me?**

Yes or No



As that well known fast food company says it is important you can say :



Remember **You** are going to devote 5 hours of class time per week for 70 weeks alongside 10 additional hours of independent study weekly to each Option Choice....That is 1050 hours (44 whole days) during your Sixth Form....Ask yourself what are the factors behind wanting to do the subject?

- Is it an inspirational teacher at GCSE? (You may not have that teacher at Post 16!)
- Is it because your friends are studying it?
- Is it because there is strong pressure from family members to study it?

If over the long 6 months of lockdown you have enjoyed:

- (a) The transition work set for Year 11 into 12 in that subject
- (b) Reading a recommended book on that subject
- (c) Exploring websites and Current affair items related to the subject
- (d) Participating in a MOOC in that subject

Then this subject would be a good choice

3. Choose Subjects that are needed for the specific degree /career route at Post 18

There are only a handful of degrees: Veterinary Science, Medicine, Engineering, Dentistry, Architecture where there are '**essential prescriptive subjects**' at A Level/ BTEC you need to take if you want to follow a career after secondary school. Make sure you do your research by looking either at the entry requirements for specific university courses on the [UCAS website](#) or looking at the excellent [Informed Choices](#) guide you can find on our website

REMEMBER : RESEARCH IS KEY!!



SUBJECT REMINDERS

AS Further Maths : Due to staffing shortages in the Maths department for the 2020/21 academic year, We will be unable to offer this subject as part of this year's Option selection. However, as long as there is sufficient uptake from next year's Year 11 in early 2021, we hope to offer this as an AS qualification to students during Year 13. Please let me know in early January 2021 if you wish to avail of this in your second year of 6th form

Psychology ...Reduced Capacity for 2020/21

With one member of the Psychology department on maternity leave for this forthcoming year, we only have one class of A Level and one class of BTEC available in the C Block this year so can accommodate a maximum of 50 students. Can I remind you that there is no requirement to have a Psychology A Level to study Psychology at university.

If for any reason, we have no spaces in these two classes, Can I suggest these subject alternatives:

Strong Essay based or Social Science Subject Alternatives: English Literature ; History, Geography, Sociology

If Interested in Neuroscience specifically: Biology is a strong recommendation

Here is a reminder of the two options we have available

The school is very aware how popular Psychology is as a Post 16 Option but a number of students have raised concern due to the focus on statistics in the A Level course that a Grade 6 entry requirement in GCSE Maths to study it may be beyond their capabilities. The school has responded by putting alongside the existing A level, a new Level 3 BTEC qualification: An Extended Certificate in Applied Psychology where only a Grade 4+ in Maths is required to pursue it. We have set out below these two different options in a comparison table which are now both accessible for September in Block C.

Qualification	GCE A Level Psychology	Extended Certificate in BTEC Applied Psychology (Level 3)
Exam Board	AQA	Pearson Edexcel
Syllabus Link	A Level Syllabus	BTEC Syllabus
Barking Abbey Entry Requirements	Mathematics: 6+ English Language; 4+ Must have 5 Grade 4s	Mathematics: 4 + English Language: 4+ Must have 5 Grade 4s
Topics Covered	<ul style="list-style-type: none">• Memory• Psychopathology,• Gender,• Stress,• Forensic Psychology,	<ol style="list-style-type: none">1. Psychological approaches and applications2. Conducting psychological research3. Health Psychology4. Criminal and Forensic psychology
How the qualification is assessed	Three Terminal Exam Papers taken at the end of Year 13 (each worth 33% of qualification)	4 Units must be completed of which 3 are Mandatory and one Optional. 58% of the qualification is externally assessed by tests/set tasks over the course of the two years. 42% will be internally assessed with assignments.
Grade Awards	A* - E	D*; D; Merit; Pass
Post 18 Pathways	A subject that can be used to apply to a wide range of degree programmes at University. Very Useful for a range of Healthcare, Education and Neuroscience courses. Psychology A level is desirable, but not essential for a BSc Psychology degree.	Can form part of a wide range of degree applications with other BTEC/ A levels. Useful for Mental Health Nursing, Early Child Development, Occupational Therapy, Sports Coaching and Primary Education. Unfortunately, this qualification is not affiliated or recognised by the NCAA (National Collegiate Athletic Association) as an appropriate Post 16 Social Science qualification. Please be aware of this if you intend applying for a US College place

How to Cope on Exam Results Day – Anxiety, Stress, Planning

Waiting for your exam results can be extremely stressful. Panic, guilt and fear about the future are just some of the many feelings you may be experiencing.

