

Name of Tutor

Tutor Group



Getting the Grades

Year 13

Class

Autumn Term 1

Theme: **Leap to Year 13**



7 week course



KS5



Videos 5-6 mins each



Simple: click and play



Activities per video

How to use this workbook

1

Play each video

2

Complete each exercise associated with each video

3

Choose a student to make a note of the key outcomes for the class

Video Guide: Year 13 Autumn Term 1

Week 1

Leap from Year 12 to Year 13

Week 2

Writing A Personal Statement: The Process

Writing A Personal Statement: Section 1: Motivation For The Course

Writing A Personal Statement: 2: Preparedness For The Course

Writing A Personal Statement: Section 3: Preparation Through Other Experiences

Week 3

Changing Habits: Cues, Routines and Rewards

Week 4

Sixth Form Community 1: Supporting one another

Week 5

Motivation 2: Finding Ways To Keep Going

Week 6

Growth Mindset 3: Risk, Resilience and Feedback

Week 7

Putting In The Hours

Week 1

Leap from Year
12 to Year 13

New Challenges



Name _____

Date _____

Week 2

Writing a Personal
Statement

The Process



Name _____

Date _____

1. From the discussion generated from the video activities, write down **one** piece of advice the class would give someone starting Year 13 to manage the leap from Year 12.

2. State **two** changes the class think need to be made to help get the grades by the end of the year.

1. Do a head count of where the class are in terms of writing their personal statement.

☐	100% there - signed off as completed
☐	90% there - I think I'm finished and waiting approval
☐	70% there - written several versions, had feedback, still improving it
☐	40% - written my first draught and need feedback
☐	20% - gathered evidence and ideas for my statement
☐	5% - know my course but not sure how to start/write my statement
☐	0% - not even sure about my choice of course

Week 2

(Continued)

Writing a Personal Statement

Motivation for the Course



2. State **three** ideas the class suggest about how to show they are really keen to study their chosen course.

Name _____ Date _____

Writing a Personal Statement

Preparedness For The Course



3. State **two** ideas the class suggest about how to show they are really prepared for their chosen course.

Name _____ Date _____

Top Tip

Try the PEEL method

POINT: Make your point

EVIDENCE: Back it up with evidence and examples

EXPLAIN: Explain how the evidence supports your point

LINK: Link it back to your course/subject

Top Tip

Edit, edit, edit!

You need to keep it short and snappy. You have only 4000 characters (over all sections) to show your ambitions, skills, experience and achievements.

Top Tip

One statement, five universities

Avoid naming a specific university – your statement will need to work for every course and subject you apply for. Focus on common themes.

Week 2

(Continued)

Writing a Personal Statement

Preparation Through Other Experiences



Name _____

Date _____

4.

Write down a selection of courses that students in the class believe Section 3 was an area they had lots to talk about

5.

Write down a selection of courses that students in the class believe Section 3 was an area they had very little to talk about - where they needed just to write the minimum required to complete the section.

Week 3

Changing Habits Cues, Routines and Rewards



Name _____

Date _____

1. Write down the most useful tips when watching the video.

Week 4

Sixth Form Community 1 Supporting One Another



Name _____

Date _____

1. From the final video activity, what **three** things do the class generally believe are essential for inclusive sixth forms?

Week 5

Motivation 2

Finding Ways to Keep Going



Name _____

Date _____

1. From watching the video and the activities at the end, what routines seemed to resonate with the class to help them stay motivated throughout Year 13?

Week 6

Growth and

Fixed Mindset 3

Risk, Resilience and Feedback



Name _____

Date _____

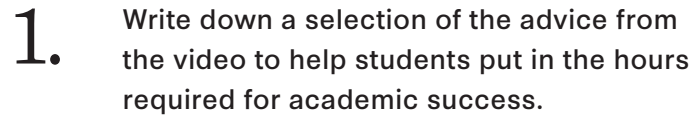
1. From the activity at the end of the video, write down some tips to help support a friend who states they have 'failed' a test at the end of the first term in Year 12. Use what you know about the growth mindset to help you.

Hard works pays off: if it doesn't, look at the *way* you study and get *support*

All you can do is *be the best you can*: hard work will move you forward

Low grades are a snapshot of the way you studied: they *don't define you*

Putting in the Hours



Notes