

At Worcester Sixth Form College we are keen to ensure that all students achieve positive outcomes and are fully prepared for the future. The ‘Sixth Form Mindset’ recognises the key attributes of a successful student and aims to develop and support these characteristics. The table below outlines the ‘Sixth Form Mindset’ and provides a range of tasks for you to begin to understand and develop these attributes.

The ‘Sixth Form Mindset’ comprises of: Vision, Effort, Systems, Practice and Attitude

Select 8 activities from the table below and record your research in the attached progress record. Please bring your completed record to your first tutorial session.

Mindset Characteristic	3 things I have learned	As a result, I will now....

<p><b>Vision</b> A key part of being successful is having vision. If you know the outcomes that you want to achieve you will be more engaged in your studies.</p>	<p><b>Vision</b> Take the <a href="#">Buzz Quiz</a> to find out about your personality profile. Write a commentary on the findings. Were there any surprises? Does this reflect your personality? Do you think the suggested types of job might suit your personality?</p>	<p><b>Vision</b> In one column, list the characteristics and qualities which you think are your strengths and the types of work you like doing. Next, in a second column, think about the skills that each of your subject choices at WSFC require</p>	<p><b>Vision</b> Download and work through this booklet of skills and careers activities. <a href="https://www.youthemployment.org.uk/dev/wpcontent/themes/yeuk/files/Editable_Skills_Careers_Booklet.pdf">https://www.youthemployment.org.uk/dev/wpcontent/themes/yeuk/files/Editable_Skills_Careers_Booklet.pdf</a></p>
<p><b>Effort</b> This is how much hard work that you do. To be successful on your post 16 courses you must work both inside and outside of the classroom. The expectation is that you will spend the same amount of time working independently as you do in the classroom.</p>	<p><b>Effort</b> Everyone can feel discouraged at some point when it comes to working hard. It is important to recognise the things that stop us working What barriers or blockers are you likely to face at sixth form? Write down five things you are worried about and five possible solutions.</p>	<p><b>Effort</b> 'The Science of Resilience' asks the question 'is resilience in our genes?'. An interesting 28-minute radio programme that is well worth the listen. <a href="https://www.bbc.co.uk/programmes/b07cvhrs">https://www.bbc.co.uk/programmes/b07cvhrs</a></p>	<p><b>Effort</b> If you would like to find out a little more about how we learn and different views on intelligence this BBC documentary is well worth a watch <a href="https://www.bbc.co.uk/programmes/articles/2xhbqsm0NyPLfRzYqNI966M/how-intelligent-are-you">https://www.bbc.co.uk/programmes/articles/2xhbqsm0NyPLfRzYqNI966M/how-intelligent-are-you</a></p>
<p><b>Systems</b> This is how you organise your learning and your time. To be successful you need to have good systems in place for organising and reviewing your work. You will feel calmer and less stressed knowing that you are on top of things and have a clear knowledge of what needs to be done.</p>	<p><b>Systems</b> What does being organised mean? A tidy room, being on time, not forgetting birthdays? Write down five thoughts on what being organised means to you, and then reflect on how well you organise yourself. Then, set</p>	<p><b>Systems</b> Have a look at these top tips aimed at developing good study habits. <a href="https://opportunity.org/learn/lists/10-habits-of-successful-students?gclid=EAIaIQobChMI5Ki4vbef6QIVyOvtCh2ZmADrEAMYASAAEgKYGvD_BwE#.XrLHyahKjct">https://opportunity.org/learn/lists/10-habits-of-successful-students?gclid=EAIaIQobChMI5Ki4vbef6QIVyOvtCh2ZmADrEAMYASAAEgKYGvD_BwE#.XrLHyahKjct</a></p>	<p><b>Systems</b> <a href="https://opportunity.org/learn/lists/10-habits-of-successful-students?gclid=EAIaIQobChMI5Ki4vbef6QIVyOvtCh2ZmADrEAMYASAAEgKYGvD_BwE#.XrLHyahKjct">https://opportunity.org/learn/lists/10-habits-of-successful-students?gclid=EAIaIQobChMI5Ki4vbef6QIVyOvtCh2ZmADrEAMYASAAEgKYGvD_BwE#.XrLHyahKjct</a></p>
<p><b>Practice</b> This is what you do with your independent study time to consolidate your learning. This could involve looking at past papers, mark schemes, and model answers. Completing assignments, undertaking research and completing quizzes to check understanding.</p>	<p><b>Practice</b> Repeated and deliberate practice can improve performance. The following clip outlines Matthew Syed's view on the power of practice <a href="https://www.youtube.com/watch?v=IYs114OntAA">https://www.youtube.com/watch?v=IYs114OntAA</a></p>	<p><b>Practice</b> Thinking about how you learn is important. There are various strategies that you can use to help think hard about your subject content. Have a look at the various resources available at The Learning Scientists.</p>	<p><b>Practice</b> Take the initiative to learn a new skill, for example improve your knowledge of online learning. Microsoft offer a range of free courses at <a href="https://education.microsoft.com/en-us">https://education.microsoft.com/en-us</a></p>
<p><b>Attitude</b> This is having a positive attitude, resilience to setbacks and commitment to your studies. At Worcester Sixth Form College we are a community and as such have high expectations of staff and students.</p>	<p><b>Attitude</b> Write down a time where you have overcome a barrier and shown resilience. How did you feel when you hit the barrier? How did you feel when you overcame it?</p>	<p><b>Attitude</b> 'The Science of Resilience' asks the question 'is resilience in our genes?'. An interesting 28-minute radio programme that is well worth the listen. <a href="https://www.bbc.co.uk/programmes/b07cvhrs">https://www.bbc.co.uk/programmes/b07cvhrs</a></p>	<p><b>Attitude</b> Watch the following clip from the Channel 4 programme Educating Yorkshire. It highlights the value of a positive attitude <a href="https://www.youtube.com/watch?v=XogvI6TP72M">https://www.youtube.com/watch?v=XogvI6TP72M</a></p>