There's nothing wrong with any of this – up and down the country thousands of other young people are experiencing the same emotions.

We've put together some advice to help you cope with your feelings before and on exam results day, and also some practical tips to help ease the stress on the day. We hope this helps.

1. Don't bottle your feelings up

If you're nervous or anxious, talk about it. Tell your family or friends or write it down in a diary. Don't be embarrassed about your feelings – you might think nobody else is feeling this way, but chances are they are. Exams are stressful.

Talking to a parent about your nerves can help put things in perspective

Bottling up stress can make it worse, so it's really important not to keep it all inside.

[Childline has some great advice about coping with exam stress.](#) If you're aged 18 or under, you can contact one of their counsellors for free and talk to them about anything – no problem is too big or too small to them.

Sometimes when you're anxious you can feel shaky, light-headed and nauseous. Some people have panic attacks; one in 10 people will have at least one at some point in their lives. The main thing to remember is that it's just anxiety – it can't harm you, and it will pass.

2. Make a plan

Be organised – know what time you've got to go and pick up or have emailed your results and where you need to go.

Making an action plan for the day will help you feel prepared

Think about what you might need to do if you don't get the grades you were hoping for so you're not panicking on the day. (Put together a 'Worse Case Scenario Strategy Plan')

Plan something nice to do with friends or family later in the day so that you have it to look forward to regardless of what happens.

3. Get plenty of rest

Sleep may be the last thing on your mind the evening before results day, but a good 40 winks will put you in a good frame of mind to face what lies ahead.

There are things you can do to help those elusive Zzzs come your way. Get up nice and early the morning before rather than having a mammoth lie in and do some exercise at some point during the day so that you're nice and tired when you go to bed.

Avoid too much caffeine, especially six hours before you go to bed, and have a nice, relaxing bath in the evening. Resist the urge to go over and over your exams in your head because it won't help and there's really nothing you can do about it now.

It might be an idea to stay off social media if exams are all everyone seems to be talking about because it'll only make you feel worse. Try reading one of your favourite books instead to help your mind unwind.

4. Don't go alone

You may not think you want to take your mum along with you to school, but you'll probably really appreciate having a family member with you when you get there and the nerves set in.

Firstly, if you need to go by car, they can drive you and your bundle of nerves there and bring you home again.

Secondly, if things don't go according to plan, two heads are better than one when it comes to gathering as much info as possible about your next steps, assessing the options and coming up with a plan of action.

Finally, even if they don't come in handy for either of the above, they might buy you a nice lunch afterwards.

5. If you didn't get the exam results you were hoping for

Do not panic. We repeat, do NOT panic. You have plenty of options if you didn't get the exam grades you wanted.

Take a deep breath and start talking. Speak to your teachers, careers adviser, and whoever else you can to find out what you should do next.

Find out as much as you can before making a decision and remember, this is not the end of the world. There are many extremely successful people out there who didn't get the grades they were hoping for either. There are lots of paths to success so use your disappointment as motivation to find yours.

Again, you may want to stay off social media for the day. Chances are there'll be lots of excited chatter about results that won't make you feel any better.

If you got the exam results you wanted

YAY! Massive well done to you and make sure you celebrate your tremendous achievement.

But be aware that others around you may not have had such happy news – so tone down the gloating, shrieking and general madness until you know that there's no one nearby who's upset by their results.

What is it like being a Sixth Former?

Being a Sixth Former can be the most exciting and dynamic period in a student's secondary education. There are boundless opportunities, and students truly can carve out a bespoke academic and social niche. So, how do those who go on to be the most successful cope with the many and varied challenges that lie ahead?

