

## Year 13: Preparing for your next steps

### UCAS updates

UCAS has also given ALL students the same reply by deadline which is now 18th June (if you have received your offers by 4th June). UCAS track will update to show this, so please do keep an eye on this. Remember you can attend Virtual Open days here <https://www.ucas.com/ucas/events/find/scheme/virtual-and-digital?keywords=> . You can also chat to current students here <https://www.ucas.com/chat-to-students> to find out further information about courses.

Updates from UCAS can be found here <https://www.ucas.com/coronavirus>.

The following information and Progression Activities will help you research your chosen futures.

### Progression Activities for Year 13 Students

**Eton College Course** – Resilience. We have enrolled all Year 13 students onto a free course from Eton college on resilience. As soon as I have details regarding how you access this, I will send these out to you.

**Supporting your progression to university booklet.** This [booklet](#) is designed to help you complete activities with regards to your chosen courses. It is organised in subjects e.g. Engineering, science etc. Please save this and then complete the activities in line with your subject choices. Although this is entitled 'Yr13' it is really useful for both Yr 12 and 13 students.

**Huddle Project Futures Grids** (see below). You will also need the '[Progression log](#)'. Please save this and print it out (if you are able), if you can't then you can easily copy the format of this on lined paper. The 'Progression log' should be used to log the activities you are going to complete from the following resources, as follows:

- **A1 – [Planning your future](#)** – this includes lots of links to information you can research in relation to different careers. You have actually done some of these in your Life Programme, but they are definitely all worth looking at.
- **A2 – [Planning your Future](#)** – loads more activities regarding apprenticeships and choosing to study at university.
- **A3 – [Personal LORIC](#)** – these activities focus on your personal skills e.g. leadership, organisation, initiative etc. Try and complete 2-3 from each area.
- **B1 – [Academic LORIC](#)** – these activities focus on academic skills you should have e.g. love of learning, reading and researching, interesting to teach and being a critical thinker. Try at least two activities per section.
- **B2 – [Academic skills for University](#) – *do this one if you plan to go to university.*** This sheet has lots of QR codes which will direct you to websites, which will help you develop your study skills, your ability to proof read your work, critical thinking, growth mindset and expanding your vocabulary.
- **B3 – [Preparing for the world of work](#) – *do this one if you do NOT plan to go to university.*** This has many of the activities needed for the world of work.

- **C1 / C2 – Being independent** – These two activity sheets are essentially the same. Choose a few activities which you think will help you the most.
- **C3/4 – Maths examples** – only choose these if you are studying maths.

**Yr 11-12 Pixl Tasks** – These handouts all have a 'faculty theme' and although they are intended for Yr 11 students moving to 6<sup>th</sup> form, they do have a really good selection of activities you can complete specific to your subject area. Have a look and see which interest you.

- [Creative and Performing Arts](#)
- [English, Media and MFL](#)
- [IT, Computer Science and Business](#)
- [Science, Maths and Engineering](#)
- [Social sciences and humanities](#)
- [Sports](#)

**MOOCS** – I have given you details of these before, but now really is the time to get logged onto Future Learn <https://www.futurelearn.com/> and find relevant courses. These are free, unless you wish to purchase your certificate upon completing it (that's up to you!), the real benefit is what you will learn from doing it.

**Online Lectures** – Gresham College have released some brilliant lectures. These really should be looked at. Find them here <https://www.gresham.ac.uk/schools>

**Wellbeing** – Remember there are loads of resources out there to support you with your mental wellbeing.

<https://www.kooth.com/> and <https://www.giveusashout.org/> both have an online facility which enables you to speak to someone online.

Young Minds [https://youngminds.org.uk/?gclid=EAIaIQobChMIImffS-bTv6AIVhOd3Ch1OQQwzEAAYASAAEgKI4\\_D\\_BwE](https://youngminds.org.uk/?gclid=EAIaIQobChMIImffS-bTv6AIVhOd3Ch1OQQwzEAAYASAAEgKI4_D_BwE) also has lots of brilliant resources too.

The best thing you can do to help your mental wellbeing is to **keep active**, yes I do mean try Joe Wicks each day (9am on YouTube) or you could even try one Mr Mason made here <https://www.youtube.com/watch?v=MLfdUh0ekko>.

If you fancy something slower – try one of the Yoga sessions from our yoga teacher Maria <http://www.mariayoga.co.uk/> – she also has a YouTube channel too.

Please do stay in touch. We will be calling you all again very soon to check on how you are getting on.

We look forward to seeing you soon.

Mrs Jennings