

# CORSHAM 6<sup>TH</sup>



YEAR 13 AND BEYOND

# MAKING A SUCCESS AT 6<sup>TH</sup> FORM

- The challenges of Year 13.
- A timeline of events in Year 13.
- What are the options after 6<sup>th</sup> form?
  - Higher Education
  - Apprenticeships
  - Employment
  - Gap Year
- How you can support your son/daughter during year 13.

# CORSHAM6TH- ADVICE AND SUPPORT



**Mrs Emma Cooper**

**Assistant Headteacher  
Director of Corsham 6th**



**Dr Clare Sage**

**Deputy  
Director of Corsham 6th**



**Mrs Patricia Welsh**

**Corsham 6<sup>th</sup>  
Administrator**



**Ms Eva Jefferies**

**Careers Adviser**

# LIFE AT CORSHAM6TH-TUTOR TEAM

**Assistant Head Teacher/Director of Corsham6th**

**Ms Cooper** [ecooper@corsham.wilts.sch.uk](mailto:ecooper@corsham.wilts.sch.uk)

**Deputy Director of Corsham6th**

**Dr Sage** [csage@corsham.wilts.sch.uk](mailto:csage@corsham.wilts.sch.uk)

**6<sup>th</sup> form Administrator (8am-12noon)**

**Ms Welsh** [6thform@corsham.wilts.sch.uk](mailto:6thform@corsham.wilts.sch.uk)

**Examination Officer**

**Mr Morris** [omorris@corsham.wilts.sch.uk](mailto:omorris@corsham.wilts.sch.uk)

**SENCO**

**Dr Kafka-Markey** [ckafka-markey@corsham.wilts.sch.uk](mailto:ckafka-markey@corsham.wilts.sch.uk)

## **Year 13 Tutors**

**13B** Mr Shane Withey

**13F** Mr Alun Davis

**13H** Ms Rebecca Richards

**13S** Ms Sara Wallin and Ms Hollie Gratton

**13B2** Ms Kerry Everson and Mr Francis McInally

## TIMELINE OF YEAR 13

- Saturday 15<sup>th</sup> October @6pm. UCAS deadline for Oxbridge, Medicine and Vet Sci
- Wednesday 19<sup>th</sup> October. Year 13 reports issued and Parents' Evening booking system opens
- Thursday 3<sup>rd</sup> November. Year 13 Parents' Evening
- Tuesday 3<sup>rd</sup> January 2023-Friday 13<sup>th</sup> January 2023. Year 13 PPEs/ Mock examinations
- Wednesday 25<sup>th</sup> January 2023 @6pm. UCAS deadline.
- February 2023. EPQ Marketplace Presentations
- March 2023. Student and Parent information Evening. Applying for Student Finance
- May-June 2023- Examination period ("Leavers' Day" will take place on final day before exams)
- 4<sup>th</sup> July. Y13 Prom at Cumberwell Park, Bradford-on-Avon
- 17<sup>th</sup> August. A-level Results Day

# OPTIONS AFTER 6<sup>TH</sup> FORM



Higher education



Apprenticeships/  
traineeships



Studying abroad



Gap year



Getting a job

## Destinations Information

	2022
<b>Total Students</b>	90
<b>University</b>	56
<b>Employment</b>	5
<b>Foundation</b>	2
<b>College</b>	4
<b>Apprenticeship</b>	5
<b>Gap Year</b>	11 (6)
<b>Year 14</b>	1
<b>Other</b>	6

## MAKING A SUCCESS AT 6<sup>TH</sup> FORM

- The challenges of Year 13.
- What are the options after 6<sup>th</sup> form?
  - Higher Education/ Studying abroad
  - Apprenticeships
  - Employment
  - Gap Year
- How you can support your son/daughter during year 13.



# REMINDER OF EXPECTATIONS

Corsham6th welcomes students to the 6th Form and recognises the choice they have made to continue their education at The Corsham School. This agreement is an important commitment between the student, parents and Corsham6th and is a fundamental part of the enrolment process.

## Our Expectations

The Corsham School has the highest expectations of Corsham6th students and expects,

1. All students in Year 12 **and** 13 to attend the daily Tutorial Session.
2. 100% attendance is expected to **ALL** Lessons, Tutor times and Core/EPQ Sessions. Attendance records will allow for legitimate reasons for absence, such as long-term illness, University visits, etc as well as exceptional circumstances.
3. Full engagement in Enrichment Activities that are offered at Corsham6th.
4. Make a positive contribution to the Corsham6th and whole school community.
5. All year 12 and 13 students are expected to work independently out of the classroom. As a guideline, we
6. Year 12 students work independently out of the classroom for **6-8 hours** per subject as a minimum. This should include self-directed study **and** prescribed homework tasks.
7. Corsham6th Students should demonstrate the Corsham Character Values (Intellectual Values, Moral Values, Performance Values and Civic Values) in all they do.
8. We encourage students to contribute to the wider Corsham School Community. We would expect students to set aside 1 hour per week.

Developing independence through positive learning experiences and being commitment to a rewarding education experience is a full-time responsibility. It is uncommon but students can be placed on Cause for Concern contracts if they are not meeting expectations. This will be communicated to parents/carers.

100% attendance \*

100% punctuality

# LIFE IN C6TH- ROUTINE

## Life in Corsham6th

### The School Day

**Morning registration with tutor:** 8.40 - 9.00am

**Period 1:** 9.00 - 10.00am

**Period 2:** 10.00 - 11.00am

**Morning Break:** 11.00 - 11.20am

**Period 3:** 11.20 - 12.20pm

**Period 4:** 12.20 - 13.20pm

**Lunchtime:** 13.20 - 13.55pm

**Period 5:** 13.55 - 15.00pm

## TIMETABLE AND LESSONS

- 9 hours a fortnight per subject.
- GCSE English and Maths- 5 hours per fortnight.
- Core Maths (3 hours per fortnight)
- “Core” Programme and EPQ
- Private study periods.
- Enrichment/ Work Experience

# ORGANISATION AND INDEPENDENCE IS KEY!

After each sub-  
topic

Review your notes

Compare your notes to the specification and the subject guide to check you have no gaps

Fill in any gaps

Use the textbook and Teams to fill any gaps in your notes



Check your understanding

Use quizzes on Quizlet, Seneca, physics and maths tutor or the PiXL "Thinking Hard" Strategies

Extend your knowledge

Use PIXL resources and also our Super-curricular links to add to your notes

Post-It note reminders

See your teacher for help with anything you're not sure of or don't understand

Summarise the topic

Summarise the topic into revision notes e.g. flash cards, Cornell notes, mind maps/thinking hard strategies

## EPQ

### University of Oxford

"Where applicants have undertaken the Extended Project (EP), the University will not make this a condition for an offer (as the EP is not a compulsory element of post-16 study) but recognises that the EP will provide an applicant with the opportunity to develop research and academic skills relevant for study at Oxford. Candidates are encouraged to draw upon their experience of undertaking the project when writing their personal statement, particularly if the topic is allied to their chosen degree course."