1. Carefully explore your options

Is Sixth Form right for you? Our Sixth Form prides itself on offering a first-rate academic experience, a truly engaging range of extra-curricular options, and the facilities and pastoral care required for those with high aspirations to thrive. Look at all options: does the Sixth Form have the academic focus you desire? Would an apprenticeship or foundation course be relevant to you? Sixth Form is a lot of work, so making the right initial choice is critical.

2. Choose subjects you are passionate about, while being mindful of future goals

The most frequently asked questions are based around how best to choose subjects to study. 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. Wider reading is fundamental to gain a breadth as well of depth of knowledge. It is also important to be mindful of future goals. Want to study medicine? Chemistry is a prerequisite. A future engineer? Further maths is not essential to apply to university, but the vast majority of those at university will have studied it at least to AS. It pays to think ahead and discuss matters with your Careers Department.

3. Be organised

You will now have more tasks and longer deadlines and being organised is critical. Use a diary (Physical or Digital...your choice), with due dates and a system for categorising priority goals. The sense of satisfaction derived from arranging your work into a helpful order and ticking tasks off once they are complete can be addictive!

4. Consolidate work from the get-go

Wider reading and consolidation of subject material make a huge difference in the Sixth Form. Completing only set homework tasks might be ticking the right boxes, but it is the ongoing consolidation and revision, especially of those areas you find most difficult, that will truly pay off in

the long run. Conduct some honest self-assessment and think about what areas you need to work on. Seek advice from academic staff about the best resources for doing so.

5. Study periods: use them wisely!

At Barking Abbey, we have introduced Supervised Private Study, which are silent work sessions specifically designed for you to allow you to have your non-contact time a little more structured. Think carefully about the best working environment for you. Discover the “do not disturb” mode on your mobile phone.

6. Thinking about the future

Start thinking about the future as soon as possible. For competitive courses such as medicine, it can really pay off to build a repertoire of work experience during the Lower Sixth. Are there academic societies you can join? Talks you can attend. That UCAS personal statement will need to be as strong as you can make it.

7. Build a good relationship with your pastoral and academic staff

Communicating with staff is absolutely essential. Pastoral and academic staff love to help students, and it is those students who are most pro-active in seeking advice, 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.

8. Think very carefully about outside school commitments

A strong Sixth Form will have a plethora of opportunities for extra-curricular activities. Choose carefully, commit strongly and enjoy them! It is when outside school commitments become overly onerous that problems can occur. That one-shift-a-week as a local waiter may start off well enough but if the hours then build or you are expected to work close to academic deadlines, your hand can be forced.

9. Sleep

Sleep underpins all that we do. While 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. Use

“night mode” on your mobile phone to reduce blue light, then avoid all devices an hour before sleep. It is during sleep that your muscles grow, and this includes the brain!

10. Enjoy it!

Your time in Sixth Form will go by incredibly quickly. In the future you will look back fondly on this incredible point of your life, at the large number of close friends and the amazing opportunities you took up. What will you do to have a truly memorable Sixth Form?

You’ve chosen your A-level subjects and are poised to start sixth form. So how do you make the most of your next two years?

Certainty and Uncertainty

Let’s start with a classic interview question: “Where do you see yourself in the next two years?”. As a new Sixth Former you have an enviable level of certainty in answering this question. In two years, you will be holding a place at a great university to study the course or a job/apprenticeship that best suits and supports your talents and your ambitions. But to arrive at this certainty, your Sixth Form years will also be marked by some exciting uncertainties. At the very least, you’ll need to decide on the course and the university – and at not just one but five different institutions. You’ll also need to decide on who you are and who you want to be. Take heart, you will do all of this and so much more...

Balance

In your first year, your priority is to adjust to Sixth Form life. It is crucial to find a balance between your work and social life. And to maintain good sleep patterns. There is no need to focus on your university/career choices before you’ve had the chance to become comfortable being a Sixth Former. After the breadth of your GCSE campaign you now need to be prepared to go deeper into your chosen subjects, and work at a higher level. The work is harder, and you’ll be expected to study with greater independence than before. Seek help early if you feel like you’re struggling, but also take ownership of your learning. This self-knowledge is the next step in your learning, and crucial preparation for university. There is one absolute, undisguisable fact – entry to university is determined by grades. You must work hard to boost your options.

