



Progression into Health + Social Care

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I. Reflection

Now that they are over let's think about what you have learnt from your GCSEs:

- How did you learn most effectively in your lessons?

- Do you think that you improved from the beginning of Y10 to the end of Y11? If so, how?

- What was good about your personal organisation? Any lessons to be learnt that you can take into your sixth form studies?

- How well did you cope with the exam period? Consider what worked for you and what you could change.



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II. Your Future Self

Write a letter to your future self with advice on what you wish you had done differently in Year 11. What would you like to hear when you open the letter in 18 months' time?

Write it in a separate Word document and save it with the title, 'Dear Future Me'.

Use the link below to automatically send yourself in the future. You can copy + paste your letter in there.

Set the date to send on Monday 18th July 2022.

https://www.futureme.org/?utm_expid=.xfbSI_PQSt6vPqe1K8Bug.0&utm_referrer=



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III. The Big Issues

There are many, many issues that are currently affecting our NHS and the care or services on offer to us.

The healthcare we are receiving is constantly under pressure and always up against challenges, new and old.

Below are just *some* of the main issues that they face, today.

TASK: Your task is to pick one issue and create a short presentation on it. Your presentation should be no longer than 4 minutes.

You should include:

- What the issue is
- Why it is an issue (why is it a problem?)
- How it effects our society
- What groups of people does it effects specifically (e.g. children, elderly, disabled etc.)
- What (if anything) is being done to resolve the issues/relieve pressure
- Your opinion: what *could* be done to resolve the issues?

The Issues

1. An ageing population
2. Health + social care funding
3. Health + social care workforce
4. Provision + services for mental health



We need to be able to listen as well as speak.

Taking effective notes in class and being able to reference back to those notes is often a new skill in Sixth Form.

Take notes from any websites you visit, and watch [this TED talk](#) for tips on how to present it with confidence!



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IV. Your Mindset

There are A LOT of new things to get used to when you first start Sixth Form: new timetables, new independence, new freedom ("free" lessons woo!), new people, new rules, new classes, new subjects... the list goes on.

It's therefore very common to feel overwhelmed, and feel like this soon after starting in September. However, you are most definitely not alone, even though it might feel like it at times.

There are a few simple things you can do now to prepare yourself for when you come back to us.

Watch [this short video](#), [then this video](#), and [finally this video](#), about how your brain *really* works and why it's important to have a Growth Mindset.

Write down 3 things you can do, or tell yourself, in order for you to start the year strong:

1.

2.

3.



V. Good relationships

It's important that you start to focus on building good relationships with your teachers. The first things to remember are:

- that Sixth Form is something that you have chosen to do (usually over going to college).
- It's a great opportunity to develop those skills that will take you through to university / apprenticeship / career.
- When things feel difficult, or challenging just think about your ultimate goal and go to your teachers for support!

Teachers want to treat you like adults so we can prepare you for life after school, but you also need to show that you are capable of the maturity and respect that enables this.

TASK: Watch these two videos: [Video 1](#) + [Video 2](#).

- As you watch the second video note down Rita's comments about teacher / student relationships.
- How do the approaches of these two teachers differ?
- Let's flip things around: what can **students** learn from this video about working with their teachers?



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Practical things you can do.

Use your teachers to help you make progress

In lessons:

- I. Ask questions: if you don't understand something simply ask. If you don't yet feel confident to ask in class, ask at the end or e-mail them.
- II. When work is returned, you should reflect on it and feel good about what you've done well. You should then search the things that you haven't nailed yet and find ways to fix them.
- III. Use your specifications/teaching content and any checklists you are given at the start of the units to tick the content once you have covered it in class or have revised it. Start the process of being responsible for your own learning. Don't be a passive learner!

Reviews with your teachers/form tutors.

Now you're in sixth form you are likely to have reviews with your teachers about your progress.

- Use these! Come to the meetings prepared!
- What concerns do you have? What are you stuck on?
- Be honest – no excuses, just look for solutions.
- Ask what **you** can do to improve your grade in the next half term.

FINAL TASK:

For the next half term focus on developing these attributes; think about your subject and decide what 3 things you can do to get the most out of each lesson. Share this with your tutor.

- 1.
- 2.
- 3.



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Good luck with your progression projects and preparing yourselves for Health + Social Care in Year 12.

I hope you enjoy all of the tasks that have been set for you and you get a good idea of what to expect and look forward to when we're back.

I look forward to seeing you all in September and in the mean-time, if you have any questions, please contact me on dubras@haileyburyturnford.com ☺

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