# TUTOR PROGRAMME

## Tutor Programme Schedule

Monday: Corsham6th Briefing in C6th centre

Tuesday: #CorshamReads

Wednesday: Bite-sized life lesson

Thursday: Mentoring and target setting

Friday: Quiz or Community work

# CHALLENGES-OUTSIDE OF SCHOOL



UCAS

CORSHAM 6<sup>TH</sup>



## BEYOND 6<sup>TH</sup> FORM

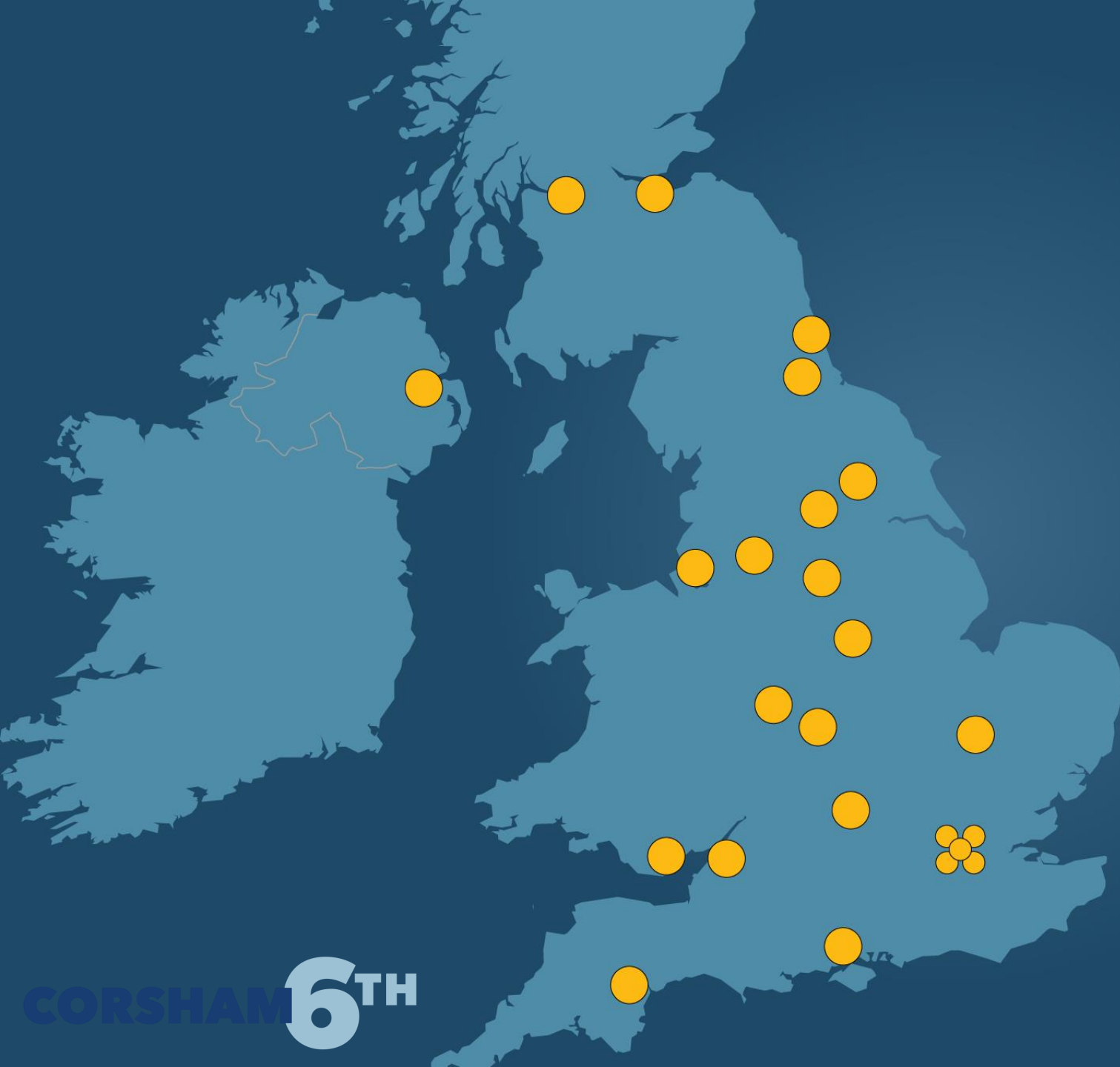
- Once you have finished college/sixth form you will have achieved a Level 3 qualification.
- If you choose to advance onto Higher Education you will gain qualifications at Level 4 or above.
- The image on the next slide explains what education levels correspond to GCSEs, A-levels, BTECs degrees and apprenticeships.



		LEVEL					
UNIVERSITY	8	Doctorate PhD					
	7	Master's Degree MA, MSc, MPhil				Apprenticeships Higher	Apprenticeships Degree
	6	Undergraduate Degree					
	5			Foundation Degree FdA, FdSc	HND		
	4				HNC		
COLLEGE	3	A level	A2	BTEC Nationals			Apprenticeships Advanced
			AS				
SCHOOL	2	GCSE Grades A-C		BTEC Firsts			Apprenticeships Intermediate
	1	GCSE Grades D-G					

# REASONS TO GO TO UNIVERSITY

- You can study undergraduate degrees.
- Focus solely on a subject that you feel passionately about.
- Carry on studying if you don't feel ready for the world of work.
- Gain a specific degree in order to get the job you want.
- Choose a degree with wider career prospects if you are unsure of what you want to do next.
- Meet people from all walks of life



## RUSSELL

- University of Birmingham
- University of Bristol
- University of Cambridge
- Cardiff University
- Durham University
- University of Edinburgh
- University of Exeter
- University of Glasgow
- Imperial College London
- King's College London
- University of Leeds
- University of Liverpool
- London School of Economics and Political Science
- University of Manchester
- Newcastle University
- University of Nottingham
- University of Oxford
- Queen Mary University of London
- Queen's University Belfast
- University of Sheffield
- University of Southampton
- University College London
- University of Warwick
- University of York

GROUP

## REASONS TO STUDY ABROAD

- You can learn a new language or develop your current language skills.
- It's an opportunity to explore another part of the world and learn about a new culture.
- It may increase your employment prospects as you have experience of studying and living outside of the UK.
- It can work out cheaper than university in the UK.
- You can do both; some UK university courses offer a studying abroad option as part of their course.



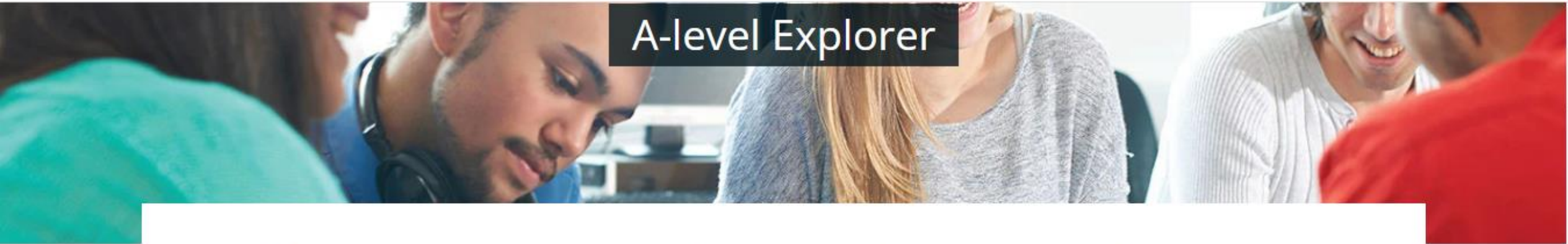
Home / Undergraduate / What and where to study

# STUDYING ABROAD: CONSIDER YOUR OPTIONS

Explore this section

# HOW TO CHOOSE A UNIVERSITY COURSE

- Go to university open and taster days to get a feel for subjects and different courses.
- Choose a course that you are passionate about or think you will enjoy.
- Check if the future career you're interested in requires certain subjects at a degree level.
- Research the entry requirements you will need for courses.
- Explore degree types: the standard honours degree, joint honours degree (two subjects) and sandwich degrees with work placements.
- Check how the course will be assessed and if this method suits you



# A-level Explorer

See where your A-level choices will take you before it's too late. Enter yours below and find out now:

I am taking

Enter A-level option 1

Enter A-level option 2

Enter A-level option 3

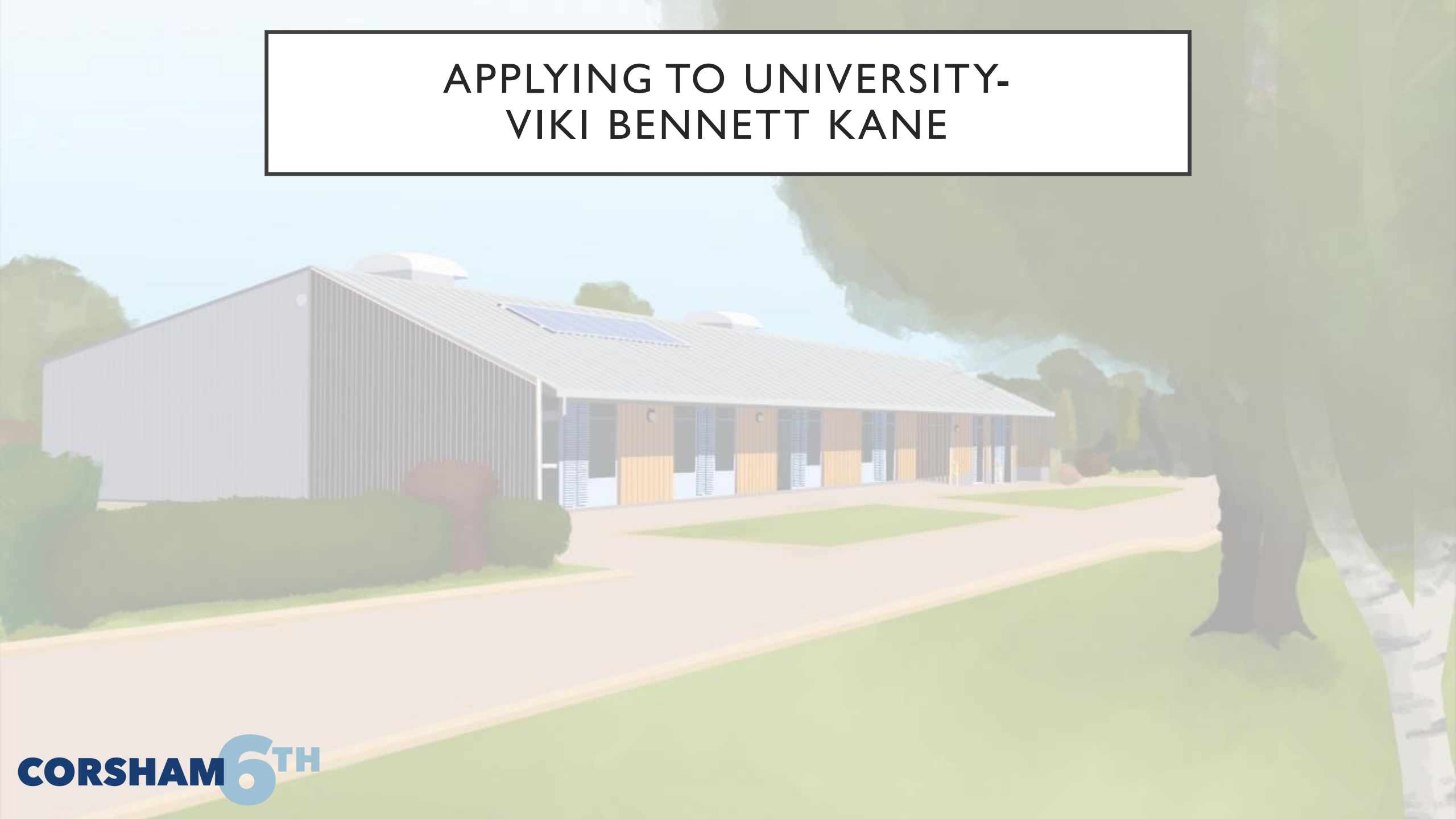
 Add another subject

## WHAT IS UCAS?

- UCAS is the Universities & Colleges Admissions Service.
- It's role is to manage applications for universities.
- Students pay a fee to UCAS to apply for a maximum of 5 universities and receive university offers via the UCAS website.
- Students use UCAS to confirm firm and insurance choices to their chosen university usually pending their results.
- After students receive their Year 13 grades, they can enter the clearing process through UCAS which enables them to select another university if they haven't got the right grades or changed their minds.



# APPLYING TO UNIVERSITY- VIKI BENNETT KANE



# APPRENTICESHIPS- EVA JEFFERIES





# Apprenticeships

**1**

# **What is an apprenticeship?**

**The basics**

# A paid job with a built-in training programme.



- Salary – at least the National Minimum Wage for apprentices (£4.81)
- Training is paid for
- Minimum of 12 months
- Must be aged 16+

2

# What sizes do they come in?

The basics

# Levels:



Degree and  
Masters



In-between



A Levels



GCSE



**L6-7** Degree

**L4+** Higher

**L3** Advanced

**L2** Intermediate

3

# Where can you find them?

The basics





Institute for Apprenticeships & Technical Education

Search...

COVID-19 | Contact us

About | Ensuring quality | Occupational standards | T Levels | Higher Technical Qualifications | Apprenticeships | Apprenticeship search

Apprenticeship search

Subscribe to our Standards RSS Feed

## SEARCH THE APPRENTICESHIPS

Filter the results

Sort: Alphabetically | By Date

Keywords

Route(s)

Showing 799 apprenticeship standards

Download

Forest craftsperson

Approved for delivery from 19 Aug 2022

Level 3

24 months

Max funding: £14,000

Download

The off-the-job training requirements for full-time apprentices who start on or after 1 August 2022 have changed and are detailed as part of the apprenticeship funding rules. The wording in the updated rules supersedes the wording in the EPA plans of individual apprenticeships published prior to this change.

IFATE

## Find an apprenticeship

Search and apply for an apprenticeship in England

Gov.uk

Search [Browse](#)

**Keywords (optional)**  
Can include job title, employer or reference number

All

**Your location**  
Enter postcode, town or city or [use current location](#)

Corsham (Wiltsh)

**Wishes**  
30 miles

**Apprenticeship level**  
All levels

**Only show**  
 Disability Confident

Search

### Help

How to search for an apprenticeship (Interactive walkthrough)

0800 015 0400

Contact us

Coronavirus (COVID-19) real-time guidance for apprentices

About apprenticeships

Find a business

Indeed



Find jobs | Company reviews | Salary guide

Upload your CV | Sign in

What: Apprenticeships

Where: Corsham, Wiltshire

Find jobs

Date posted | Posted by | Remote | within 25 miles | Salary estimate | Apprenticeship | Education level

Industry | Location | Company

Indeed

Upload your CV and easily apply to jobs from any device!

Apprenticeships jobs in Corsham

Sort by: relevance - date

Page 1 of 100 jobs

**Laboratory Technician Apprentice**

Qualisept  
Corsham

£14,679 a year · Apprenticeship

Statement of Work of all relevant records, reports and other documentation associated with QC, record any

### Laboratory Technician Apprentice

Qualisept  
Corsham  
£14,679 a year · Apprenticeship

You must create an Indeed account before continuing to the company website to apply

Apply on company site

### Job details

Salary  
£14,679 a year

# Padlet:



Padlet

ejefferies1 + 2 + 15d

## Apprenticeship Vacancies

Check here for all the latest apprenticeship vacancies!

### Bubbles after school club assistant at By Brook Valley CE Primary School

By Brook Valley CE Primary School

EXTERNAL After School Club Bubbles Advert September 2022

Fantastic opportunity if you're in 6th form or college!

Grade D: £19,264 - £20,043 pro-rata, £9.99 - £10.39 per hour. 10 hours per week, 38 weeks a year, term-time only.

Monday - Friday 3pm - 5pm, with flexibility if additional cover

### Housing Apprenticeship Opportunities - Closing date 22nd August

jobs.swindon.gov.uk

Housing Apprenticeship Opportunities | Swindon Careers

### Paintshop Technician Apprenticeship with Dick Lovett - Closing date 12th August

careers.dicklovett.co.uk

Paintshop Technician Apprenticeship

### VW Paint and Body Apprenticeship Programme

babcockapprenticeship...

VW Paint and Body Apprenticeship Programme

### AAT Accountancy Apprenticeship in Westbury: Closing date 24th July

uk.indeed.com

AAT Accountancy Apprenticeship - Westbury - Indeed.com

### Parts Assistant Apprentice - Fish Brothers SEAT Swindon

babcockapprenticeship...