Five-a-day

One of your priorities over the next two years of Sixth Form is to look after yourself, both physically and mentally.

You'll have heard of the Government's five-a-day campaign to get people to eat more fruit and vegetables. Well, the NHS also have a five-a-day for wellbeing. It works well for busy Sixth Formers. The advice is that your daily mental health workout should include these five elements:

Be active – The importance of physical activity to wellbeing is well known but it is also vital that you are active and engaged in all that you do.

Your sixth form life will open up opportunities to develop new relationships and connections with the people around you. Don't wait for opportunities – make them happen.

Keep learning – Make learning your life. Intellectual curiosity is everything, both for achieving top grades and attracting the interest of university admissions tutors/ future employers.

At the end of every day think about what went well and build on this; also think about what you might have done differently, and better – learn from this.

Give to others – One of the best ways of supporting your own self-esteem is to help others. Volunteering your time is fulfilling, and it gives you a clear perspective on your own life.

Be mindful – sixth form can seem like part rollercoaster and part conveyor belt. If you're not careful it will be over before you've had chance to take in all that you are experiencing. Seek out and create opportunities, look up and pause. Be aware of the present moment and enjoy your feelings and thoughts, and the world around you.

Looking Ahead

Once you are settled into your courses, you'll know more about your interest and ability in the subjects you've chosen.

The period after the Christmas holiday in your Lower Sixth year is a good time to start thinking about your university /career choices. Take a look online at some courses/jobs and be realistic.

Make a list of options to consider and start obtaining information about the universities/occupations and the courses/opportunities. You should be as open as possible; most students chop and change their plans at this first stage.

Getting Personal

As important as your exams are, so are the “soft” skills you’ll acquire during your course of study. As part of your UCAS/ job application you’ll need to write a personal statement describing your academic interests but also your personal qualities – and you’ll need to give evidence. Think about this early.

You might be able to organise or start a new activity which will enrich your profile. Make a virtue of committing to things fully and doing your very best. Be a leader, if you get the opportunity.

The Big Decision

For lots of students, deciding on their university destination is intimidating. Seek help and advice but don’t depend on others to tell you what you should do. Don’t follow the crowd. And don’t get too hung up on the university – it’s the choice of course that really matters. You will find a number of courses and institutions which suit you. Go easy on yourself: you’re deciding what to do next, not what you’ll be doing forever.

Making the Most of Things

Enjoying your Sixth Form studies and getting into a great university are closely linked. We enjoy things when we are fully immersed in them. To achieve this, you’ll need to greet every opportunity, and every difficulty, with the same energy and enthusiasm. In doing this, you will also have come closer than you have ever been to knowing who you are and the person you want to be.

MENTAL HEALTH AND EXAM RESULTS DAY.... DISAPPOINTED?

Just because you are disappointed does not mean you have nothing to offer and everything will go badly in the future. Try and pause and acknowledge how you are thinking about your disappointment, get hold of your thinking and try and 'neutralise' it; that is, take the negative energy away from it. Neutralising thoughts is a useful technique for life; try and move the thought from 'doom and gloom' to a more level basis: "I'm so useless I will never pass anything again" to "I'm disappointed but let's see what is possible now".

Keeping a clear head is really a main task when making Post 16 choices. It is important that you can recognise the signs of anxiety. These are listed below:

- An unpleasant, subjective sensation, varying from 'tension' to 'terror'
- An awareness of imminent danger or harm, whether or not its sources can be specified
- An experience of bodily sensations associated particularly with the activation of the autonomic nervous system
- A strong urge to flee to a place of safety
- A lack of control over fine motor movements
- Thoughts of a worrying or unpleasant nature over which there is little control
- An inability to think clearly or act in a coordinated manner, especially in new, conflicting or threatening situations

However, it is also important to understand why you might be feeling some or all of these things at the moment. The tension you may have been feeling in the build-up to getting your results, and then your response to your actual results, can come out in all sorts of ways. The more you can be compassionate with yourself and give yourself an easier time, the better.

