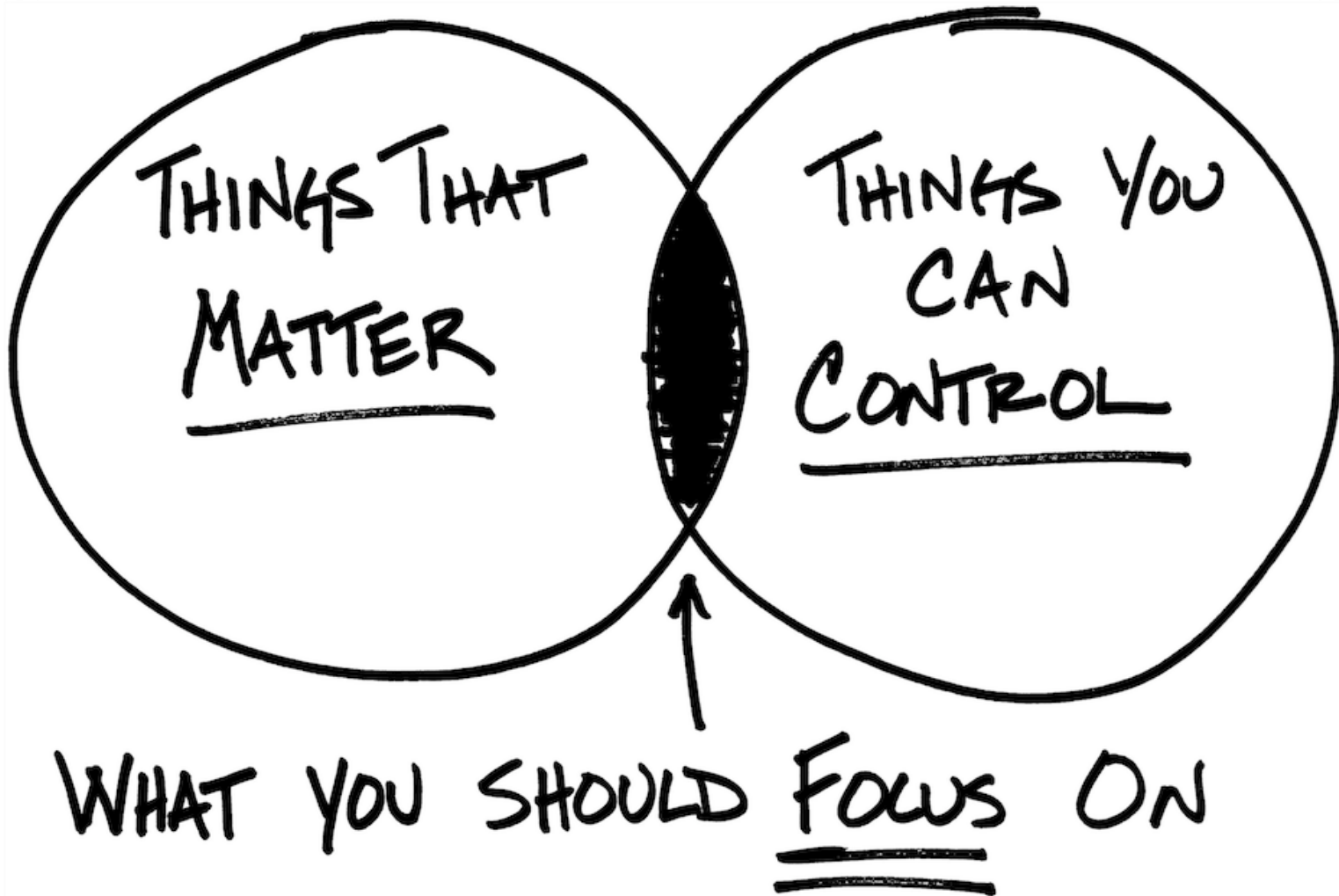




ARDEN

Welcome to the Year 13:
Year Ahead Meeting

Looking After your Mental Health



The Change Curve



Rejection: I don't believe what you're telling me about A level study. It doesn't seem different to GCSE. I'll carry on doing what I did at GCSE.

Denial / Minimisation: I'll be fine. It's all ok. Stop hassling me.

Anger: I hate A level. The teachers are rubbish. I wish I'd never started or come this place.

