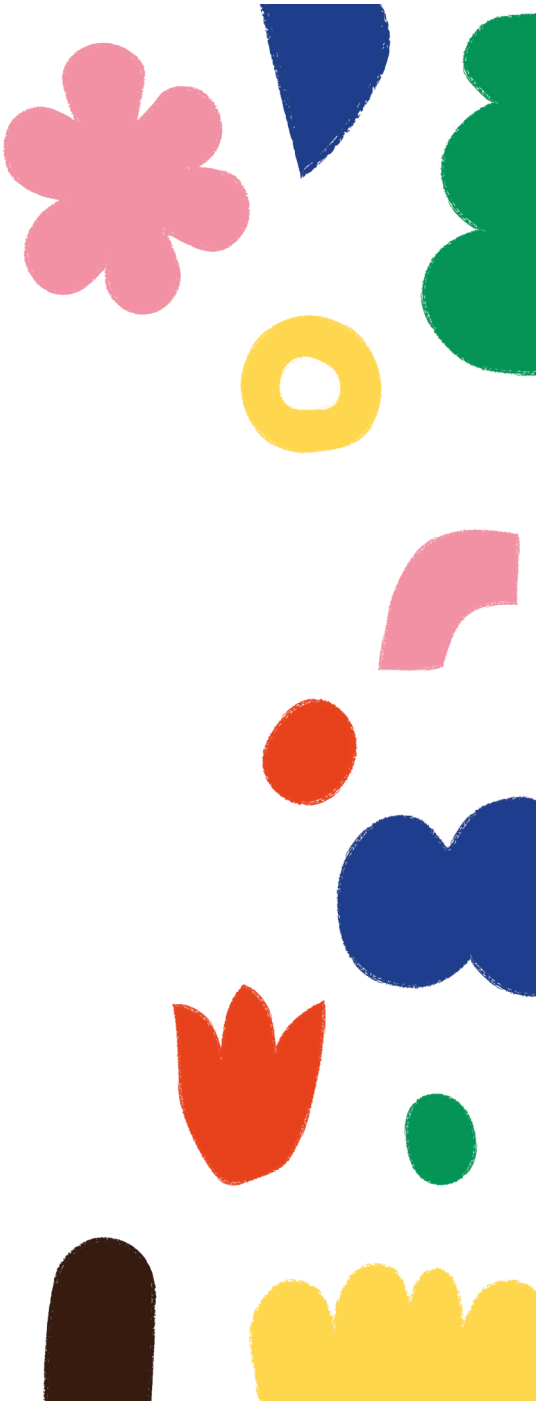


**Woodbrook Vale
School**

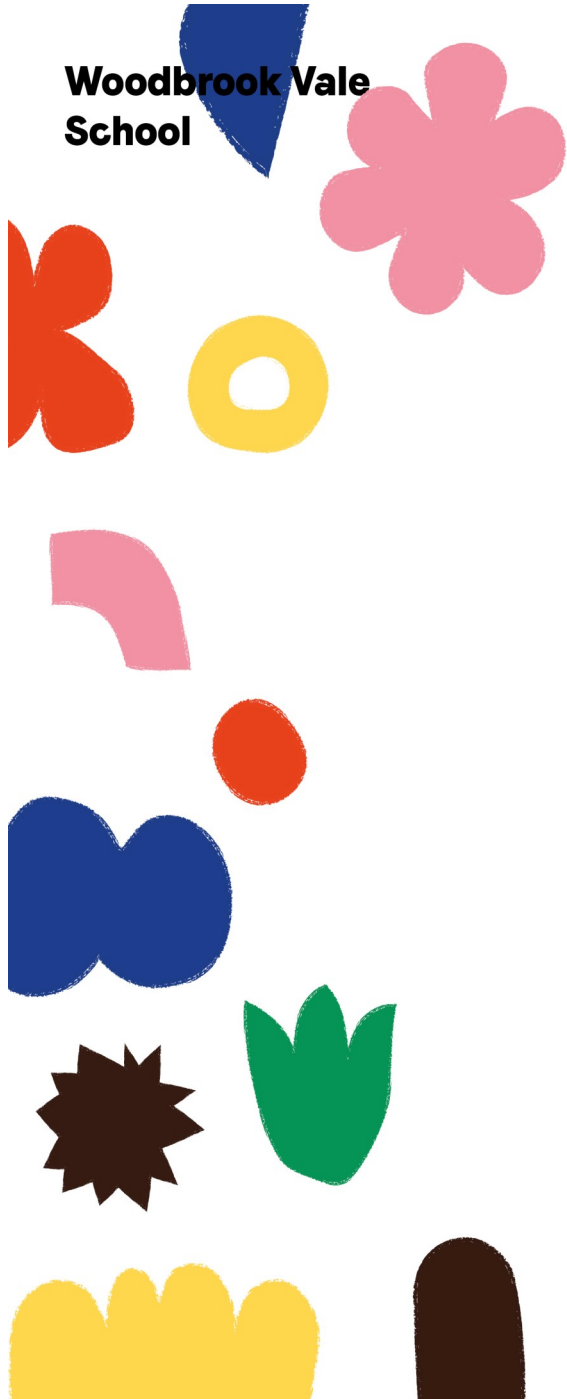


**Woodbrook Vale
School**



POST 16

**Woodbrook Vale
School**



QR Code



Self-Improvement Careers Research

We keep your Kudos careers software accounts live throughout the summer and this is a great place to carry on your careers research. The software allows you to explore different careers and investigate potential college or university courses.

The link is <https://kudos.cascaid.co.uk/#/>. If you have forgotten your password then use the 'Forgotten your details?' link on the Kudos homepage.

A useful guide to help parents and guardians support their child work through the different options is provided through Cascaid to be used with the Kudos website. The 'Cascaid Parents' guide to careers guidance' can be downloaded here.

Kudos also includes a 'Personal Statement Builder' to help students put together their personal statement which is required by most post-16 providers. Further guidance on writing a personal statement is available on the Which? website found here. The focus is post-18 applications but the advice is also appropriate for a post-16 personal statement.

Another useful guide is the Careers & Employability Handbook from the Study Careers Hub – the handbook can be browsed here.

Challenge: Complete the careers profile on the Kudos website to help research possible career paths.

14

Skills and Knowledge Bridging (Transition) Work