- Most of all try and keep calm and clear and remind yourself you are not alone!

If you want more information about mental health and self-care strategies, there are a number of useful places you can visit:

- [Students Against Depression](#)
- [Student Minds](#)
- [NHS website - Moodzone](#)
- [Save The Student](#)
- [Mind](#)

There are a number of free-to-access resources available that can help provide information and support for depression and anxiety.

Depression

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/#.WRMQHFPythE>

<http://www.nhs.uk/Conditions/Depression/Pages/Introduction.aspx>

<http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/depression.aspx>

<https://www.mentalhealth.org.uk/a-to-z/d/depression>

<https://www.time-to-change.org.uk/category/blog/depression>

<http://www.samaritans.org>

<http://rethinkdepression.com/community/?gclid=CLHj5Niy5dMCFQi77Qod1d8ONQ>

http://www.sane.org.uk/resources/mental_health_conditions/depression

<https://youngminds.org.uk/find-help/conditions/depression/>

<http://www.studentminds.org.uk/>

<http://www.stayingsafe.net>

<http://www.itgetsbrighter.org>

Anxiety

<https://www.anxietyuk.org.uk/>

<https://www.rethink.org/diagnosis-treatment/conditions/anxiety-disorders/about?gclid=CNbCj5az5dMCFee97Qod9twHDw>

<http://www.nhs.uk/conditions/Anxiety/Pages/Introduction.aspx>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/#.WRMRaFPythE>

<http://www.moodjuice.scot.nhs.uk/anxiety.asp>

<https://www.mentalhealth.org.uk/a-to-z/a/anxiety>

<http://www.rcpsych.ac.uk/expertadvice/problemsdisorders/anxiety,panic,phobias.aspx>

<https://www.time-to-change.org.uk/category/blog/anxiety>

<https://youngminds.org.uk/find-help/conditions/anxiety/>

WORK EXPERIENCE OPPORTUNITIES

Online One-Day Insight Day with Santander WE Initiate

Santander: Work experience - Online

If you're 15-16 years-old, come along to our virtual insight session, WE Initiate, to find out what the world of work is really like. You never know, it may even lead you to a career with us here at Santander.

[**VIEW OPPORTUNITY**](#)

Virtual Work Experience for Y12 within Cisco's Tech/Business Departments

Cisco Work experience - Online/Virtual

Calling all YEAR 12 Students... Curious about a career in technology? Looking for work experience that's fun, exciting and where you can get stuck in? Wanted to come to Cisco for work experience but thought you couldn't attend as you don't live near enough to our Bedford and Reading offices?

[**VIEW OPPORTUNITY**](#)

Open House- M&C Saatchi

Free advertising training from M&C Saatchi.

Every Wednesday at 6pm, Starting on 2 September

Register now : [**VIEW OPPORTUNITY**](#)

Virtual Work Experience: Murphy Carey JV – Transforming the iconic Oxford Street District

J Murphy & Sons Work experience - Westminster

Join us for a week's virtual work experience with MurphyCarey JV. Murphy Carey JV is made up of J Murphy & Son's and Careys working together to transform the iconic Oxford Street District.

[**VIEW OPPORTUNITY**](#)

UPCOMING VIRTUAL TALKS

The **BP inspire me series** features BP employees sharing their inspirational stories, related to eight key skills identified as essential for success in education and employment.

Each session gives an insight into one of the skills when the speaker will bring to life how they have cultivated this through their experiences and how it helps them in their career today and its relevance to the workplace. These skills have been identified as a universal framework of essential skills by the Skills Builder Foundation. The talk series will take place at 2pm on a Tuesday and Thursday each week up until the end of August.