Blaming Self: It turns out I'm not clever enough to do this...

The Change Curve



Anxiety: Everyone else is better than me. I'm not sleeping well. I don't understand the work. I'm not enjoying this. I think I'm going to fail.

Emotional Fog: Withdraw all effort. Give up.

Acceptance ' Letting Go: Things are different this year. It's hard but I'll get to grips with it if I follow the advice and guidance of people who know what they're doing.

Experiment / Consolidate / Get On With It: I'm getting better at this. My grade might not be great yet but they're improving.

The Key Messages for our Students



If you are struggling, the first step is to acknowledge this fact and speak someone:

- Guardians
- Form tutors
- Subject teachers
- Any member of the Sixth Form Team

MOCK EXAMS & admin



Revision



MOCK EXAMS & admin

Date	Morning Exam Arrive at 8.50am for a 9am start	Afternoon Exam Start time Arrive at 1.15pm for a 1.30pm start
Monday 19 th February	INSET DAY	INSET DAY
Tuesday 20 th February	PHYSICS (2 hours 15 mins) ENGLISH LANG/LIT (2 hrs 30min) ENGLISH LITERATURE (2hrs 30min) LAW (2hrs 15min)	GEOGRAPHY (2hr 45min) HISTORY (Germany – 2hrs 15min) COMPUTER SCIENCE (2hrs 30min)
Wednesday 21 st February	CHEMISTRY (2hrs) PRODUCT DESIGN (3hrs) FASHION & TEXTILES (3hrs) MEDIA* (2hrs 15min) N4 ECONOMICS (2hrs)	PSYCHOLOGY (2hrs) FURTHER MATHS (Pure Maths – 2hrs) GERMAN* (2hrs 30min) Room 3
Thursday 22 nd February	BIOLOGY (2:15hrs) POLITICS (Component 2 – 2hrs) LAW (2hrs 15min)	PE (1hr 30 min) . RELIGIOUS STUDIES (2hrs) PHYSICS (2hrs 15mins)
Friday 23 rd February	RELIGIOUS STUDIES (2hrs) MATHEMATICS (Pure Maths – 2hrs)	BUSINESS (2hrs) MUSIC*(2hrs) A60 SPANISH* (2hrs 30min) Room 3
Monday 26 th February	GEOGRAPHY (1hr 45min) ENGLISH LANG/LIT (2hrs 30min) ENGLISH LITERATURE (2hrs 30mins)	ECONOMICS (2hrs) FRENCH* (2hrs 30min) HISTORY (2hrs 15mins)
Tuesday 27 th February	PE (1hr 30min) MEDIA* (2hrs 30min) CHEMISTRY (2hrs)	POLITICS (Component 3 - 2hrs) GERMAN (2hrs) COMPUTER SCIENCE (2hrs)
Wednesday 28 th February	PSYCHOLOGY (2hrs) FURTHER MATHS (Applied Maths – 2hrs)	MATHEMATICS (Applied Maths – 2hrs) BUSINESS (2hrs) SPANISH (2hrs)
Thursday 29 th February	ART (ALL DAY) FRENCH (2hrs) BIOLOGY (2:15hrs)	ART (ALL DAY)
Friday 1 st March	PHOTOGRAPHY (ALL DAY)	PHOTOGRAPHY (ALL DAY)

