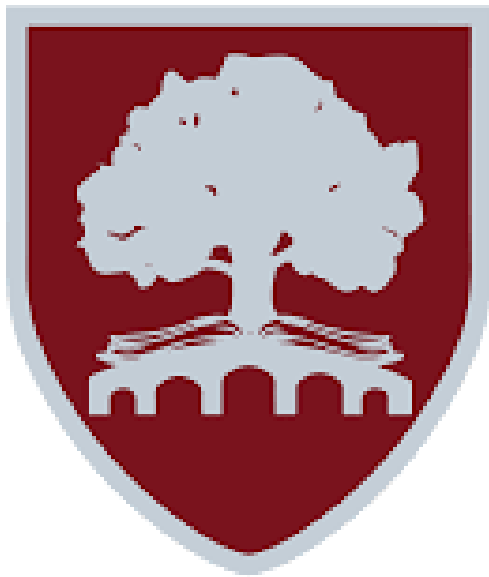


Cleeve Park School

Commitment, Pride, Success

Preparing to Succeed

Monday 4th December - Friday 8th December 2023



Cleeve
Park
School

Setting myself up for success:

Session 1: Goal Setting for success - reflect on your mocks and set short term goals for your January mocks and final GCSEs.

Session 2 & 3: Aspire to success - Unifrog and setting long term goals and 6th Form at CPS

Session 4: Setting yourself up to succeed - Planning study and revision with our timetable creator

Session 5: Revising Successfully - [The Cleeve Way](#)

Stick Your Mock Results Sheet Here

Reflect on you November Mock results:

Goal Setting For Success:

Reaching My Goals:

One Step at a Time!

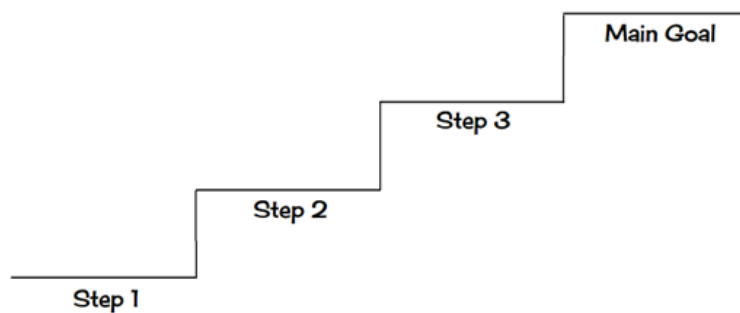
The goal I would like to reach is...

I chose this goal because...

If I reach this goal, I will feel...

Reaching this goal will allow me to...

I can break my goal into manageable steps like these:



How long do you approximate you spent revising for your PPEs?
(Be honest!) ✓/✗

Not at all	
For an hour or two before each exam	
A couple of hours a week	
A few hours a day starting after February half term	
30 minutes a day for a long period of time	
Other (please describe in the space to the right)	

To revise, did you: ✓/✗

Read a revision guide?	
Making mind maps?	
Produce flash cards?	
Using Flash Cards/Memory Techniques to test yourself or get others to test you?	
Testing yourself using short answer questions?	
Work through an exam booklet? Did you self-assess your work?	
Do the revision workbook exercise?	
Have tutoring? / work with your parent/carer?	
Help a friend?/Revise as a group?	
Complete Past Papers? Did you self-assess your work?	
Something else?	

What is your environment like when you are revising? (Tick all that apply) ✓/✗

Quiet with plenty of space	
Some distractions and other people	
Loud and in the main room of the house	
In front of a TV	
With phone notifications on	
Other (please describe in the space to the right)	

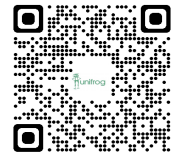


What three things are you going to do differently in preparing for the real exams at the start of May? Be specific.

Aspire to Succeed

Unifrog and Long term goal setting

www.Unifrog.org



unifrog

How to give the students the best chance of being successful in the world of work.

EXPLORE PATHWAYS

- Complete quizzes to build a psychometric profile that links to careers and subjects
- Learn about careers, subjects, progression and PSHE
- Find supercurricular activities like further reading, MOOCs and Webinars
- Get the employer, their parents and their school to complete the admin for their placements

RECORD EVIDENCE

- Add examples of your activities and skills
- View interactions that your teachers have added for them
- View the predicted grades and results recorded for you

SEARCH FOR OPPORTUNITIES

- Search for university courses all around the world, and save shortlists you can come back to
- Search for vocational courses in the UK and save shortlists you can come back to
- Find events related to your interests, and scholarships they are eligible for

APPLY FOR YOUR NEXT STEPS

- Prepare your application materials:
 - Draft CVs and application essays
 - Coordinate your teacher's references and recommendations
- Record your intended and sustained applications and destinations:
 - Record your Post-16 and Post-18 intentions
 - Make a list of your applications and update your's and the institutions' decisions
 - Record your destination

AND MUCH MORE.....



Aspire to Success:



Cleeve Park 6th Form - What our Cleeve Park 6th Formers say about their experience....

'The 6th Form Community is a friendly and welcoming place to spend my post 16 education.'

'I chose Cleeve Park for 6th Form because of the great bonds I have created with teachers- they show they care about students and adapt their teaching style to benefit their students.'

'Cleeve Park 6th Form helped me achieve the grades I need to move on to a finance apprenticeship with a top UK bank.'