All the post-16 providers send out Bridging (Transition) work so you can be well prepared for starting your new courses in September. This should be completed as it is great preparation for your new courses and the post-16 providers expect it to be completed. Sometimes you may change your mind about the course you want to follow - this sometimes happens after you get your results. The post-16 providers know this and can provide the Bridging (Transition) work for your new subjects if you change your mind.

If you have any questions then please get in touch with your provider - the contact details for the main providers can be found below:

Loughborough College

<https://www.loucoll.ac.uk/contact-us>

De Lisle College

<https://www.delisle.org.uk/6/contact-us>

Rawlins Academy

<https://www.rawlinsacademy.org.uk/contact2/10240603.html>

Charnwood College

<https://www.charnwoodcollege.org/Contact-Us/>

There could be up to 14 weeks from your last day at Woodbrook Vale and your first day on your course with your new provider. It is an excellent opportunity for you to develop yourself, learn new skills and find out more about possible future careers. We have collected together some recommendations of activities to take on during the summer. These tend to be lifelong skills that will be a benefit through your whole life. Some of the skills can also be included on job or university applications.

3

Skills and Knowledge

New Skill -

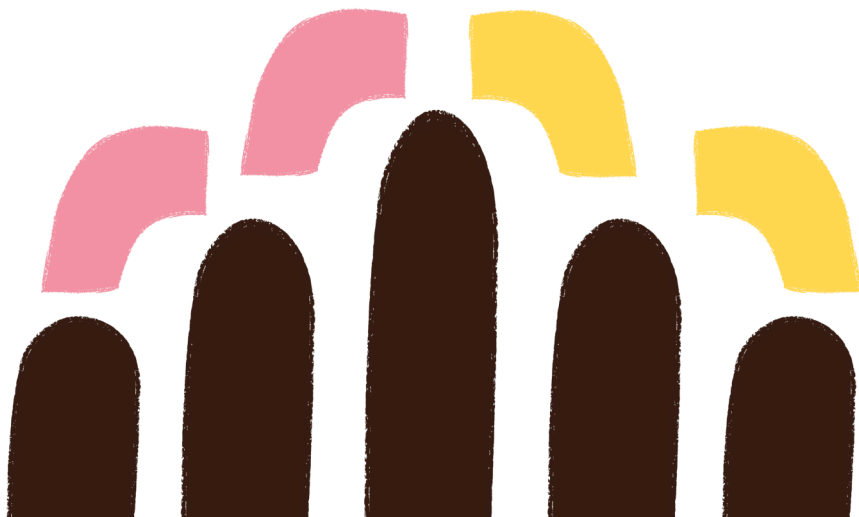
Learn to Touch Type

It is likely you will be doing a lot of typing during your future lives and careers. Becoming a proficient touch-typist - where you don't need to look at the keys - makes you a much faster typist and can save you hours and possibly days through your life time.