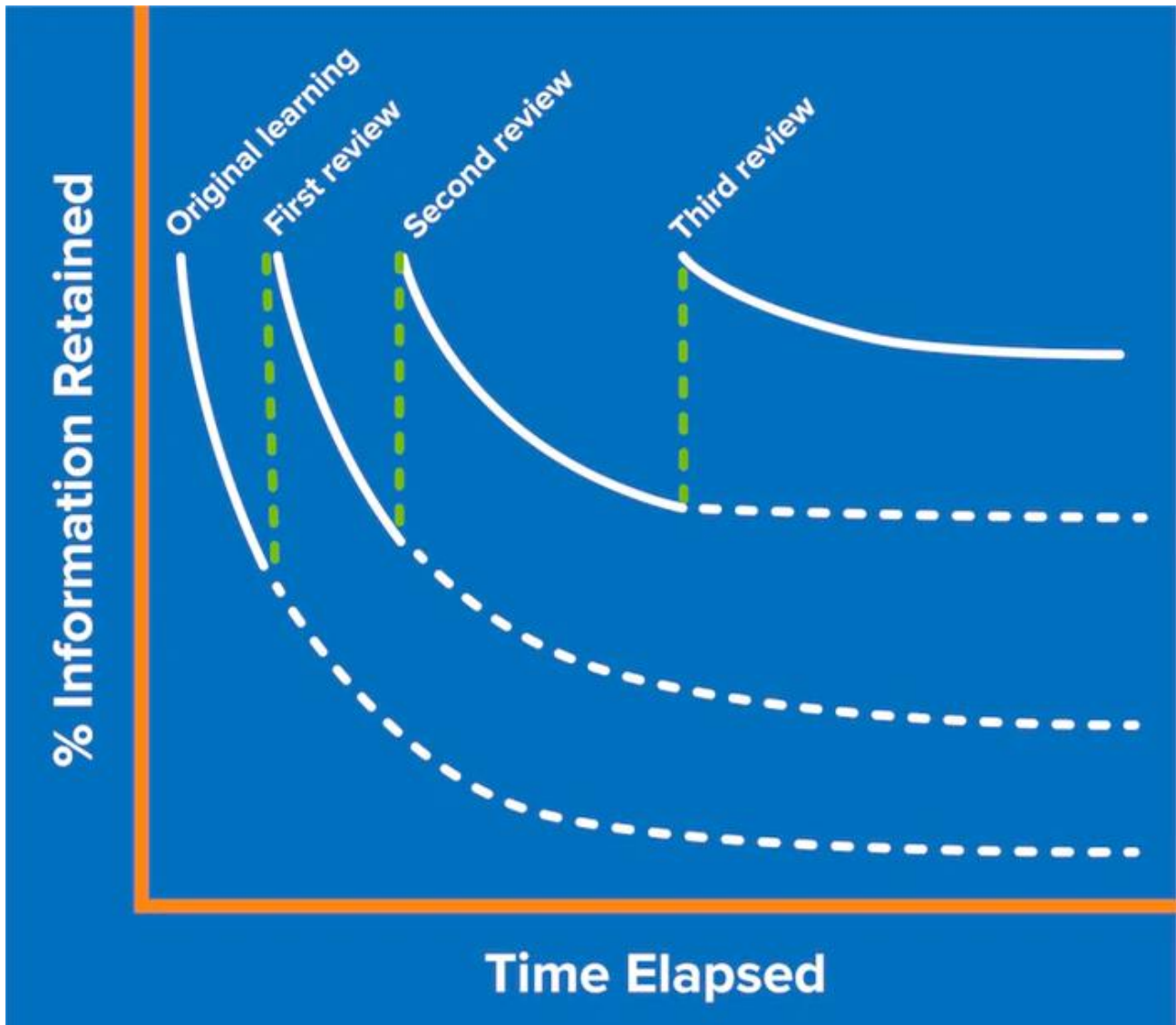
MOCK EXAMS & admin



- Students with dispensations:
 - Each student and their parents/carers have been emailed a copy of their exam timetable which details the exam room location
- Exam Clashes
 - Students with a clash have been emailed to explain what will happen
 - They will be supervised in between each exam
 - Bring a packed lunch and revision materials
- Students are off timetable for the two weeks of the mock exam.
- Come into school to revise if they choose
- Full exam conditions
- No phones / watches



