What do successful students do?

5 qualities of successful students

Vision

- You know what you want to achieve.

Vision …

Successful stu chieve.

This does ertain career or u aiming for somethi

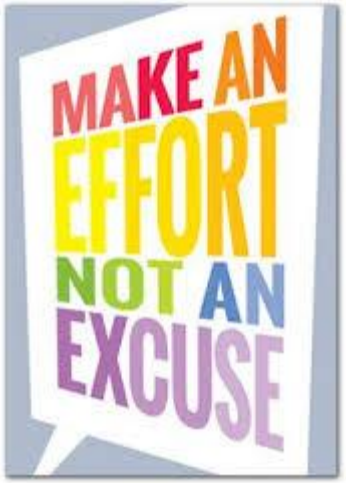
What do you want to achieve today? This week? At the end of this year? At the end of sixth form? By the time you're 30? …

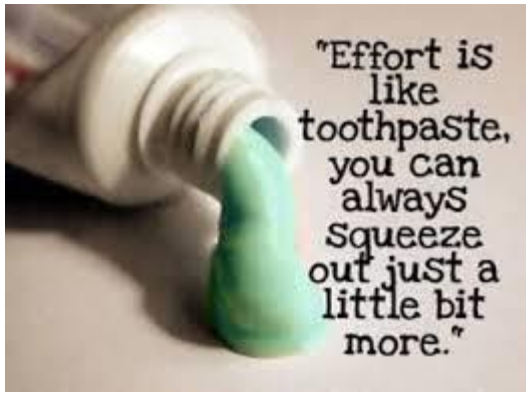
Having a Goal

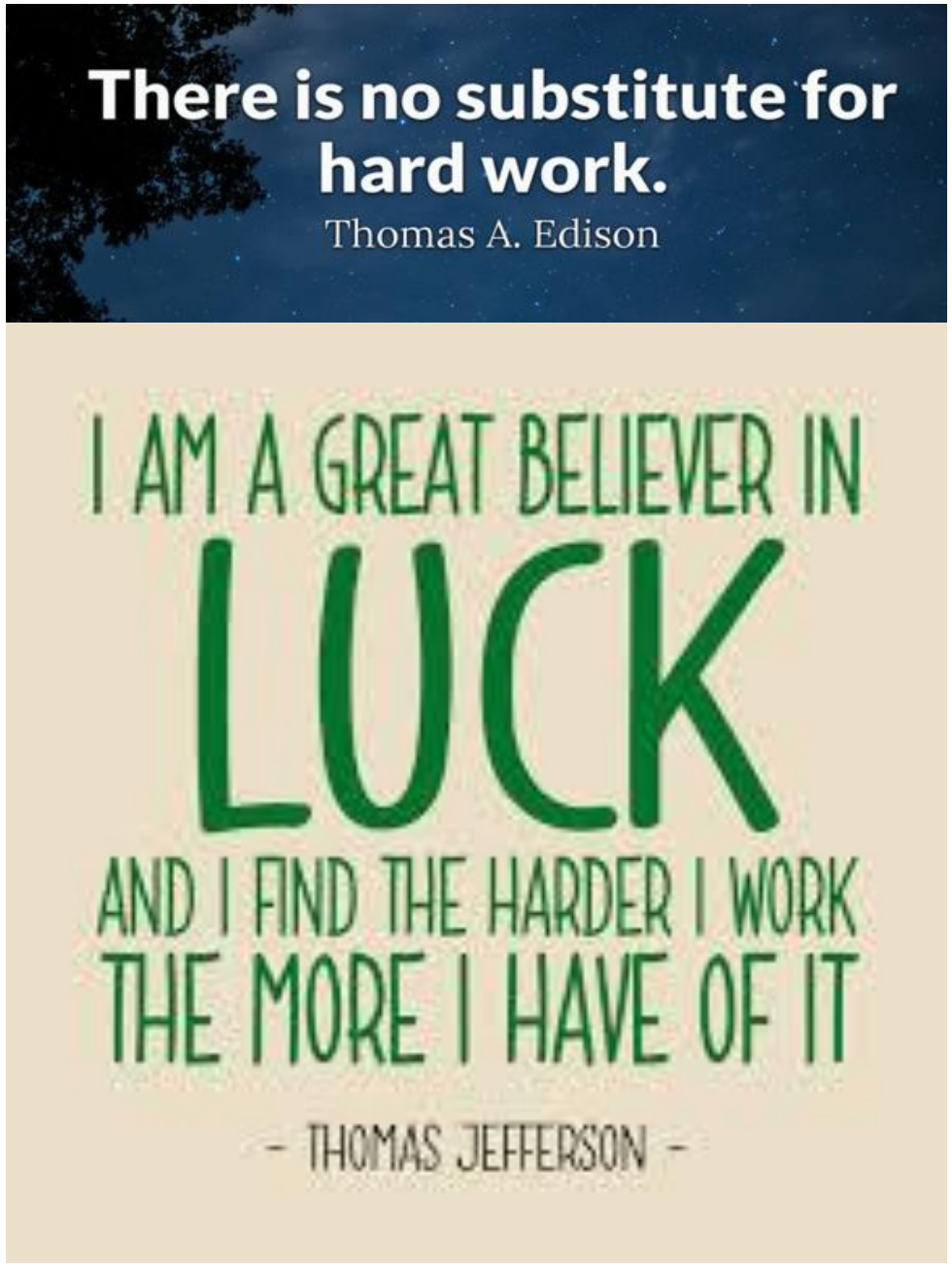
- https://www.netsixthform.co.uk/resources/view/a-goal-that-drives-you

