



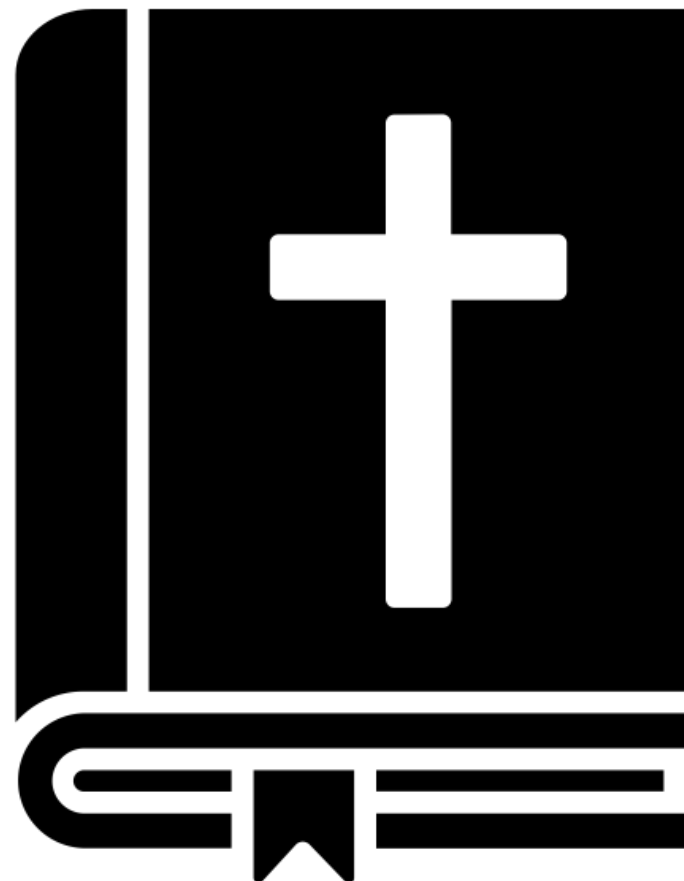
Christ the King  
Catholic Voluntary Academy

# Post-16 Essentials for Success

Supporting you to achieve your potential



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COMMUNITY • ACHIEVE • RESPECT • ENCOUNTER



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**Our faith in Jesus Christ is the centre of our community at Christ the King, primarily through the core message of Jesus:**

***“Love your neighbour as you love yourself.”  
(Luke 10:27)***

We are very blessed to have a beautiful Chapel that is accessible for all staff and students at Christ the King, giving each and every person the opportunity to explore their faith and pray in a way that they know how, with the support of Jesus Christ who is present in our Tabernacle.

# Chaplaincy at Christ the King





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## Welcome from the Chaplains – Beth and Vicky



Beth



Vicky

### How can you support our work?

You can support us by signing up to join the Chaplaincy Team, to be a form prayer rep and to come on any of the retreats that we offer over the year. The roles that we support in school allow our young people to grow in confidence, leadership and faith.