Ebbinghaus's Forgetting Curve



Study Timetable

- **Step 1 - Determine the non-negotiables**

Basketball

Xbox

Seeing Friends/Family

Netflix

Work

- **Step 2 - Put in the fun stuff first**
- **Step 3 - Put study in the gaps**

**Social Media?
Get off it!
Be careful of how others
curate their image**

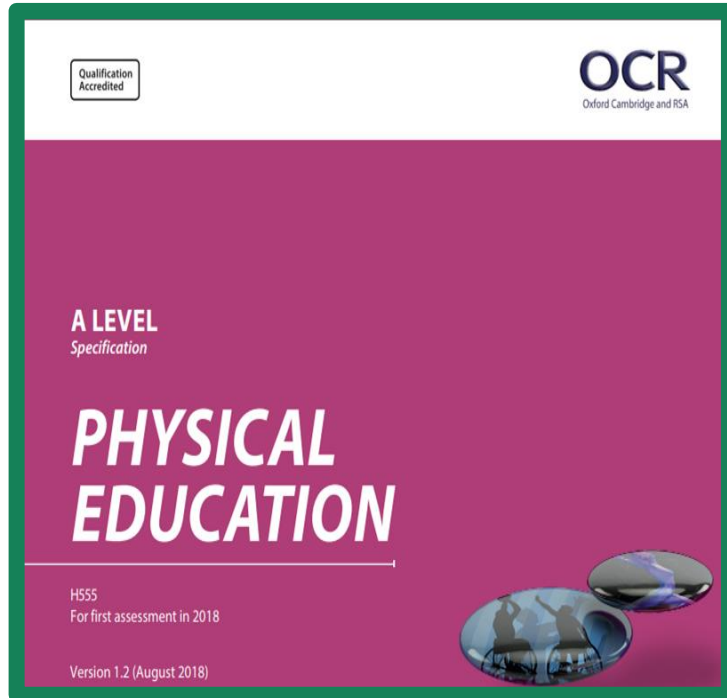



STUDY TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
4pm					
5pm					
6pm					
7pm					
8pm					
9pm					
10pm					
11pm					
12am					

	Saturday	Sunday
6am		
7am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		

Print out and engage with the Specification



Topic Area	Content
Joints, movements and muscles 	<ul style="list-style-type: none"> • shoulder: <ul style="list-style-type: none"> ◦ flexion, extension, abduction, adduction, horizontal flexion/extension, medial and lateral rotation, circumduction ◦ deltoid, latissimus dorsi, pectoralis major, trapezius, teres minor • elbow: <ul style="list-style-type: none"> ◦ flexion, extension ◦ biceps brachii, triceps brachii • wrist: <ul style="list-style-type: none"> ◦ flexion, extension ◦ wrist flexors, wrist extensors • hip: <ul style="list-style-type: none"> ◦ flexion, extension, abduction, adduction, medial and lateral rotation ◦ iliopsoas, gluteus maximus, medius and minimus, adductor longus, brevis and magnus • knee: <ul style="list-style-type: none"> ◦ flexion, extension ◦ hamstring group: biceps femoris, semi-membranosus, semi-tendinosus ◦ quadriceps group: rectus femoris, vastus lateralis, vastus intermedius and vastus medialis • ankle: <ul style="list-style-type: none"> ◦ dorsi flexion, plantar flexion ◦ tibialis anterior, soleus, gastrocnemius • planes of movement: <ul style="list-style-type: none"> ◦ frontal ◦ transverse ◦ sagittal.

Cornell Note-Taking Method

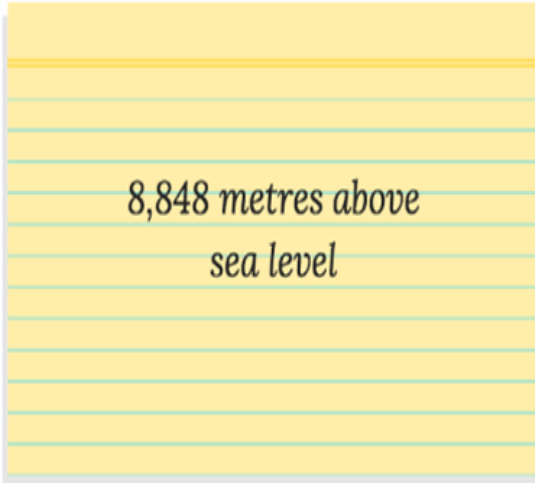
Topic/Heading: THE LION KING		Name:
		Date:
		Subject:
Trigger words	Notes	
Simba	Why is Simba able to befriend Timon and Pumba even though they are of different species?	
Scar	Scar betrays Mufasa to access his power and authority - key themes in the animal kingdom, especially within lion prides.	
Mufasa	Scar is malicious and evil, Mufasa is noble and kind - this creates a contrast in their characters and creates tension.	
Betrayal		
Revenge		
	Summary	
	Scar and Mufasa are have contrasting characters which builds tension in the story. Other relationships are explored with Timon and Pumba.	

Flashcards



How tall is Mount Everest?

FRONT




*8,848 metres above
sea level*

BACK

You need to ask for help when engaging with these!