Effort

- You put in significant time to your independent study.






There is no substitute for hard work.
Thomas A. Edison
I AM A GREAT BELIEVER IN
LUCK
AND I FIND THE HARDER I WORK
THE MORE I HAVE OF IT
- THOMAS JEFFERSON -

Effort…

We can measure effort in terms of the number of hours of independent study completed on their studies.

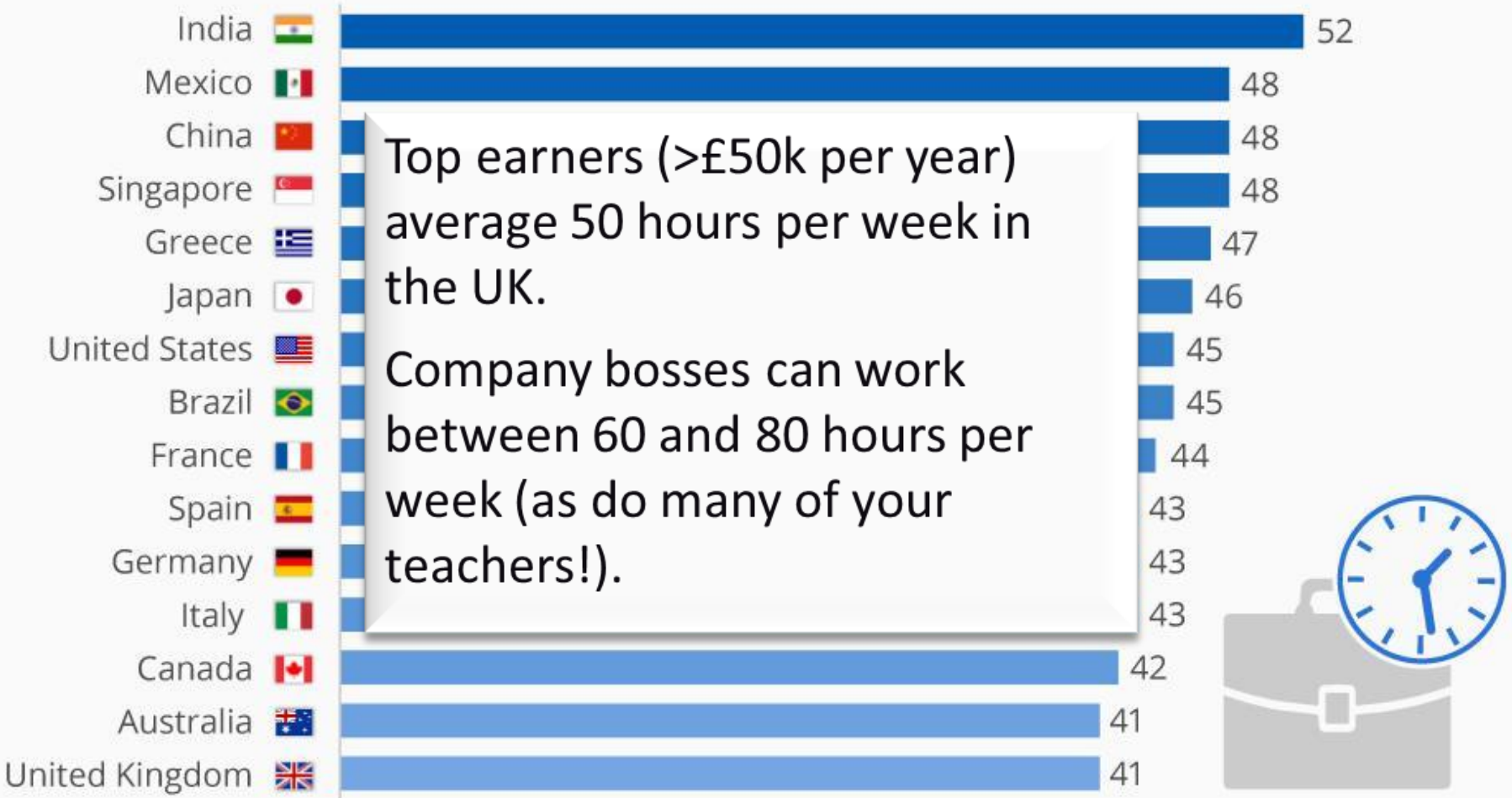
Reactive independent study involves completing tasks set by teachers and should only form a small proportion of independent study time.

Proactive independent study is work set by the students for themselves. For example, reviewing lesson notes, completing extra questions, researching online, watching videos, reading ahead, …

Highly successful learners complete approximately 20 hours of independent study a week.

Where Do Millennials Work The Longest Hours?