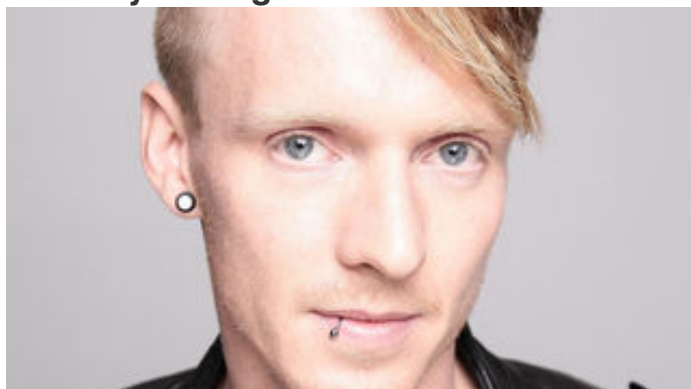
Below are the dates and times for the BP Inspire me series:

Date	Info	Link
Tuesday 18th August 14:00-14:45pm	Skill: Speaking Bobbi Pickard is a Senior Project Manager in BP and the co-founder of “Trans in the City” which has brought together over 80 major organisations to collaborate on furthering transgender awareness across the world. She is a Diversity Role Model and an extremely proud trustee of Mermaids, the gender diverse children’s charity. She was voted #1 in the Outstanding 50 LGBT+ Future Leaders’ List 2019, included in the PWC Stonewall 50 Inspirational Role Models 2019, was winner of the Rainbow Honours LGBTQ Champion Award 2019, has been nominated for the Nestle Diversity Champion Award at the 2020 British LGBT awards, and has recently been placed #14 in the Pride Power List 2020. She plays guitar and bass and sings, has two grown up children and lives in Brighton, UK	https://bit.ly/32CnAuS
Thursday 20th August 14:00-14:45pm	Skill: Teamwork Imran has been with bp for 23 years and throughout his career has held various positions within IST’s finance and risk organization including head of business integration for international gas, regional head of commodity risk (eastern hemisphere), regional head of PPM and as the executive assistant for the IST chief financial officer. Imran is also the UK Chair of bp’s positively ethnic network (PEN) business resource group and chairman for the IST Finance and Risks HR Forum. Prior to his career in bp, Imran qualified as a Chartered accountant, post a Master’s in Finance and Economics and a BA in Accounting and Financial Management. As Global Controller, Imran will share his experiences of leading a global team across different time zones and cultures.	https://bit.ly/2ZHBJos

Tuesday 25th August 14:00- 14:45pm	Skill: Creativity Before taking on her current role, Carol ran bp Shipping and was the chief operating officer for IST oil. She has more than 20 years in the energy industry, many in supply and trading. Previous roles include chief operating officer for natural gas liquids, regional leader of global oil Europe and finance. Carol also served as the head of the group chief executive's office. Carol will talk about her experiences in the energy industry and share examples of creativity and innovation during a time of transition in bp and the energy industry.	https://bit.ly/2OFvafR
Thursday 27th August 14:00- 14:45pm	Skill: Leadership Kerry leads people and culture at bp. As a key enabler of business delivery, people and culture aims to create an inclusive culture and collaborative and agile workplace which enables emotionally connected leaders and dynamic teams to work together to help bp achieve its purpose – reimagining energy for people and our planet. Kerry will talk about leadership in the context of the energy transition and reinventing bp.	https://bit.ly/39evOdW

ROYAL INSTITUTION LECTURES IN AUGUST

Tuesday 18 August



LIVESTREAM: Million-dollar equations

More information

Tom Crawford explores the Millennium Prize Problems, worth \$1m to anyone that solves them
 When: 7.00pm to 8.30pm

Tuesday 25 August



LIVESTREAM: The last stargazers

[**More information**](#)

Emily Levesque reveals the hidden world of the professional astronomer. She celebrates an era of ingenuity and curiosity and asks us to think twice before we cast aside our sense of wonder at the universe.

When: 7.00pm to 8.30pm

YOUR NEXT BULLETIN AS WE BUILD UP TO THE START OF TERM WILL BE SENT ON TUESDAY, 1ST SEPTEMBER 2020 BY EMAIL.