Define


Give the meaning



is
is a
is the
is the process by which
refers to

Identify / State


Name it / them



is
is called
are
are called

Analyse

Break into parts and explain




Analysis
Explanation

Firstly, Secondly, Lastly,
Evidently,
This means that
This causes
As a result of this,
This is because
Therefore,

Discuss

Talk about key points




As required...

Describe Compare
Analyse Evaluate
Conclude

Describe / Outline

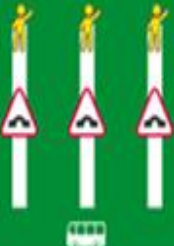
Give main details



is
is not
is characterised by
is composed of
is like
lacks

Explain


Why? How? What?



because
through
by
Therefore,
This means
The reason for this

Evaluate

Judge from both sides
and reach a conclusion



Conclusion

A strength/weakness is
An advantage/disadvantage is
On the one hand,
In contrast,
, whereas
Similarly,
In conclusion,

Command Words

- these are vital.
They mean
different things in
different subjects.

Exam Question Practice: USE VAR AND RAG IT

Identify topics within your specification and rate them as either:

Red - Weakest areas (most time spent on these topics)

Amber - Needs consolidation (a little less time than above)

Green - Needs recapping (least time overall)

Practise exam questions and **do the same question more than once.**

There are only so many ways in which the exam board can ask a question...

Mark Schemes

Use the mark schemes to mark your answers.
 Learn the mark schemes inside out - you'll get a better understanding for what examiners are looking for.

Section A			
Question	Answer	Marks	Guidance
11	2 marks from: 1. A walk around the pitch can help the body's transition back to a resting rate 2. A slow jog around the pitch gradually lowers heart rate 3. Stretching/jogging can help circulate blood/oxygen 4. Gentle side stepping gradually reduces breathing rate 5. Jogging increases removal of waste products/lactic acid 6. A (hamstring) stretch reduces the risk of muscle soreness/stiffness (in the legs) 7. Stretching muscles after exercise and sport aids recovery	2 2 x (AO2)	Do not accept: Responses that don't link examples to the benefits e.g. Gradually lowers heart rate = too vague Accept: Gentle jogging helps to gradually lower the heart rate = Pt 2 Other suitable examples for a cool down
12	1 mark from: Wearing shin pads in football or hockey/using a gumshield in boxing or rugby/wearing a scrumcap in rugby/helmet for cycling (other suitable examples of personal protective equipment)	1 1 x (AO1)	Do not accept: Reference to protective equipment e.g. post protectors in rugby Reference to general clothing / football boots

Connect...

Connect with friends and family. Invest time in developing these relationships. Building these connections will support and enrich you everyday.



Be active...

Go for a walk or run. Exercising makes you feel good. Step outside. Cycle. Dance. Discover a physical activity you enjoy.

Take notice...

Be curious. Notice the changing seasons. Be aware of the world around you. Savour the moment. Enjoy the here and now.



Keep learning...

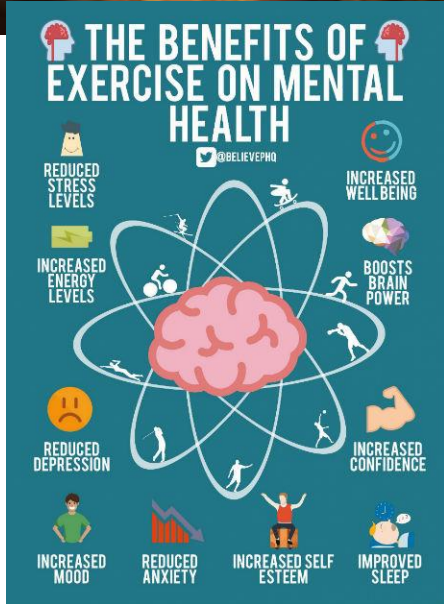
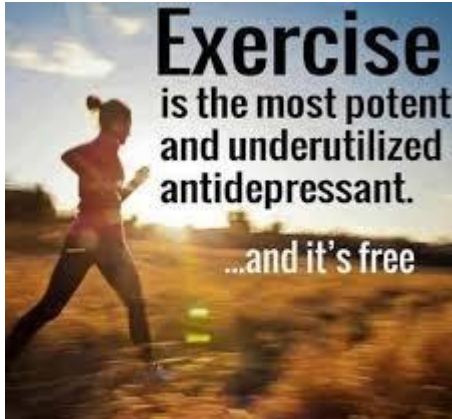
Find a course. Try something new. Learn to play an instrument or learn to cook. Set a challenge.