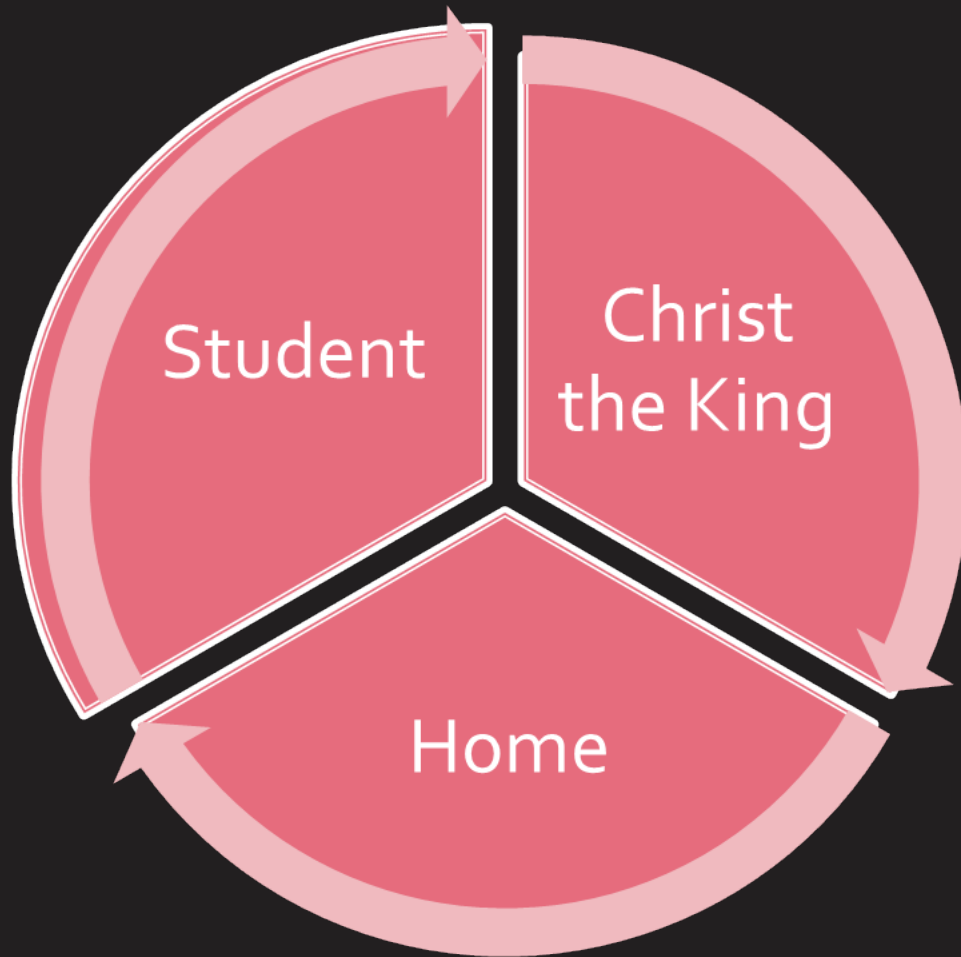
You are welcome to join us for our monthly Masses – these usually take place on the first Friday of each month. At the end of each term, we hold a Celebration of the Word or a Mass at Good Shepherd Church. We send out a livestream link to ensure that you can participate online – please feel free to watch these and to join us in prayer.

We believe that each student brings their own unique gifts and talents to our school community. With your support and encouragement, we hope to help each student to discover and develop their gifts, enabling them to grow in their faith and make meaningful contributions to both our school and the wider community.





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# The Ingredients of Success

Neil Reddington,  
Head of Sixth Form

[nreddington@christtheking.notts.sch.uk](mailto:nreddington@christtheking.notts.sch.uk)





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# 1. Supporting Your Future





## Essential 1. Aim High

- What do you want to do post-18?
- What do you need to do to get there?
- Are you planning now and taking the initiative?
- Have ambitious goals and understand the steps you need to take to get there!





# Start With a Destination in Mind

- Universities and Colleges Admissions Service (UCAS).
- Careers and Apprenticeships
- Tutor Programme
- What else we do to support careers choices.
- Where you can find additional support.







YEAR 12	Time	FRIDAY P1 WEEK B	YEAR 13	Time	MONDAY P2 WEEK A
13/9	9.00-10.00	NR- INTRODUCTION	16/9	10.20-11.20	NTU- Personal Statements
27/9	9.00-10.00	DANCOP- LEARNING TO WORK.	30/9	10.20-11.20	Yip Yap- Gap Years
11/10	9.00-10.00	DANCOP- LEARNING TO WORK.	14/10	10.20-11.20	DANCOP- Goal Setting and Self-Effiicacy
		HALF TERM			
8/11	9.00-10.00	DANCOP- LEARNING TO WORK.	11/11	10.20-11.20	DANCOP- Critical Thinking
22/11	9.00-10.00	DANCOP- LEARNING TO WORK.	25/11	10.20-11.20	DANCOP- Resilience
6/12	9.00-10.00	NR- Evaluating My Options	9/12	10.20-11.20	DANCOP- Finance and Budgeting
20/12	9.00-10.00	No session- Christmas Liturgy Preparation	NO SESSION		
		CHRISTMAS			
17/1	9.00-10.00	NTU- Researching My Options	6/1	10.20-11.20	New Year Resolutions and Habits- NR
31/1	9.00-10.00	NTU- The UCAS Process	20/1	10.20-11.20	Year 13 mocks wc 22/1= Mock Preparation session
14/2		TRUST INSET	3/2	10.20-11.20	NTU- Student Finance
		HALF-TERM			
28/2	9.00-10.00	Uni of Nottm- Applying to Competitive Universities	3/3	10.20-11.20	NTU- Stress Less
14/3	9.00-10.00	Uni of Nottm- Student Life	17/3	10.20-11.20	NTU- Results Day and Clearing
28/3	9.00-10.00		31/3		
		EASTER			
25/4	9.00-10.00	NTU- Personal Statement Workshop	28/4		





