Key Stage 5- Target Suggestions

Theme 1  Make the first conversation a positive one

1. Reflect positively on strengths and areas of achievement.
2. Arrive to school on time.
3. Come to school equipped for learning.
4. Complete all home learning tasks and meet all deadlines.
5. Ensure I am punctual to all lessons.
6. Follow the Sixth Form dress code.
7. Complete work to the best of my ability to ensure that feedback is worthwhile
8. Undertake the recommended extra/wider reading.
9. Be proactive and take the initiative as soon as I walk into the lesson.

Theme 2  Routes to destinations

1. Create a clear plan of what I would like to do next.
2. Undertake University visits/attend career fairs.
3. Undertake wider reading into my chosen career path.
4. Consider a well-informed back up plan.
5. Seek advice to maximise the use my gap year.
6. Organise work experience and keep a diary of the experience.
Seek guidance and feedback to complete my personal statement.
Seek out and attend enrichment courses and seminars.
Use Unifrog to gain an understanding of life after sixth from.

**Theme 3  Independent learning**

1. Agree an ongoing revision timetable and location with parents/guardians.
2. Revise smart. Maximise productivity when revising.
3. Engage with my subjects by attending exhibitions / museums/lectures.
4. Mentor a younger student within school. Teaching others will improve retention of information.
5. Make thorough use of subject specific online resources.
6. Target my efforts on aspects of the specification that I find challenging.
7. Attend subject specific study clubs.
8. Use study periods effectively when in school. Use the silent study rather than the group study.
9. Create an independent study timetable.
10. Use study afternoons effectively
Theme 4 Reflecting and retaining

1. Meet with teachers to trouble shoot areas of challenge.
2. Engage with teacher feedback to improve work.
3. Use the trial exams properly in order to get ahead.
4. Use online quiz apps.
5. Create revision cards for each topic area after every lesson.
6. RAG rate my subject specifications.
7. Plan out essays and get feedback from my teacher.
8. Make weekly summary notes per subject.
9. Find a buddy and carry out mini tests in order to check knowledge.

Theme 5 Well-being

1. Make time for an activity that I enjoy each week.
2. Keep part-time job hours to 10 hours or less.
3. Find coping skills for stress relief.
4. Work on having a good night’s sleep.
5. Make time for exercise.
6. Give something back by volunteering at school or in the community.
7. Ensure that I speak up as soon as I am finding things a challenge.