Give...

A smile, a hug. Do something nice for a friend or a stranger. Be generous. Say thank you. Volunteer your time.



Mindfulness & Exercise & Self-care

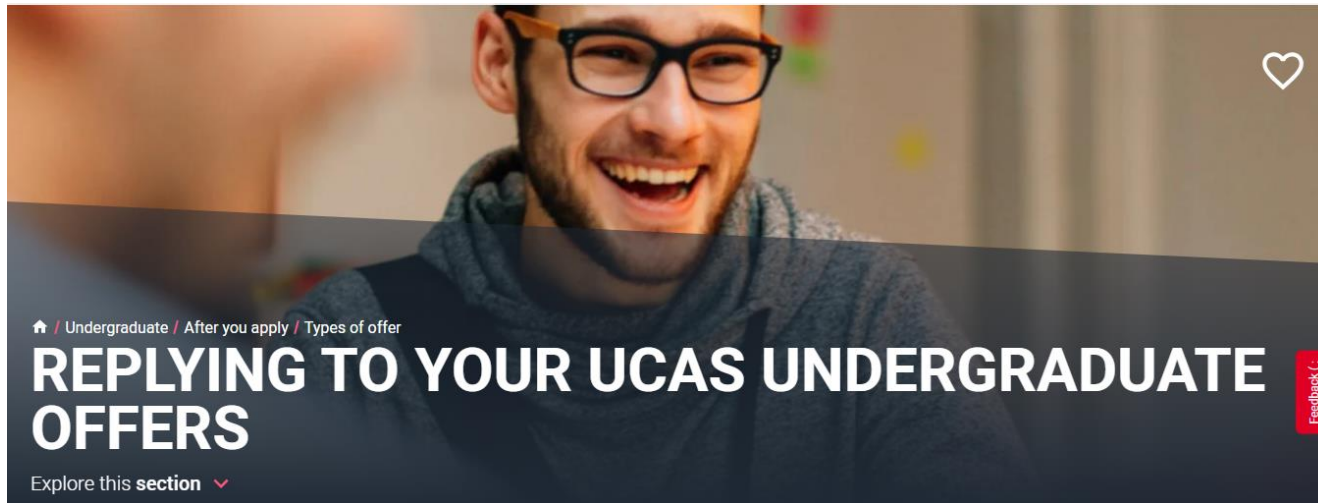


THE BRAIN BENEFITS OF EXERCISE

- INCREASES PRODUCTION OF NEUROCHEMICALS THAT PROMOTE BRAIN CELL REPAIR
- IMPROVES MEMORY
- LENGTHENS ATTENTION SPAN
- BOOSTS DECISION-MAKING SKILLS
- PROMPTS GROWTH OF NEW NERVE CELLS AND BLOOD VESSELS
- IMPROVES MULTI-TASKING AND PLANNING



Practicalities - UCAS requirements



On UCAS students will receive one of four decisions:

- ✓ unconditional offer
- ✓ conditional offer
- ✓ invitation
- ✓ unsuccessful



Replying to offers

They can hold a maximum of two offers:

- **Firm** – their first choice. If they meet the conditions of the offer they will be placed here
- **Insurance** – acts as a back-up choice and only comes into play if they are not placed with their firm choice
- The other offers will be **declined** once a Firm & Insurance choice is made



INSURANCE CHOICE

- Should normally be a **lower grade offer**
- Only comes into play if your firm rejects you
- **Disappears if firm accepts**
- Can be the same offer as firm
- Only put down if they are happy to go there – **it's optional!**
- **Clearing or a gap year** may be better if you don't have a good insurance choice. **Don't compromise.**

Replying to UCAS offers



- ✓ If you receive your last decision on or before 16th May 2024, **your reply date is 6th June 2024**
 - (except if you're using Extra to find a place).
 - **CHECK YOUR APPLICATION FOR ANY DIFFERENT DEADLINES** (Conservatoire/contextual offers)



Replying to UCAS offers

- ✓ Review the offers
 - don't rush!
 - Wait until your mock results so that you can make an informed decision
 - There are no advantages to replying early (except...)

