



Y13 Preparation for Moving On

We know that many of you will have already started doing many positive activities in advance of moving on to the next phase of your life. The Sixth Form Team has put together the following list of potential activities as a useful checklist of things that you might like to do. Keep in mind the question that we challenged you with before school ended:

When you're in a job interview in the future and they ask you: "Ah, so you were in the class of 2020 when the exams were cancelled, what did you do in those five months you had?"

To give this a focus and an end goal, as well as something positive for you to look back on, please share your stories with me via email, it would be great to display your achievements in the Sixth Form for future cohorts to read.

ACADEMIC PREPARATION FOR UNIVERSITY

For those of you hoping to go to university in Autumn 2020 then the following would be useful things to be considering so that you can make the best possible start:

1. Hone your skills in the relevant A Levels - this is particularly important if you are looking to study a course that directly builds on A Level knowledge.
2. Get the course reading list - hopefully the university will have already made this available to you, otherwise you may need to look online or email the department.
3. Look at the HE+ website which has resources for each subject here: [My Help Plus](#)
4. Do a MOOC - consider doing either something subject specific (use [Futurelearn](#) or the Unifrog directory to find suitable courses) or the following general course from UEA - Preparation for University MOOC [Preparing for Uni](#)
5. Brush up on your independent study skills so crucial at university using the UCAS Study Skills Guides [Study Skills Guide](#)

BROADER PREPARATION FOR UNIVERSITY

Mentally preparing yourself Student Minds have produced two excellent guides that help you to navigate the transition to university life:

[Know before you go](#)

Transitions - [Transitions to University](#)

Student Finance 2020 entry applicants can start applying for student finance now, at [Student finance: how to apply.](#)





Find out everything you need to know at the UCAS student finance hub, [UCAS Student Finance](#) or

Ed Flack's Wise Up guide to Student Finance. [Student Finance](#)

You will also need to stay safe online and protect your digital footprint, how much do you know about this already? Find out everything you need to know here. [Cyber Security: stay safe online](#)

Accommodation

Ensure that you have applied for accommodation for your Firm choice university. Some advice from UCAS here [Accommodation support](#). For some further thoughts on the accommodation options available to you then read the guide from Prospects: What you need to know about student accommodation [Prospects](#)

Get to know the Clearing Process If you feel that your grades are likely to be below those required by your university offers it might be a good use of your time to make sure you understand the process around Clearing. [UCAS Clearing Process](#)

Make a list of potential courses and unis that you'd like to consider etc. UCAS: What is Clearing? Advice from the UniGuide: Ucas Clearing: Your survival guide [The Uni Guide](#)

Staff will be available on Results Day to offer advice on options

PERSONAL IMPROVEMENT

Your Character The resource below has been produced by the University of Birmingham's Jubilee Centre for Character and Virtues. Character Activities from Jubilee Centre [Jubilee Centre](#)

EtonX – Eton College have offered one of their summer learning modules free of charge. We have selected **Making an Impact** for you. This course will help you become more assertive, develop your influencing skills and increase your leadership capabilities. EtonX courses are designed to help you develop the skills you need to succeed in the future, both at university and in the workplace.

By the end of the course you will be able to: **You will learn how to**

- communicate your opinions clearly and confidently
- ask for what you want and say 'no' politely
- moderate your body language and tone of voice to make the right impression
- ask better questions and summarise what you hear
- build trust and empathise with others
- understand and implement different techniques to influence and persuade others
- identify personal goals and create a plan to achieve them.

Please keep checking your email, I will send you login details soon.





Science of Well-being from Yale

This is Yale's most popular class ever and it is available free online. The topic is how to be happier in your daily life.

[Happier in your daily life](#)

Personal Finances Set up a Student Bank Account - advice from Ed Flack [Bank Accounts](#)

Budgeting is a key aspect to successfully managing the money that you will have available to you. There is some excellent advice on this here. [Budgeting](#)

Improve your Cookery Skills

Now is a great time to practise in the kitchen so that you are confident at being able to cook a number of meals. You could also use the time to compile some of the best recipes from your family. I did this before going to university and still use it to this day for Flapjacks, Chilli and various other key staple meals. Have a go at some of these recipes and send a photo to Martha or Toby for their newsletter. [Recipes](#)

Increase your Cultural Capital

I'm sure that you will be aware of a number of things that have been made free during the Coronavirus Lockdown. The document below lists some of these activities and it's a great chance to look into Cultural Capital Document [Stay at home](#)

Fun stuff - learn new skills It's been great to hear the positive things that people have been using their time to do: learning a language, coding, musical instrument etc. KEEP THESE GOING! I realise that there are loads of these lists around at the moment, however I really like this one as it's a bit different. Number 16 (learn to whistle properly) is a particular favourite and something that I did when I was back in school and it's proved hugely useful in a number of different ways over the years. I'd also highly recommend learning basic first aid (3), self-defence (19) and how to shuffle cards (4)! 20 New Skills You Can Learn from Home In Less Than Three Weeks [Skills to learn from home](#)

COMMUNITY

Supporting your local community in these difficult times, if you are well and it is safe to do so.

OTHER

Make sure we have your details. I am going to send an Alumni email out to you, please complete the information so that we have your updated contact details and can then let you know about things like presentation evening and the rescheduled prom date.

[John Port Spencer Academy Sixth Form](#)

