

Name of Tutor

Tutor Group



Getting the Grades

Year 13

Class

Autumn Term 2

Theme: **Studying in a Safe and Healthy Environment**



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 2

Week 8

Turning It Around In Year 13

Week 9

Sixth Form Community 2: A Positive Environment For Everyone

Week 10

Mental Health: Feeling Overwhelmed

Week 11

Mental Health: The Importance of Good Sleep

Week 12

Sixth Form Community 3: Mutual Respect And Having A Voice

Week 13

Asking For Help: Teachers

Asking For Help: Students

Week 14

Tips For Staying Healthy 1: Sleep, Diet And Exercise

Tips For Staying Healthy 2: Taking Breaks, Phones And Social Media

Week 8

Turning it Around in Year 13



Put the *effort* in to
achieve your best –
don't settle for less

A disappointing Year
12 experience need not
determine final outcomes
– *make Year 13 count*

1. From the activity at the end of the video, write down up to **three** changes the class generally feel would help them improve in Year 13.

Name _____ Date _____

Week 9

Sixth Form Community 2

A Positive Environment for Everyone



1. Conduct a poll of the class and write down the number of responses.

How does it feel in your sixth form community?

	Generally Good	Needs to Feel Better
Allowing students to share their views and listen to others without judgement		
Appreciating and celebrating different cultures and identities within the school		
Supporting one another and recognising challenges others face		
Being prepared to call out intolerance and still feel safe		
Valuing the wellbeing of everyone		
Not creating victims out of individuals based on identity		

Name _____

Date _____

2. From the video, write down a selection of individual behaviours that made all students in the video feel secure in their sixth form communities and created a positive environment for everyone to learn.

Week 10

Mental Health

Feeling Overwhelmed



Name _____

Date _____

1. List any helpful strategies from the video that the class believe will help them manage a sense of being overwhelmed.

Week 11

Mental Health

The Importance of Good Sleep



Name _____

Date _____

1. Write down **two** key barriers the class believe most commonly prevented getting around 8 hours sleep a night.

2. Which solutions tended to be the most commonly agreed ones to try?

Week 12

Sixth Form
Community 3

Mutual Respect and Having a Voice



1. From the video and class discussion, choose **three** points you think might help create learning environments where everyone feels they have a voice.

1

2

3

Name _____ Date _____

Week 13

Asking for Help
Teachers



1. Write down a short selection of advice the class express about improving sleep, diet and exercise.

Name _____

Date _____

Week 13

(Continued)

Asking for Help Other Students



Name _____

Date _____

2. From the video activity at the end, write down up to **two** ideas or things you would say about how to encourage another student to feel more willing to ask for support from classmates?

3. State **one** key reason why someone might avoid asking for help from colleagues.

Week 14

Tips for Staying Healthy 1

Sleep, Diet and Exercise



Name _____

Date _____

1. Write down commonly expressed advice by the class to improve (a) sleep, (b) diet and (c) exercise. Write down **one** key piece per item.

(A) _____

(B) _____

(C) _____

Week 14

(Continued)

Tips for Staying Healthy 2

Taking Breaks, Phones and Social Media



1. From the video, write down **one** message that surprised or resonated with the class.

2. From the activity at the end of the video and class discussion, write down **two** ways to avoid phones being a distraction when studying.