- ✓ **If you fail to reply to your offers by your deadline date, all offers will be automatically declined.**

Replying to UCAS offers



Only relevant if you have submitted a 'late UCAS application':

- ✓ If you receive your last decision on or before 17 July 2024, your reply date is 24 July 2024 (including Extra choices)



Replying to offers:

You need to select 1 Firm Choice & 1 Insurance Choice (unless you have an unconditional offer - see next slide)

- If you achieve the grades then you have to go to your firm choice - you do not get to choose on results day

Things to consider:

- Is it where you want to go?
- Is the offer realistic for you? (Will you achieve the grades needed?)
- Your firm choice should be your preferred option
- Use your insurance choice wisely - The grades need to be lower than for your firm choice but it still needs to



UCAS OFFERS

Replying to offers: dealing with unconditional offers

- Dream offer if university of choice
- Can be a *marketing* technique
- Has many *disadvantages*
 - 1) Locked in
 - 2) No insurance available
 - 3) A Level results still matter
 - 4) If you change their mind – **clearing** is the only option

What if you do not receive any offers?



- ✓ If you have been unsuccessful with all of your five choices you may apply for one additional choice through 'Extra'
 - 28th February - 4th July

- ✓ Similarly, you may choose to reject all five offers and apply for one additional choice through 'Extra'

- ✓ If you don't hold any offers after 5th July, you will be able to add an additional choice using Clearing.

Clearing



From 5 July – 21 October 2024, you can apply for a course using Clearing if you're not already holding an offer from a university or college, and the course still has places.

You can use Clearing if:

- ✓ you're applying after 30 June
- ✓ you didn't receive any offers (or none you wanted to accept)
- ✓ you didn't meet the conditions of your offers
- ✓ you've declined your firm place using the 'decline my place' button in your application

The Ultimate Guide to Clearing



Please familiarise yourself with this information before results day.

The Ultimate Guide:



A Parent's



Once you have made your choices



- Arrange student finance
 - Student finance applications are expected to open end of March 2024
 - Sign up now to receive email when it opens: <https://studentfinance.campaign.gov.uk/>
 - Deadline still to be confirmed - last year it was end of May
- Accommodation at university

HOW MUCH DO YOU KNOW?

TUITION FEES

Q

What's the maximum tuition fee universities or colleges can currently charge new students*?

A

£9,250

Q

How much of this would you need to pay up front before going to uni or college*?

A

£0

*Eligible students, living in England and studying at a publicly-funded university or college.

MAINTENANCE LOAN

AN OVERVIEW

A Maintenance Loan is available to help with your living costs while in higher education.

- All eligible students can get some maintenance support.
- The amount of Maintenance Loan you can get depends on where you live and study.
- Maintenance Loan is paid directly into your bank account each term.
- Maintenance Loans have to be paid back but not until you've left university and your income is over £21,000 a year.

MAINTENANCE LOAN

	Maximum final year Maintenance Loan for the 2022/23 academic year	Maximum final year Maintenance Loan for the 2023/24 academic year
Living with parents	Up to £7,689	Up to £7,904
Studying in London, and not living with parents	Up to £11,736	Up to £12,065
Studying outside of London, and not living with parents	Up to £9,179	Up to £9,436
Living and studying abroad as part of your UK course	Up to £9,950	Up to £10,229

If you're studying the final year of your course, you'll get less Maintenance Loan.

MAINTENANCE LOAN

	Maximum Maintenance Loan for the 2022/23 academic year	Maximum Maintenance Loan for the 2023/24 academic year
Living with parents	Up to £8,171	Up to £8,400
Studying in London, and not living with parents	Up to £12,667	Up to £13,022
Studying outside London, and not living with parents	Up to £9,706	Up to £9,978
Living and studying abroad as part of your UK course	Up to £11,116	Up to £11,427

If you're studying the final year of your course, you'll get less Maintenance Loan.

HOW MUCH DO YOU KNOW?

STUDENT FINANCE APPLICATIONS

Q

What is the easiest way to apply for your student finance?

A



b) Online @ www.gov.uk/studentfinance

Q

When should you apply for your student finance?

A

c) As soon as possible



[Home](#) > [Education and learning](#) > [Student finance](#)

Student finance

1. Overview
2. [New full-time students](#)
3. [Continuing full-time students](#)
4. [Part-time students](#)
5. [EU students](#)
6. [Extra help](#)
7. [Eligibility](#)
8. [Apply](#)

1. Overview

You may be able to borrow money to help pay for university or college tuition fees and to help with living costs.