SEAT Apprenticeship Programme

### Engineering Technician - Electrical: Ridgeway Hospital Swindon

babcockapprenticeship...

### Service Technician/Mechanic Apprentice - Inchcape Volkswagen Swindon

babcockapprenticeship...

# Benefits:



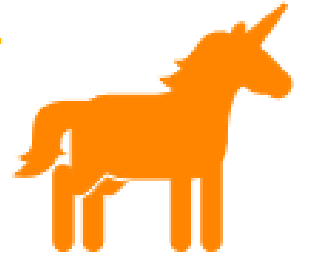
- Earning money and company benefits.
- Gaining experience and independence.
- New friends.
- No debt.
- Nationally recognised qualification.
- Exposure to industry professionals.
- Improve your employability.

# I did an apprenticeship

- Level 4 Higher Apprenticeship
- Public Relations
- PRCA – training provider
- Wessex Water - employer



# Myths:



- **Apprenticeships are for people who don't do well in school.**  
Employers look for quality as much so, if not more than Universities due to the investment.
- **Apprentices are poorly paid.**  
Minimum wage is £4.81 an hour, but after completing 1 year this goes up if over age 19.
- **Apprentices get stuck in the same sector or job.**  
Gain transferable skills and experience, and do the same across apprenticeships to gain higher qualifications.
- **Apprenticeships are for people who want to do 'manual' jobs.**  
Not in all cases, there are apprenticeships in business, management, marketing, law, IT and more.
- **Apprenticeships don't lead to full time employment.**  
93% of apprentices remain employed on completion.



**1500+**

Apprenticeship job roles available

**10,000+**

Vacancies on 'Find an apprenticeship'

**170**

Industries to choose from

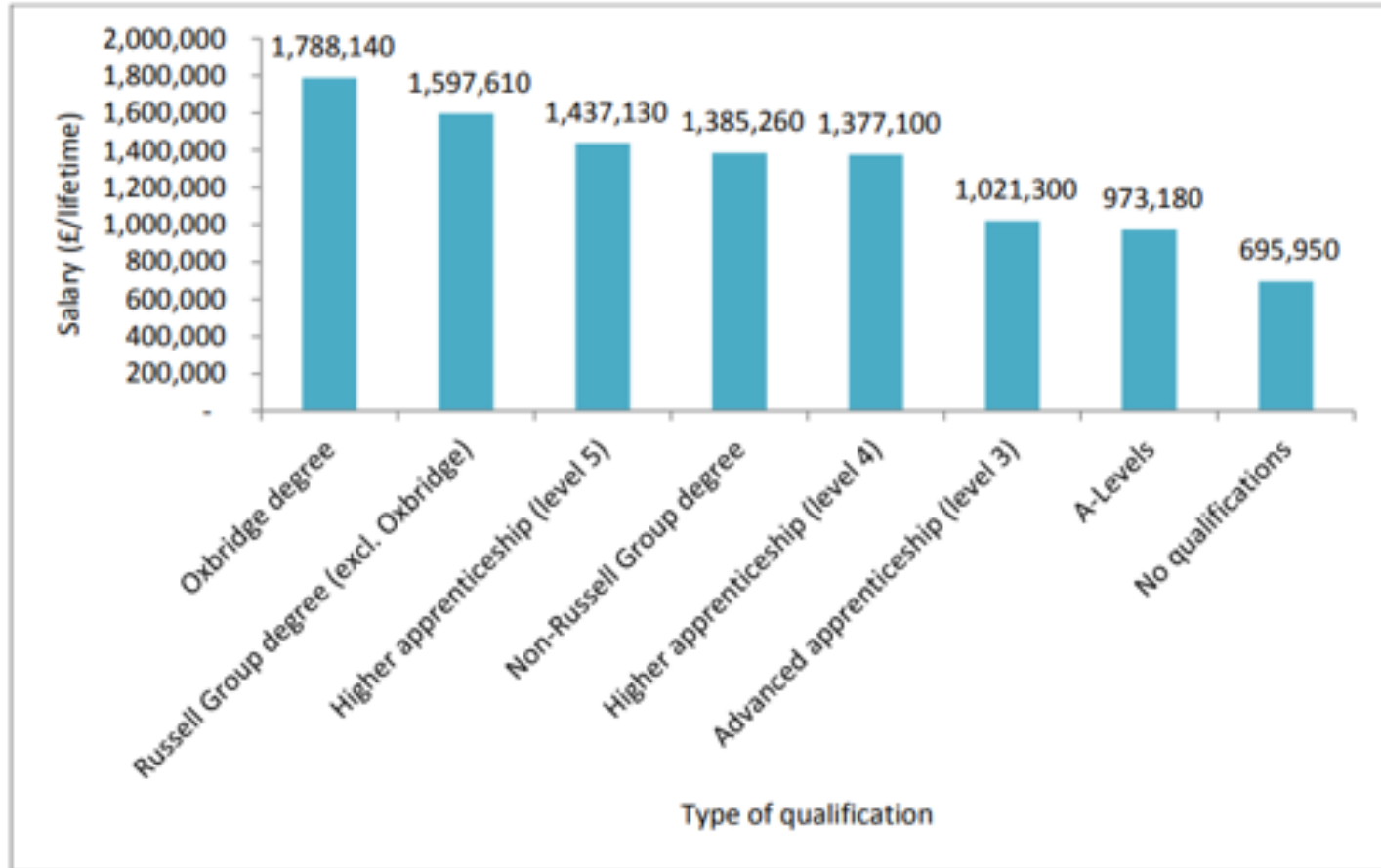


# £1.5million

Average lifetime earnings of a higher apprentice



# Average lifetime earnings by type of qualification:







# Doctor Apprenticeship



Institute for Apprenticeships  
& Technical Education

Search...



COVID-19

Contact us



About

Ensuring  
quality

Occupational  
standards

T Levels

Higher  
Technical  
Qualifications

Apprenticeships

Apprenticeship  
search

Home › About › Newshub › Latest news › New Medical Doctor Degree Apprenticeship launched, delivering a more representative workforce for local communities

## NEW MEDICAL DOCTOR DEGREE APPRENTICESHIP LAUNCHED, DELIVERING A MORE REPRESENTATIVE WORKFORCE FOR LOCAL COMMUNITIES

### Latest news

**New Medical Doctor Degree Apprenticeship launched, delivering a more representative workforce for local communities**

Newsletter

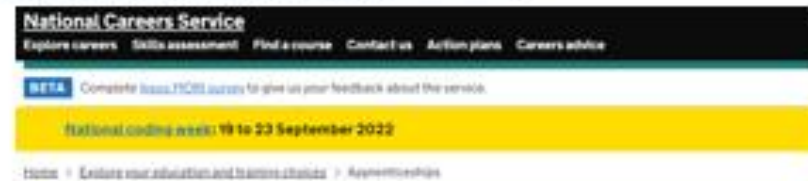
Podcasts

19 July 2022

People wanting to train as a doctor could achieve their degree by an apprenticeship route from September 2023, which aims to widen access and participation in undergraduate medical education and deliver better care to patients through a diverse workforce that is more representative of local communities.

The Medical Doctor Degree Apprenticeship involves the same training, at the same high standard as traditional educational routes. Apprentices will complete all elements of medical education, academic and practical, including a medical degree, the Medical Licensing Assessment and meet all requirements set out by the General Medical Council and will be able to earn a wage while they study.