'I enjoyed Cleeve 6th Form because it enables me to meet people from different schools'

'I'm planning on studying biomedical science, if you have the teachers that I have then you're in good hands.'

'I've been able to truly thrive with all the help and support I've received'

'Cleeve Park 6th Form has provided me with future steps and the grades to get me there '

'Next I'm hoping to study English Lit at Warwick Uni, my teachers have helped me be confident and ready. I don't think I could have done it without their support'



Subject Information

Detailed information on the subjects we offer can be found [here](#).

Below is a summary of the subject offer for September 2024 enrolment including minimum requirements.

Please note that all A-Levels require a minimum of Grade 5 in GCSE Maths and English.

Sixth Form Offer & Entry Requirements (2024-26)

A LEVELS	ENTRY REQUIREMENT (GRADE 5 AVERAGE)
A Level Biology	6-6 - Science 6 - Maths
A Level Business	5 - English 5 - Maths
A Level Drama and Theatre	5 - Drama 5 - English
A Level Economics	5 - English 6 - Maths
A Level English Language and Literature	6 - Language 6 - Literature
A Level Geography	6 - Geography
A Level History	6 - History 6 - English
A Level Mathematics	6 - Maths
A Level in Religious Studies (Philosophy & Ethics)	6 - Humanities
A Level Sociology	5 - Humanities
A Level Psychology	5 - Humanities
A Level PE	5 - PE / Sport
A Level Art & Design - Textile Design	6 - Technology / Art
A-level Design and Technology: Product Design	6 - Technology

VOCATIONAL	ENTRY REQUIREMENT (GRADE 4 AVERAGE)
BTEC National Extended Certificate in Art and Design	4 - Art or Design
Cambridge Technical Extended Certificate in Health & Social Care	4 - English
Cambridge Technical Extended Diploma in Sport and Physical Activity	4 - English 5 - Sports
Cambridge Technical Extended Certificate in Sport and Physical Activity	4 - English 5 - Sports
Sport - OCR	4 - English 5 - Sports
Diploma in Criminology	5 - English
BTEC National Extended Certificate in Applied Science	5 - Science
BTEC Music (Performing Arts)	6 - Music 4 English
BTEC Music (Technical)	6 - Music 4 English
Food Tech / Level 3 Food Science and Nutrition	5 - Tech 4 English


When students complete the **Application Form** they will be required to select which pathway they want to take:

Academic - 3 subjects and a maximum of 3 reserve subjects. (A-Level/BTECs or a mix)

Football Academy Academic - for Welling FA students who wish to also study 3 academic subjects

Setting yourself up to Succeed:

Step 1: Plan your time



Revision Planner



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Step 2: Think about how best to revise

Find a big topic with lots of things to learn. Use bullet points/numbers/t ables to break it down	Get an exam paper and complete as much of it as you can in the time available. Mark what you have done at the end	Find a big topic with lots of things to learn. Use bullet points/numbers/t ables to break it down	Go over your classwork from this term or lesson material on Google Classroom	Create a poster or flash cards on all the things you have learnt this week
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Revising Successfully: The Cleeve Way

Cleeve Revision Technique 1: Active Recall Flashcards

Either create your own or use a set of pre made flash cards containing examples of questions that could be asked anywhere in the exam paper.

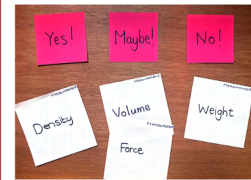
On the front of each flash card is the question and on the back is the answer

Go through each flash card. Give yourself no more than 30 seconds on each one. After you have gone through each one, put them into one of 3 piles

- **YES** I understand it
- **NO** I don't understand it
- **MAYBE** I am not fully confident on this topic

Choose at least one topic from the maybe pile and at least one from the no pile. This is going to be what we revise next using

Repeat these steps 3 times a week in the lead up to your exams to give you a good chance of being successful



*Commit to learning,
Take Pride in progress,
Be Successful*

Press **Esc** to exit full screen

Cleeve Revision Technique 2: Retrieval Practice Quizzing

Why use quizzes to revise?

- 1) They improve our memory of the content through repartition
- 2) They appeal to our competitive nature, we remember because we want to get it right and we are more like to learn from our mistakes.
- 3) They support learning in short focussed sessions of 20mins
- 4) They can be diverse and varied in content from a subject.

Where can I find quizzes to test my knowledge?

- Seneca
- BBC Bitesize
- educationquizzes.com



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Cleeve Revision Technique 3: Deliberate Practice

What is deliberate practice?

Deliberate practice refers to a **special type of practice that is purposeful and systematic**. Deliberate practice requires focused attention and is conducted with the specific goal of improving performance.



Deliberate practice is why a footballer practices the specific skill of taking a penalty over and over again. Each time looking to improve that skill.

In revision:

- Choose a skill in a subject
- Have an example or model for that skill
- Practice that skill multiple times
- Have a criteria so you can check you are improving



*Commit to learning,
Take Pride in progress,
Be Successful*

ReVision

Big Be your own future

- 1. Revise in 20 minute chunks, followed by 10 minutes break/reward**
- 2. Retrieval Practice (quizzing) is better than reading**
- 3. Cramming doesn't work**
- 4. Your phone has to be out of sight during revision**
- 5. No music when revising**