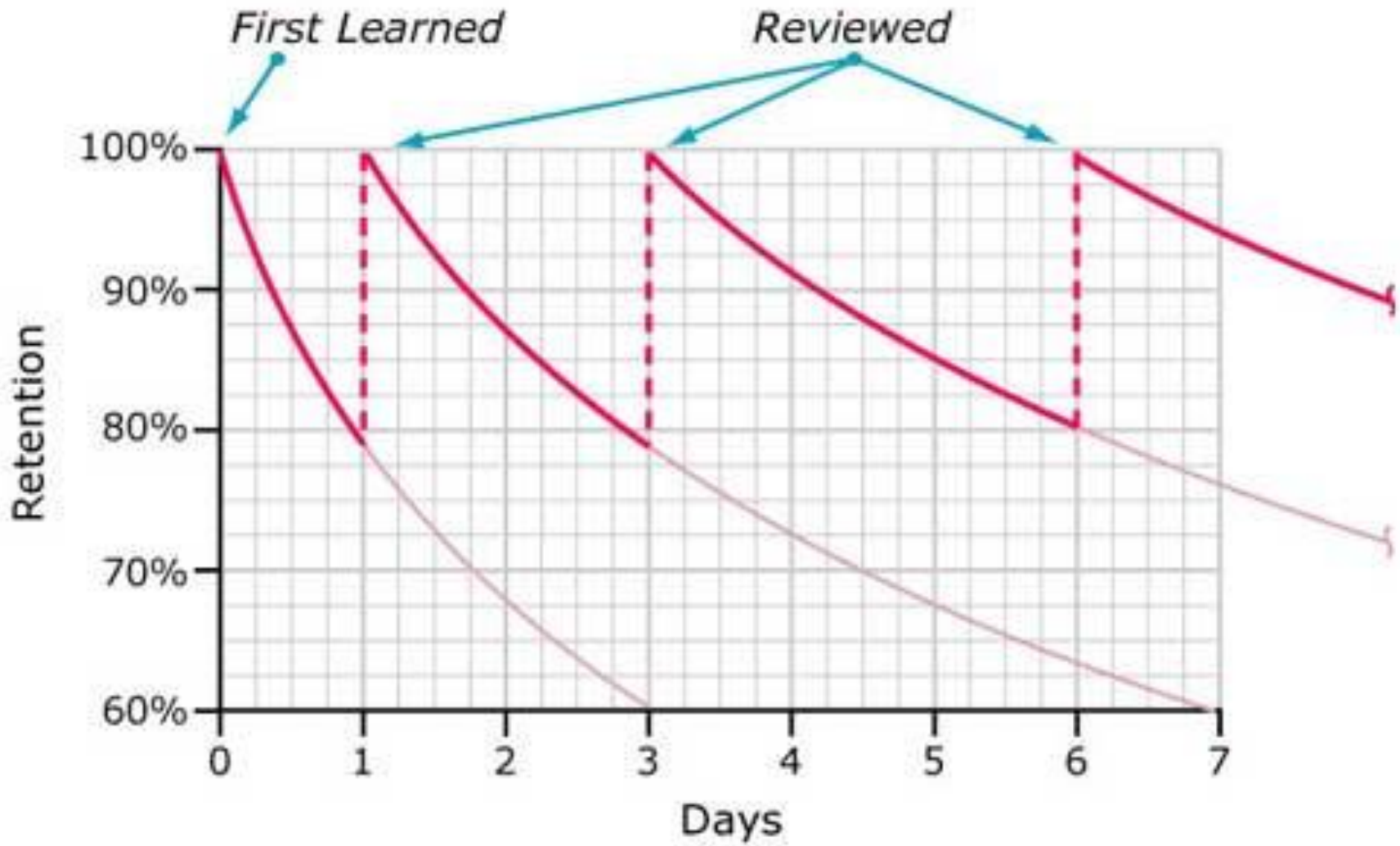
Average number of hours worked each week in 2015 (people aged 20-34)



Source: Millennial Careers: 2020 Vision

Forbes statista

Typical Forgetting Curve for Newly Learned Information



Systems

- You organise your learning resources and your time sensibly and productively

Research suggests that for most people, the brain is at its sharpest in the first four hours after waking. Not straightaway – it needs time to get up to speed. But then it hits a sweet spot when it’s really firing. In the morning it can be up to 30% more active and sharp than it is at other times.

Project management

- A system to organise learning so students can make sense of it all

3 subjects, 5 lessons per subject a week, 38 teaching weeks …

570 lessons worth of work. What does it look like?

You have been provided with folders, dividers and flashcards – use them!

- A system to organise your time so you can complete key tasks to deadlines

Practice

- You practise and develop your skills

It’s the way you practise not how often you practise that counts.

3 levels of practice

- Content

The learner masters the content taught by reviewing and consolidating it and ensuring understanding.

Most students are confident with this element and this is in their ‘safe zone’.

- Skills

The learner puts their knowledge into practice in high stakes contexts; they practise exam questions, time themselves, try tough questions and complete mock tests.

- Feedback

The learner seeks out an expert feedback that allows them to develop their performance.