# Where to find resources:





# Thanks!

## Any questions?

You can find me at [careers@corsham.wilts.sch.uk](mailto:careers@corsham.wilts.sch.uk)

# EMPLOYMENT- BECCA THURSTON



# **THE WORLD OF WORK** ***LIFE AFTER EDUCATION***

Becca Thurston  
Early Careers Manager

**Wessex Water**  
YTL GROUP



# Introduction to Wessex Water

One of 11 regional water and sewerage businesses in England and Wales

Serving 2.8m people across the West of England

One of the top performing water and sewerage company, according to industry regulators

Our mission is to provide outstanding sustainable water and environmental services

Our purpose:

To provide our **customers** and **communities** with excellent service and value for money

To protect and improve the **environment**

To provide our **employees** with the opportunity for personal development and a satisfying career

To provide our **investors** with a fair return for their investment



# The legal position

*The Criminal Justice Court Service Act (CJCSA) defines a child as ‘someone who is under 18 unless they are employed in which case they are not classified as a child if they are 16 or over’.*



# Desperately seeking potential

## Applicants

- Take the lead
- Communicate with adults
- Have, use and check their own email address

## In role

- Motivation and passion
- Awareness of safety
- Ownership of learning
- Mobile phone use





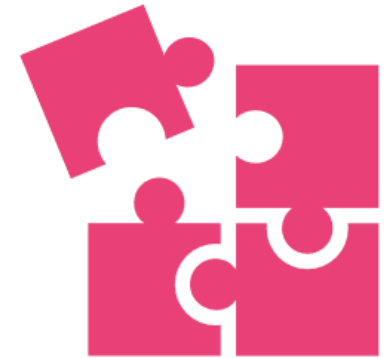
# Competence development



Know it

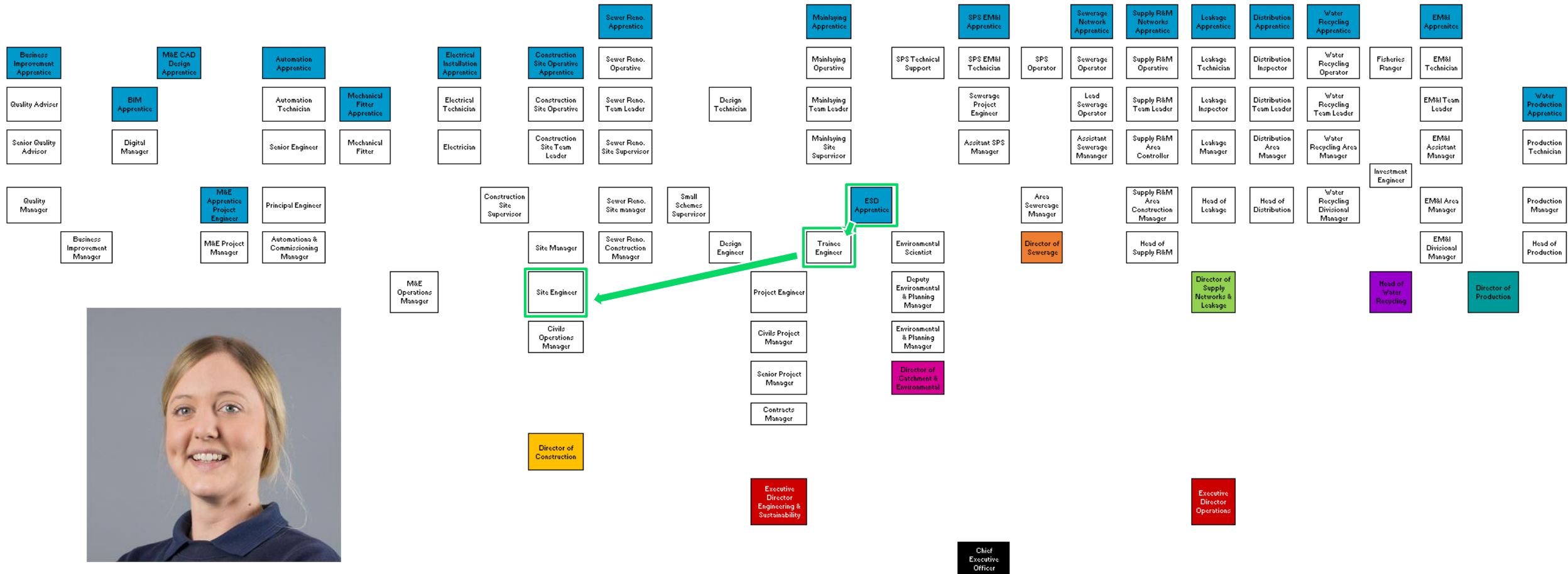


Show it



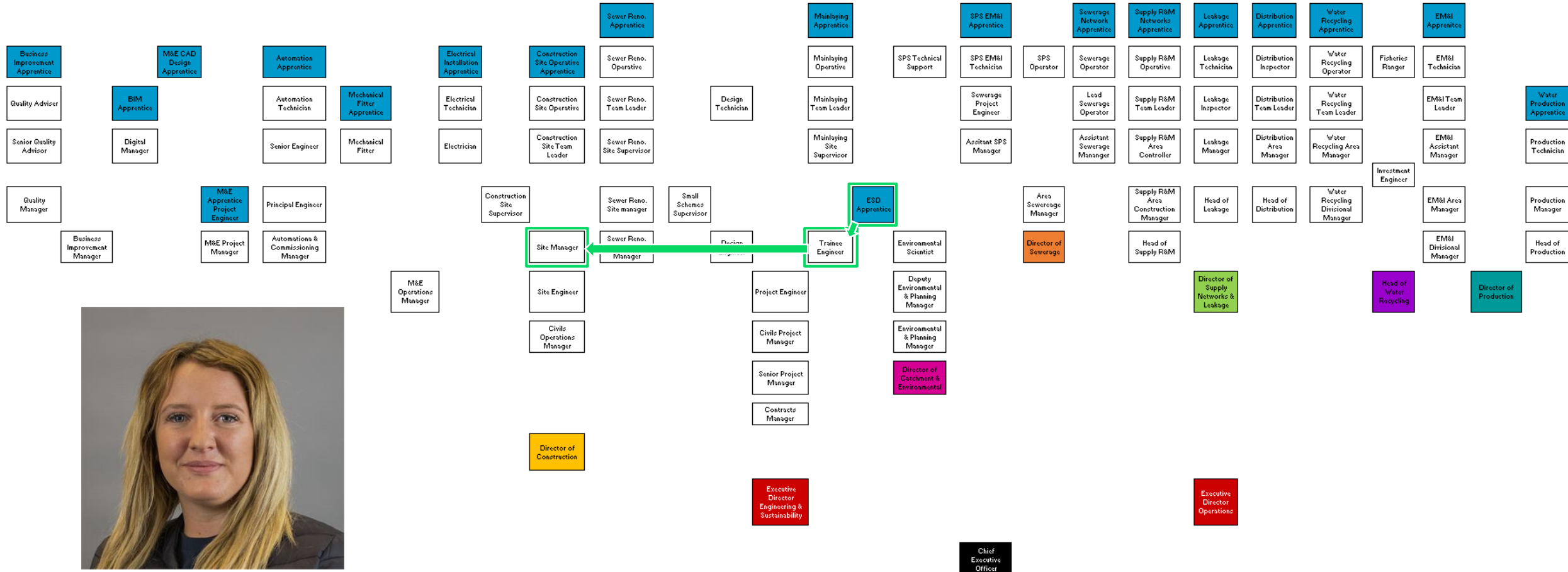
Live it

# Where you could end up ...



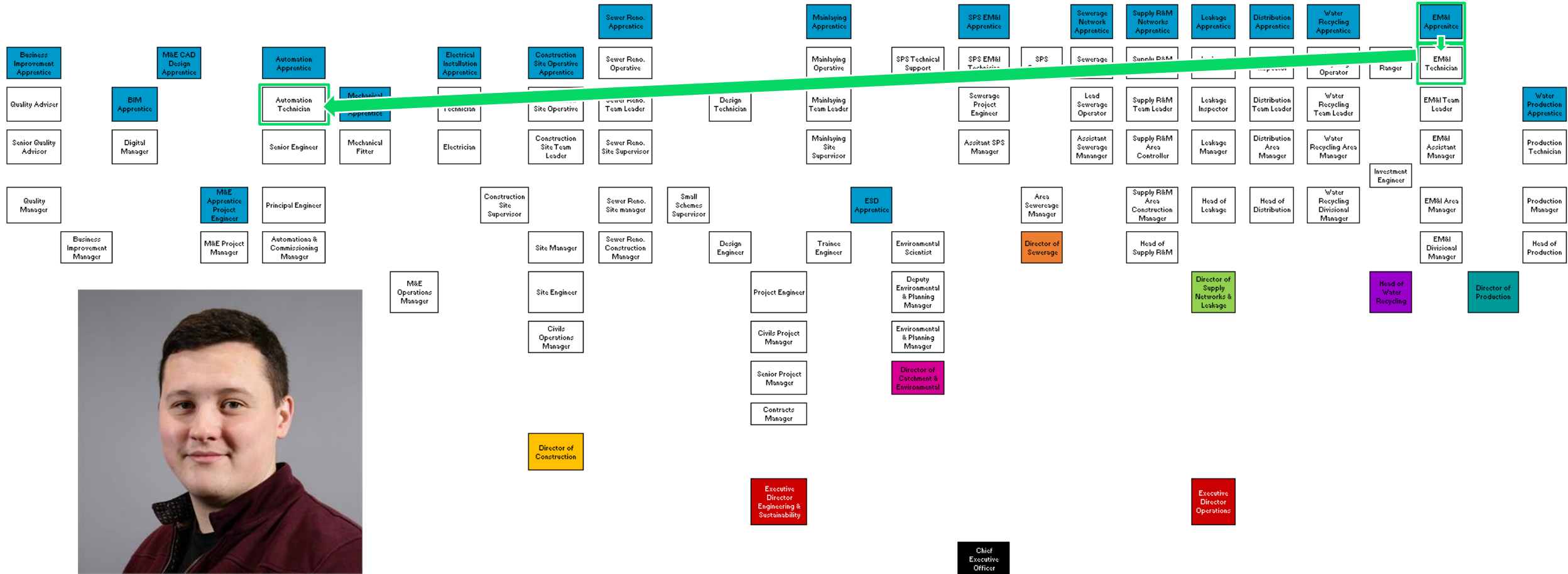
Lauren Violante

# Where you could end up ...



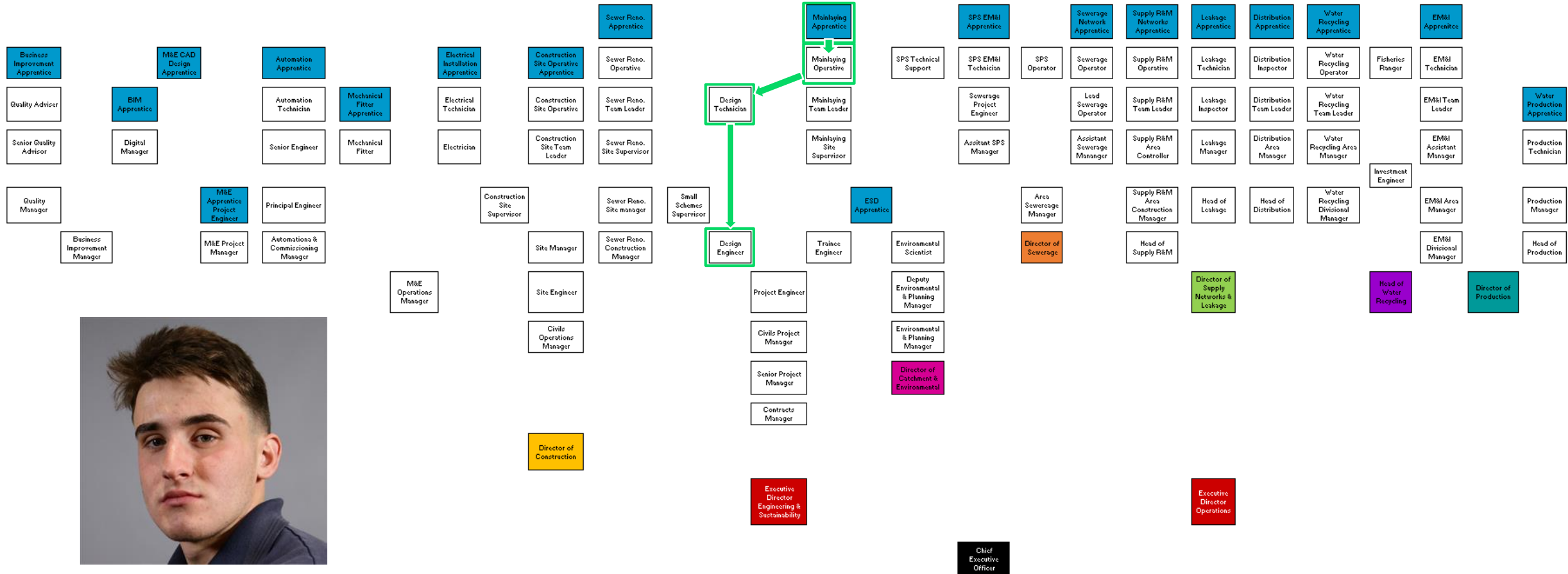
Amber McCrory-Apperley

# Where you could end up ...



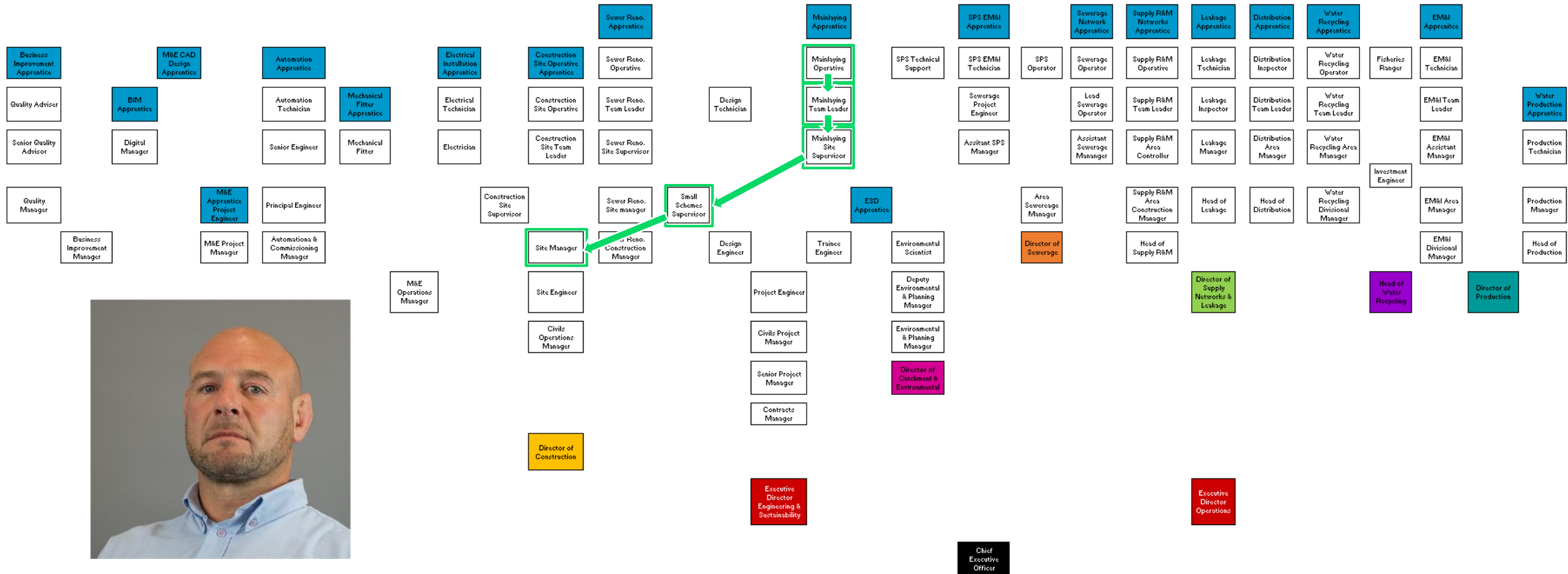
Shaun Clements

# Where you could end up ...



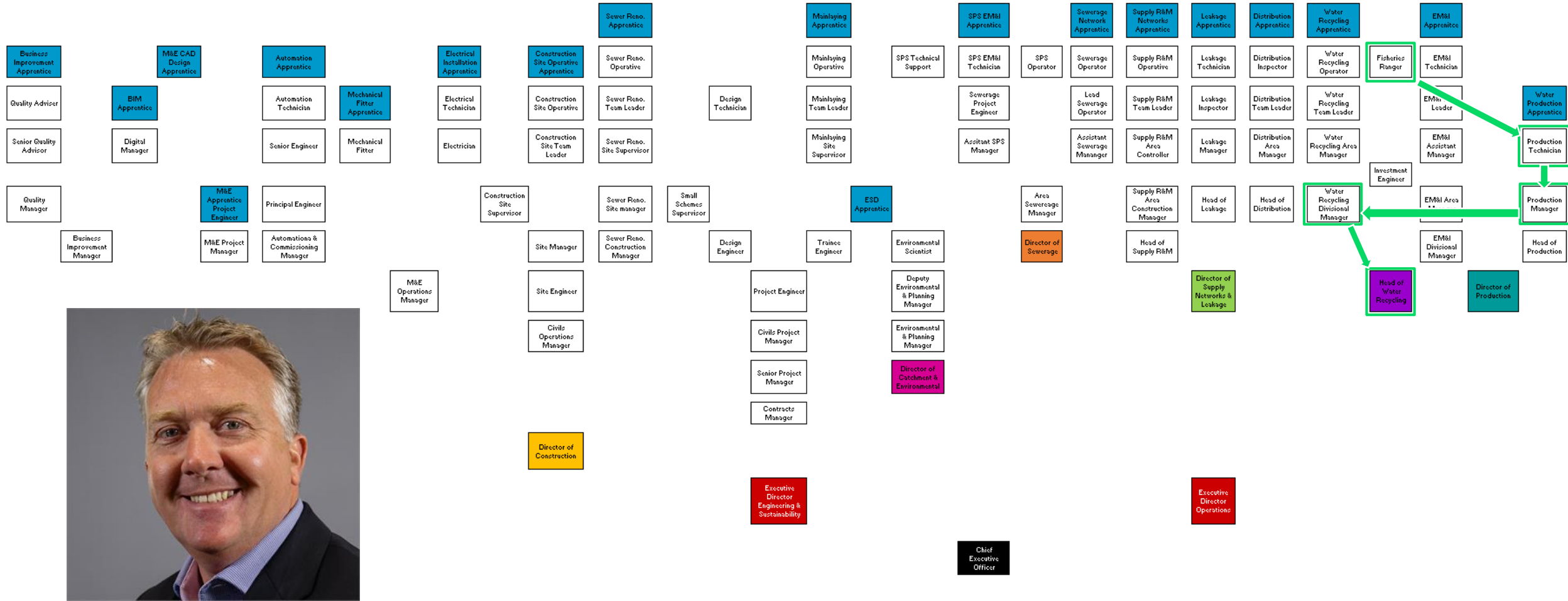
Nathan Storey

# Where you could end up ...



Andrew Cockram