You might get [extra money](#) on top of this, for example if you're on a low income, are disabled or have children.

Before you apply

You start repaying once you earn over a certain amount. The size of your monthly repayments will depend on how much you earn, not what you owe.

You'll be charged interest on the loan from the day you take it out. The terms and conditions can change.

Student finance

- [Student finance login](#)
- [Apply online for student finance](#)
- [Student finance: how to apply](#)
- [Student finance forms](#)
- [Student finance calculator](#)
- [Repaying your student loan](#)
- [Contact Student Finance England](#)
- [Student finance if you started before 1 September 2012](#)

[More](#)

Elsewhere on the web

- [Student loans: terms and conditions 2016 to 2017 \(PDF, 161KB\) !\[\]\(78a029b04ee0ee05998c29299c47b06c_img.jpg\)](#)
- [The Student Room: repaying your student loan !\[\]\(268d17a79f5913c36d8998dd535a8ce6_img.jpg\)](#)
- [Student finance data protection statements !\[\]\(6fd8ee56d0ba251d09562574b5120fba_img.jpg\)](#)

www.gov.uk/studentfinance

SFE ONLINE

FOR MORE INFORMATION AND RESOURCES

The screenshot shows the SFE Online website interface. At the top, there is a navigation bar with a home icon, a search bar, and buttons for 'Ask a question', 'log in', and 'sign up'. Below this is a banner for 'The Student Room' with a 'Results2016' notification and a message about updates to student finance details. A main navigation menu includes links for Home, Forums, GCSE, A-level, Applying to uni, Results & Clearing (highlighted), University, Careers & jobs, Relationships & health, and Student finance. A breadcrumb trail indicates 'You are Here: Home > Student Finance'. Social media sharing options for Facebook (387 shares) and Twitter are visible. Logos for 'student finance wales', 'studentfinance.ni', and 'SAAS' are present. The main content area features a 'Student Finance Zone' banner with the SFE logo and text: 'Whether you're thinking about studying, already a student, or even the parent of a student you can find out everything you need to know about student finance. Brought to you by the Student Loans Company'. Below the banner are four filter buttons: 'Apply now!', 'Clearing made clearer!', 'Still to apply?', and 'Part-time'. A red bar contains the text: 'Thinking about going to uni or college this year on a full-time course? Apply now for your student finance.' The bottom section has three columns: 'Full-time' with an 'apply now' button, 'Part-time' with a gear icon, and 'Postgraduate Loan' with a 'Zoom in to the Postgraduate Loan section' call to action and a target icon.

Results day: **THURSDAY 15th AUGUST 2024**



- Exam results are published – many are passed electronically to universities by UCAS .
- Most universities will update track with decisions at 8am but be patient.
- Results will be available in school – time TBC.
- Bring useful items such as offer letters or university phone numbers in case they are needed, a charged mobile phone

Applicants who have **met the conditions** of their firm choice will be placed there.



Track will display a Confirmation letter confirming your place. The letter will advise if you need to take any further action.

If you are not confirmed at your firm choice, but meet the conditions of your insurance choice, you will be placed at your insurance choice.

Apprenticeships: Plans and support LHH



- ✓ Mrs Hodgkinson is leading the apprenticeships group
- ✓ Finding (and getting on) a Degree Apprenticeship is HARD (other apprenticeships are available)
- ✓ Not too late to apply
- ✓ Apprenticeship.gov
- ✓ Use LinkedIn
- ✓ It's not a back-up plan

Gap Years - support next year



- ✓ Different sort of gap years... some are in process
- ✓ 'Unplanned ones' / retaking
- ✓ UCAS Support
 - We will support you with your application
 - Make contact with us as early as possible to let us know your plans

Attendance reminders



✓ The course isn't finished until April!

Things we hear...

- ✓ We're just revising
- ✓ I work better at home
- ✓ I don't have lessons until the afternoon

Year 13 Ball



Date: Wednesday 26th June 2024
Venue: Nailcote Hall Hotel
Time: 7pm - Midnight
Dress Code: Evening

Parents will be invited to join us for a toast.

Further details will be communicated nearer the time.

ParentPay has now been set up and can be paid in instalments or in one full payment.