There are lots of free web sites that teach you the skills and allow you to complete practice tests.

An example would be <https://www.typingtest.com/NewLoop/>

Challenge: Can you accurately type 60 words per minute by the end of the summer?



Self-Improvement

Alumni

We want to keep in touch with you after you have left Woodbrook Vale. It is great for us to invite back previous students for careers events to help inspire the next generation.

Currently the best way to do this is through the LinkedIn website or by following the school on Twitter.

Challenge:

Create a LinkedIn account and link yourself to Woodbrook Vale at [linkedin.com/](https://www.linkedin.com/)

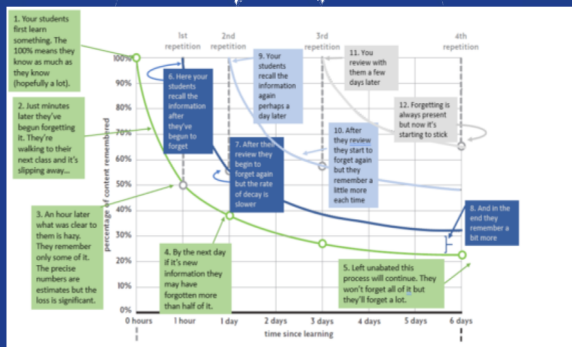
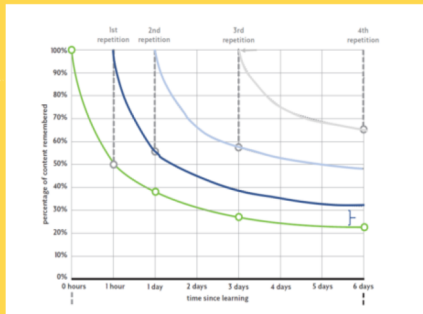
Create a Twitter account and follow the school account at <https://twitter.com/>



Self-Improvement

Getting Ready For Post-16

The 'forgetting curve' is a useful theory to think about when planning your time. People often do not recap, revisit or revise older topics until near the end of their course. It is much better to do regular short recaps (often called retrieval) of information. This can be shown using what is called the 'Ebbinghaus Forgetting Curve' - a good explanation can be found at <https://examstudypert.com/ebbinghaus-forgetting-curve/> or use the images below.



Skills and Knowledge

New Skill - First Aid

First Aid skills could save someone's life one day and they are a great addition to your CV or university application. There are plenty of paid-for courses available but there are also free courses that allow you to download a certificate once completed.

<https://www.firstaidforfree.com/>



Challenge: Can you complete your Basic and Advanced First Aid courses by the end of the summer?

Skills and Knowledge

New Knowledge - Running a car

Most of you will learn to drive and want to own your own car. It can be a bit more complicated than many people think as you need to understand car tax, car insurance, different methods to buy cars. Here are some topics to research so you know more about it when the time comes:

Practice driving theory test - a chance to practice for the theory test that you will take -

<https://www.gov.uk/take-practice-theory-test>

How car insurance works - This website gives a nice overview of all the key decisions and terminology -

<https://www.keithmichaels.co.uk/expat-car-insurance/info/how-car-insurance-works-in-the-uk/>

How to afford a car - This website gives an overview of the 5 common ways to pay for a car -

<https://www.mycarcredit.co.uk/5-different-ways-to-pay-for-a-car/>

Basic car maintenance - there are plenty of websites and videos available but you may want to start with:

<https://www.axa.co.uk/car-insurance/tips-and-guides/ultimate-car-maintenance-checklist/>

<https://www.youtube.com/watch?v=qxeUpfdiPxo>



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Self-Improvement

Getting Ready For Post-16

College and Sixth Form is different from secondary school! You will be more independent and need to prioritise your time. You may need to decide how best to record and organise your notes from lectures/lessons. One popular note-taking technique is called the "Cornell Note Taking method". You can find out more about how it works at this website. You can practice by watching a short lecture (see below) and try out the Cornell method -

<https://medium.goodnotes.com/study-with-ease-the-best-way-to-take-notes-2749a3e8297b>

You may find that the techniques you used to be successful in your GCSEs do not work as well on your new courses. There is an excellent video from a student who changed her approach and was very successful. The video is "How I got an A* in A level Chemistry - Ella (Class of 2017)" and is well worth watching -

<https://www.youtube.com/watch?v=iRbxhz6OdSI&feature=youtu.be>

It is easy to forget some of your GCSE level work over the summer break and this can make it harder to settle onto your new course. You can check the content of your new course either through the post-16 provider website or by searching for the course on the exam board websites.