# Where you could end up ...



Paul Knight





# Methods of application

CV and covering letters

Application forms

Questionnaires

Essay responses

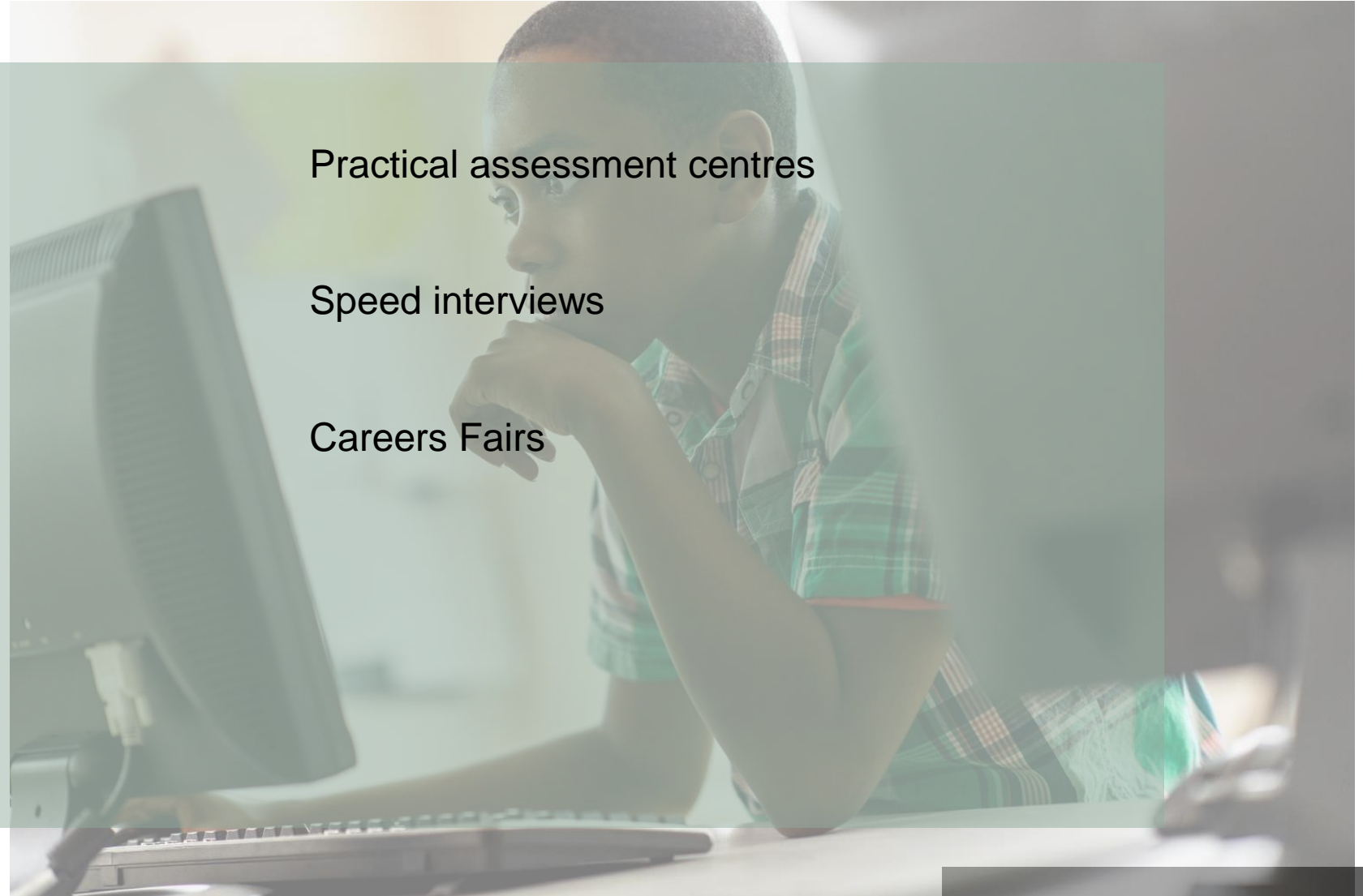
Vlogs

Recorded answers

Practical assessment centres

Speed interviews

Careers Fairs



# Blind recruiting of apprentices...



## Online application form

23 October 2021 - 20 February  
2022



## Virtual technical applications

7 March - 21 March 2022



## Practical assessments

11 - 22 April 2022



## Time to shine interviews

25 - 29 April 2022



## Start date

1 August 2022



## Enrolment day

8 June 2022



## Decision

6 May 2022

# Wessex Water Application

Values

Work environment

Team work

Transport & location

Working conditions

Education

Widening the workforce

## Values

Wessex Water is driven by our BEST Values; Behaviours, Excellence, Service and Teamwork are key to making our business a success. We want to see where you match with our BEST values.