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## Additional Careers Support for Years 12 and 13

- Tutor Time Post-18 Pathways Programme focusing on careers options.
- Careers focused lessons developing employability skills: Interview skills, Personal Statement and CV Workshops.
- Work experience week.
- Opportunities to visit universities and attend summer schools are shared weekly with students via e-mail.



# Additional Sources of Guidance

- National Careers Service: 0800 100 900
- <https://nationalcareers.service.gov.uk/>
- <https://www.gov.uk/apply-apprenticeship>
- <https://www.ucas.com/understanding-apprenticeships>
- <https://www.ucas.com/which-apprenticeships>
- <https://www.movementtowork.com/>





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## 2. Independence and the Challenge of A Levels



## Essential 2. Make the Most of Your Time

	Mon	Tues	Wed	Thurs	Fri	Sun
P1						
P2						
P3						
P4						
P5						
3.05 – 4.05						
4.05 – 5.05						
7.30- 8.30						

### Year 12:

9 hours a week

39 weeks

351 hours of study

70 full school days

### Year 13:

9 hours a week

29 weeks

261 hours of study

52 full school days





## Essential 2. Make the Most of Your Time

- Planning and Organisation- Revision timetables, prioritising.
- Flipped Learning and Chunking.
- Interleaving and Creating Flashcards.
- Current Tutor Time Programme on Study Skills.
- Keep Revisiting.
- Read ahead.
- Learn from your mistakes.
- Ask for help and communicate





## **Essential 3. Embrace the Challenge and Look After Yourself**

- Stretch yourself beyond your comfort zone and learn from your mistakes.
- Look after your wellbeing: rest, sleep, exercise, diet, read.
- Limit social media.
- Prioritise your time and energy: limit part-time jobs and link their skills and content to any post-18 options.
- Make time for your hobbies.







Ensure you keep a balance:

- Mental wellbeing, where to ask for help, physical wellbeing.
- Diet
- Limit any paid work you do. Look for ways to link this to your post-18 options.





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# Welcome to the Sixth Form Team

- **Mr Reddington-Head of Sixth Form** nreddington@christtheking.notts.sch.uk
- **Mr Hudson- (6L Dymphna)** jhudson@christtheking.notts.sch.uk
- **Mrs Hainsworth- (6H Elen)** ehainsworth@christtheking.notts.sch.uk
- **Mr Arnold-Murray- (6W Bernadette)** parnold-murray@christtheking.notts.sch.uk
- **Mr McGahey- (6C Thomas)** jmcgahey@christtheking.notts.sch.uk
- **Mrs Gamble - (6I William)** jgamble@christtheking.notts.sch.uk





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	House AOW	Student led AOW	VESPA SOL	VESPA SOL	Care Points, complete the CARE Charter
AFTERNOON	Weekly Organisers	Quiz	Mindfulness- Colouring and Wellbeing SOL	Tutor Reading Programme- Tutor Time Support	Interform Quiz





## **Essential 4. Ask for Help: Be Pro-Active and Communicate with the Sixth Form Team**

- Tutors
- Subject teachers
- Mr Reddington





## CTK 6th form – thriving and surviving top tips

- 1. Balance your time** – between homework, revision, friends, family, jobs etc
- 2. Good relationships with parents/carers** – don't stress yourself out with extra arguments
- 3. Be organised** – have folders and dividers for each subject
- 4. First year counts** – you will be tested on everything you have learned in two years time so pay attention
- 5. Make the most of opportunities presented** – get involved.