Table 1: Effectiveness of ten learning techniques, from Dunlosky et al (2013) [39]

High Utility	**Practice testing**	Self-testing or taking practice tests on material to be learned.
	Distributed ('spaced') practice	Implementing a schedule of practice that spreads out actvities over time.
	Elaborative interrogation	Generating an explanationfor why an explicitly stated fact or concept is true.
Moderate utility	**Self-explanation**	Explaining how new information is related to known information, or explaining steps taken during problem solving.
	Interleaved practice	Implementing a schedule of practice that mixes different kinds of problems, or a schedule of study that mixes different kinds of material, within a single study session.
	Summarization	Writing summaries (of various lengths) of to-be-learned texts.
	Highlighting	Marking potentially important portions of to-be-learned materials while reading.
Low utility	**Keyword mnemonic**	Using keywords and mental imagery to associate verbal materials
	Imagery use for text learning Rereading	Attempting to form mental images of text materials while reading or listening.
	Rereading	Restudying text material again after an initial reading.

Attitude

- You respond constructively to feedback and setbacks

You need to be resilient – level 3 qualifications are hard!

Why are you in sixth form?

Do you enjoy your subjects, the challenge, the work?

Do you act on feedback to improve your learning?

Growth Mindset

- https://www.netsixthform.co.uk/resources/view/fixed-vs-growth-mindset-video-9-minutes

Vision	Where do you see yourself in two years time?
Effort	How much time do you spend on quality study?
Systems	Do you organise your time and work effectively?
Practice	How do you prepare for assessments?
Attitude	Do you act on feedback? Are you motivated to study?

The Step Up!

- https://www.netsixthform.co.uk/resources/view/leap-from-gcse-to-sixth-form-1-realising-the-challenges-video

GCSE (Level 2)

A Level (Level 3)

11 Top Study Tips for Starting Sixth Form

1. Get Your Motivation Sorted

Ask yourself why are you studying the courses you've chosen? This could be to do with enjoying the subjects you're studying, going to university, doing an apprenticeship, a career you wish to pursue, a gap year after Sixth Form or a combination of these. **Establish your motivation for studying.**

2. Be Clear About How Your Courses Are Assessed

Find out which exams and assignments count towards your final assessment. For each subject you're studying, **get a copy of the specification** and go through the section about assessment.

3. Work Consistently From The Beginning

From the very beginning of Year 12, make sure you put in a regular amount of work each week, with extra input around key deadlines and exams. As a general rule, **each hour you spend in the classroom should be matched by at least one hour of independent study.**

4. Make The Most Of Study Periods

Using your study periods productively is vital to your success in the Sixth Form. It's so easy to fritter them away but resist this temptation. Prepare in advance what you're going to do during study periods.

5. Consolidate Work From Day One

With so much to learn and remember, it's important to keep on top of things as you go along. Whether it's trying to make sense of current topics in each subject, writing revision cards, tackling extra questions, watching topic-related videos or reading textbooks, **consolidating your understanding is something you should be doing from the very beginning.**

6. Organise Your Folders

Have a separate folder for each subject, label each folder on the outside, **label file dividers for each new topic as it is introduced,** make an index in the front of each folder, write page numbers and dates on your notes, hole punch loose sheets of paper or put them in punched plastic pockets.

7. Use To-Do Lists

If there's one single habit you should work hard to get into, it's writing a daily to-do list. A to-do list can be written on an app, notepad or large sticky note and is best done first thing in the morning.

8. Use Exam Board Websites

Exam board websites are packed full of useful information, so **bookmark them**. Make full use of the course specification, past papers, specimen papers, mark schemes, examiners' reports and information on UMS/grade boundaries.

9. Engage With Your Teachers

Your teachers are probably the best study resource you've got as they're experts and can provide important insights into their subject. Ask questions during lessons and check things with them outside of lessons.

10. Find A Healthy Study-Life Balance

Studying in the Sixth Form involves a lot of hard work. But a healthy work-life balance must **allow time for social activities and other interests.**

11. Start Thinking About the Future

Start **researching your options after Sixth Form** as soon as possible.