AQA - A-levels - <https://www.aqa.org.uk/subjects>

OCR - Cambridge Nationals, Cambridge Technicals and A-Levels <https://www.ocr.org.uk/>

Pearson (Edexcel) - BTECs and A-levels - <https://qualifications.pearson.com/en/home.html>

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Self-Improvement

Mental Health

A lot of students will find their post-16 courses quite stressful and this can cause anxiety. There is lots of support available but the NHS has a good range of resources for taking care of your own mental health -

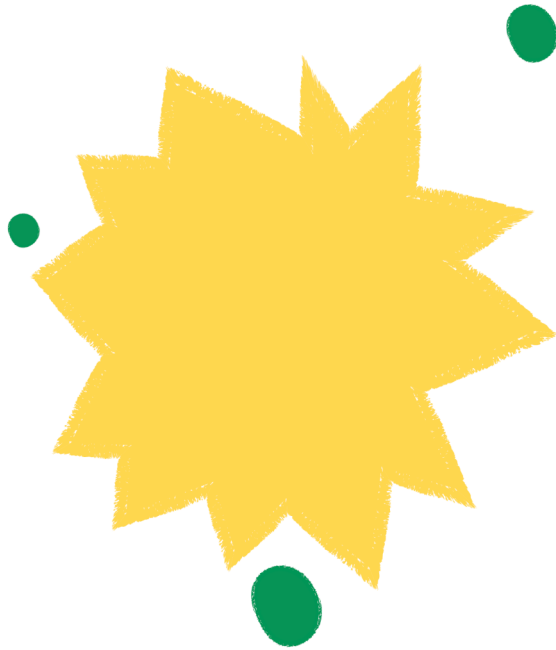
<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

Be a mental health first aider? As well as looking after your own mental health, you want to look at becoming a 'mental health first aider' so you are confident in supporting other people with any mental health issues. There are plenty of books, websites and courses but perhaps start with the MHFA England website -

<https://mhfaengland.org/>

There is also a free course from Futurelearn that you can complete -

<https://www.futurelearn.com/courses/psychological-first-aid-covid-19>



Skills and Knowledge

New Knowledge - Financial Education

When you become an adult and more independent then there are a range of financial topics you should be aware of. These can include 'How mortgages work' if you want to buy a house or how to use credit (and be aware of the dangers). These website will help:

Moneysavingexpert.com - Guide to spending money -

<https://www.moneysavingexpert.com/news/2021/04/free-guide-parents-kids-spending-money-online/>

The 'Your Money Matters' textbook from Young Enterprise -

<https://www.young-enterprise.org.uk/resources/your-money-matters-financial-education-textbook/>

Challenge: Download the 'Your Money Matters' textbook from Young Enterprise and read through it completing the tasks.

Self-Improvement

Presenting with Confidence

It is likely that you will need to do a presentation at some point in the future. It could be to your course colleagues or business clients. It is the most challenging skill for some people and is something that you can get better at with practice.

TED talks is a website which brings together lots of excellent speakers and they have a section of top tips - https://www.ted.com/playlists/226/before_public_speaking

Learn Something New - as well as TED Talks (<https://www.ted.com/talks>) , there is also the Khan Academy website (<https://www.khanacademy.org/>) which offers lessons and courses in a huge variety of topics.

Challenge: Can find a presentation or course that would be good to mention in a future job or university application?

Self-Improvement

Work Experience & Volunteering

14 weeks is a long time and you should be able to find some time to arrange and take part in some work experience. This looks excellent on CVs and job/university applications.

Do some research and find a company or organisation that may take you for a week of work experience. Enjoy your week and ask them to write you a reference afterwards that you can use for applications. It is ideal if your work experience is in a related area to your potential career but if this is not possible then any work experience will be of value.

Challenge: Understand the techniques to support your own and other peoples' mental health.

Volunteering looks very good on job and university applications as well as you helping out the local community. There is a wide range of possibilities from litter picking and garden tidying to helping out in local nurseries and primary schools. You can arrange this yourself but further information about local volunteering opportunities can be found at <https://valonline.org.uk/volunteering/>

Challenge: Complete a volunteering experience.