8. Which of the phrases below best describe you? Just pick your top 5. \*

- If I say I'll do something, then I do it (reliable)
- People often talk to me about problems (good listener)
- People trust me with belongings and secrets (trustworthy)
- If there are instructions for something I like to read them (logical)
- I like a good laugh (fun)

## Work environment

10. I'd like to work in the same place every day \*



11. I'd like to work in various places in the same day \*



12. I'd like to work in different places over the week \*



# Preparing for the future

Prepare for alternative methods of recruitment

People skills

Self confidence

Wessex Water Open Day!



# Wessex Water Open Day

## Start your career with a Wessex Water apprenticeship



*Come along to our open day on  
Saturday 22 October 9.30am - 2pm*

Wessex Water, Claverton Down Road, Bath, BA2 7WW

**We're looking for people to join  
our 2023 Talent on TAP technical  
apprenticeships programmes.**

### *What to find at the open day:*

- attend our Welcome to Wessex Water seminar
- meet our recruiting teams
- hear from our current apprentices
- understand post-16 options
- take part in one or more speed interviews
- visit our advice pod
- watch demonstrations and see our innovative tech
- identify how you can turn your favourite school or college subjects into a career.



*This is a family friendly event so please do bring along  
friends and family. We have a cashless café onsite,  
where you're able purchase refreshments and relax.  
We suggest you allow two hours for your visit.*

Book your place [here](#) or by scanning the QR code.



For more information visit  
[wessexwater.co.uk/careers](https://wessexwater.co.uk/careers)



# GAP YEAR- FORMER STUDENTS



## Pros

It could look impressive on your CV

It gives you the opportunity to work and earn

You can pursue other passions

The life experience will help you to feel better prepared for university

## Cons

It can be expensive to fund

You will be a year behind when you return

Transitioning back into full time study can be challenging

If you don't plan ahead, you might not spend a gap year being productive

# SUPPORTING YOUR SON/DAUGHTER

1. Allow time for your child to revise, they may have less time for family commitments when revising.
2. Suggest that they revise in half-hour bursts with short breaks in between.  
<http://www.bbc.com/future/story/20180208-an-effortless-way-to-strengthen-your-memory>
3. Provide them with a quiet space to work if possible, free from distractions ( you might want to “remove” the distraction!)
4. Sit and listen to them if they want to read their work aloud to you.
5. Use the revision guide/ online resource.
- 6. BUT, you cannot do it for them!!!**

# EXAM PREP

## Revision ⌚ POWER HOUR



STEP  
01

Choose a past  
paper question

Google your subject,  
level and exam board  
e.g. "Geography A-Level  
Past Papers AQA"

STEP  
02



Revise  
Spend 20 minutes  
revising what you need  
to know to answer your  
chosen question

STEP  
03



Do the question

Set a timer for 20  
minutes and answer the  
past paper question you  
chose

STEP  
04



Get feedback

Show your teacher your  
work. Ask them whether  
your marking is accurate  
and how you could  
improve your answers

STEP  
05

Mark your answer

Using the mark scheme  
for the past paper mark  
your answer. This will  
help you to think like an  
examiner





# A-LEVEL REVISION TIPS



*A-levels can be overwhelming, but hopefully these tips should make it easier.*

## 1 WRITE A TIMETABLE

It's so simple, the hardest part is sticking to it! If you struggle with consistency just plan out the next couple of days.



## 2 FIND YOUR LEARNING STYLE

Whether it's visual, auditory or kinaesthetic choosing techniques within your learning style will help you understand and remember the information better.



## 3 PAST PAPERS

'Past papers WILL save your life. Do them. Mark them. Get your teacher to mark them for you. Improve. You will thank me later.'

## 4 READ EXAMINERS' REPORTS, MARKING SCHEMES AND EXAMPLE ANSWERS

These help you tailor your answer to what the examiner is looking for. Looking at these regularly and comparing them to your own work will improve your structure and vocabulary. You can find them all online at your exam boards website.

## 5 TAKE BREAKS

Taking breaks enables you to come back to your information with a fresh outlook, making you more productive. It also makes active reading easier and who doesn't want that?

## 6 PRIORITISE

The only way to prevent burnout and you being so stressed out that you cry when your fave gets kicked out the Big Brother house [don't worry we've all been there].



## LOOK OUT FOR SIGNS OF STRESS

One of the key trigger points for high degrees of pressure is when students do not feel that they are in control of their work. Getting organised so that work is not last minute helps to reduce stress. The best way to revise is in short, manageable chunks with breaks in between.

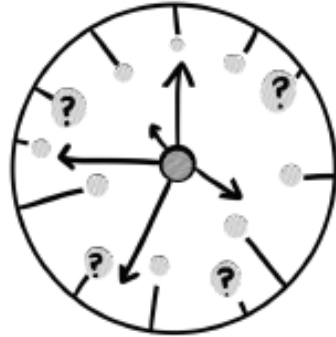
## Dealing with Pressure

Information for parents and carers

PiXL6  
parents in schools

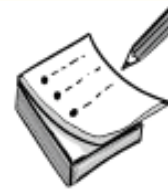


### Did you know?



Increasing numbers of young people are seeking help because of exam-related stress and the pressures of doing well in their academic studies. The NSPCC has reported that there has been a sharp rise in the number of counselling sessions for 16-18 year olds, with many people worried about getting into universities and others concerned about their parents' reactions to results.

Reward effort more than grades - research shows that praising effort gets better results.



### What can you do?

Your child's welfare is really important to us. Learning how to be independent at the same time as considering their own future can sometimes feel overwhelming. Here are some ways that you can help them.

- Sometimes, some quite basic things are really crucial in periods of pressure: your child's mental energy, quality of sleep, ability to rest and recover, how much physical activity they are doing, their nutrition and how they are able to handle stress.
- It is important that they develop a Growth Mindset, looking at goals, motivation, focus and self-belief and understanding that if they cannot do something at the moment, they can persevere and achieve.
- One of the key trigger points for high degrees of pressure is when students do not feel that they are in control of their work. Getting organised so that work is not last minute helps to reduce stress.
- The best way to revise is in short, manageable chunks with breaks in between.
- Although sometimes teenagers like to think they can handle very late nights, that is not what the evidence suggests. Lack of sleep will quickly lead to underperformance and feelings of stress and anxiety. Encourage them to get eight hours sleep a night.
- Research shows that high use of social media is linked to poor mental health. One recent study shows that young adults who used social media heavily were three times more likely to be depressed than occasional users. Another study discovered that young people who exceeded two hours of social media use per day were more likely to claim that their mental health was 'fair' or 'poor' than occasional users.
- Sometimes it is good to take your child out of the house for a break – go for a walk or for a drink, simply to get some fresh air. Experts say that this very simple act can make a difference to our mental health.

For support and advice, go to [www.childline.org.uk](http://www.childline.org.uk)

e: [enquiries@pixl.org.uk](mailto:enquiries@pixl.org.uk) [www.pixl.org.uk](http://www.pixl.org.uk)

better future - brighter hope

# PARENT, GUARDIAN AND CARER GUIDE 2023

Everything you need to support your child  
with their higher education choices

UCAS



2022 - 2023



The Parents' Guide to

# WHAT'S NEXT

THANK YOU

THE  
CORSHAM  
SCHOOL

ACADEMY GROUP



Thank  
You!

- [ecooper@corsham.wilts.sch.uk](mailto:ecooper@corsham.wilts.sch.uk)
- [csage@corsham.wilts.sch.uk](mailto:csage@corsham.wilts.sch.uk)
- [6thform@corsham.wilts.sch.uk](mailto:6thform@corsham.wilts.sch.uk)