# Top Tips from our Head Students

## **Be organised**

Folders, dividers, plan your frees, pre read before lessons

## **Don't leave revision last minute**

Create resources as you learn, keep recapping lessons

## **Practice questions.**

Complete as many past papers as possible, look at mark schemes & examiners comment

## **Use different revision techniques**

Vary your learning, flash cards, mind maps ,summary posters, pictures, models

## **Have a bit of fun**

Have breaks, do something you enjoy. If you overwork.. NOTHING WILL GO IN





# Key Dates for Year 12

Date	Event
<b>ONGOING</b>	Virtual Careers and Apprenticeships Fairs
<b>26th February</b>	Parents' Evening
<b>23rd June</b>	Year 12 Mocks Begin
<b>21<sup>st</sup> July</b>	Work Experience Week



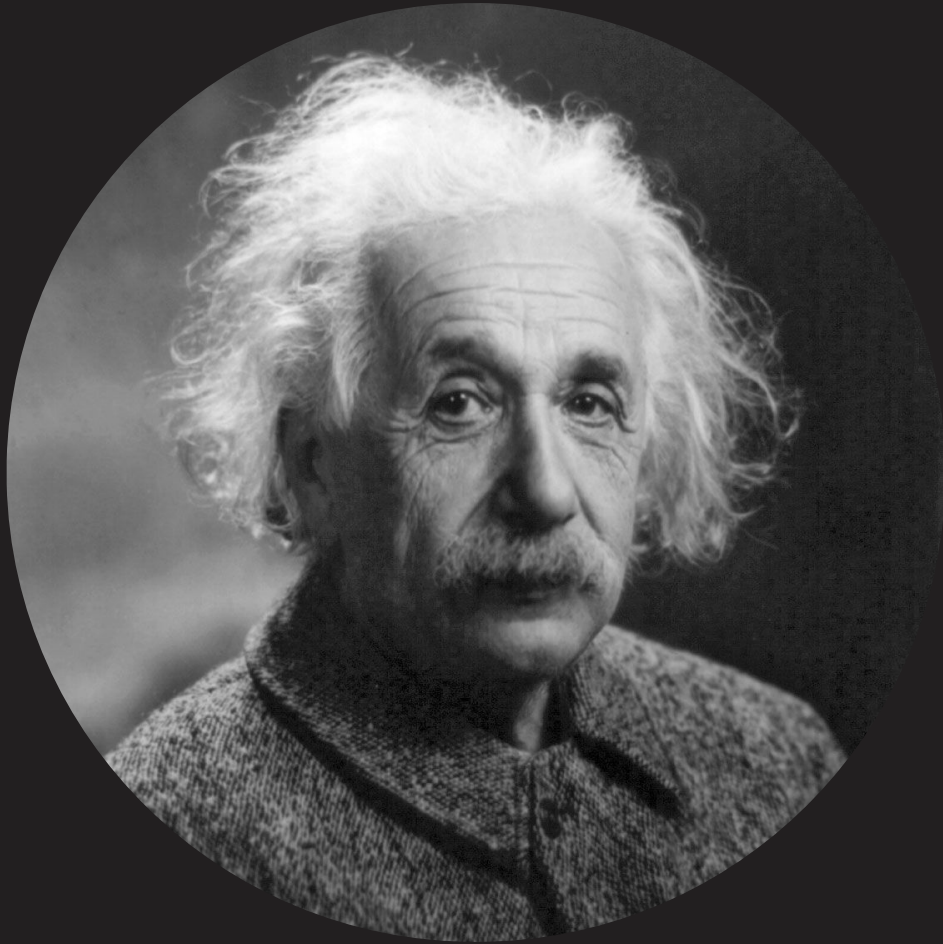


# Key Dates for Year 13

Date	Event
<b>15th October</b>	UCAS Deadline: Oxbridge, Medicine, Veterinary Medicine/ Science and Dentistry
<b>8th November</b>	CTK UCAS Completion Deadline
<b>29th January</b>	Official UCAS Deadline
<b>26<sup>th</sup> February</b>	Parents Evening
<b>wc 20<sup>th</sup> January</b>	Year 13 Mock
<b>May</b>	A Levels start
<b>3rd July</b>	Year 13 Prom- Colwick Hall
<b>14<sup>th</sup> August</b>	A Level Results Day



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**“It’s not that I’m so  
smart – it’s just that I  
stay with problems  
longer”**

*Albert Einstein*