



Christ the King
Catholic Voluntary Academy

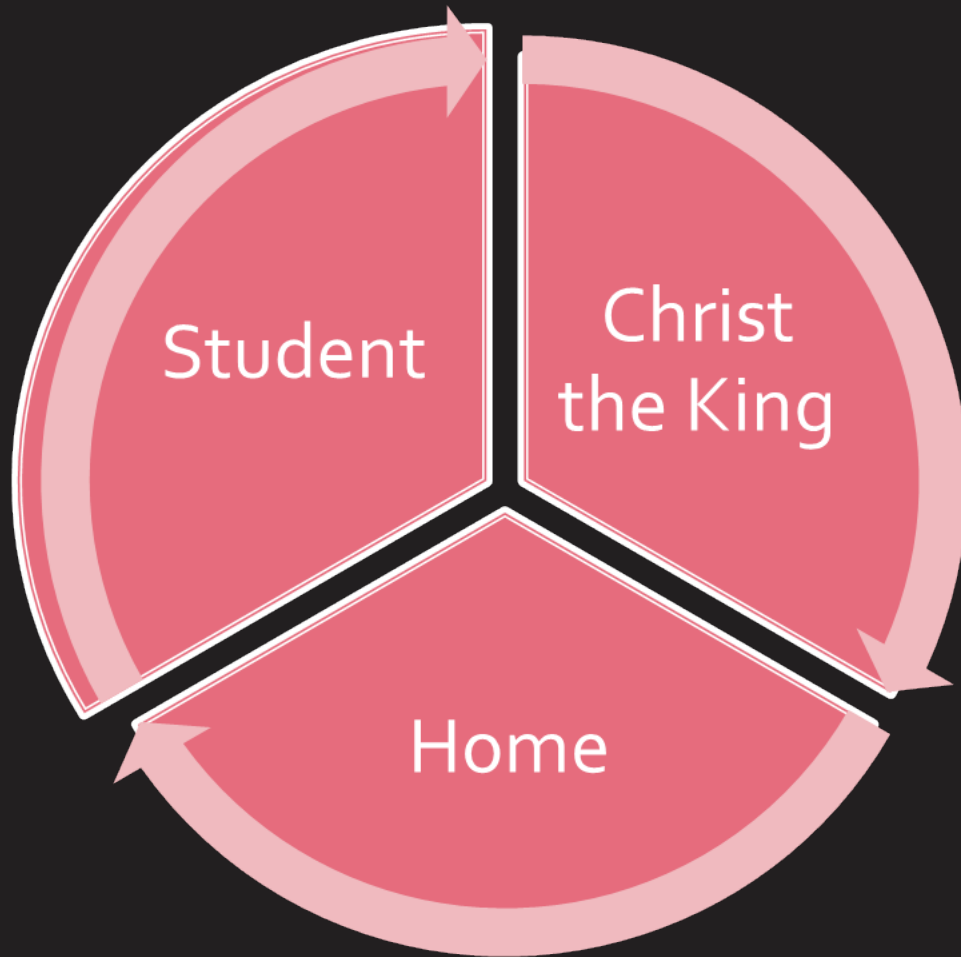
Post-16 Essentials for Success

Supporting you to achieve your potential

COMMUNITY • ACHIEVE • RESPECT • ENCOUNTER



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The Ingredients of Success

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Head of Sixth Form

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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.





Personal Development 2025

12/9	DANCOP- Time Management	6/3	NTU The UCAS Process
10/10	Learning to Work- DANCOP	20/3	Student Life- Uni of Nottingham
	Learning to Work- DANCOP	17/4	Uni of Nottingham- Applying to Competitive Universities and Student Life
21/11	Learning to Work- DANCOP	1/5	Uni of Nottingham- Crafting your personal statements
	Learning to Work- DANCOP	15/5	DANCOP- Revision and Exam Preparation
19/12	DANCOP- Reflection for Learning	5/6	Register Be a Lifesaver UCAS Fair- Sheffield 5/6
	NTU Researching My Options		10.7 NTU Campus Visit
30/11	Y11 Interview Day	17/7	WORK EXPERIENCE





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Additional Careers Support for Years 12 and 13

- 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.
- 1-1 interviews with our careers advisor



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
- **Mrs Stanley – Assistant Head of Sixth Form** lstanley@christtheking.notts.sch.uk
- **Mrs Hainsworth- (6C)** ehainsworth@christtheking.notts.sch.uk
- **Mr Hudson- (6T)** jhudson@christtheking.notts.sch.uk
- **Mrs Lewis- (6K)** rlewis@christtheking.notts.sch.uk
- **Mrs Myatt- (6K)** amyatt@christtheking.notts.sch.uk





	<u>AM</u>	<u>PM</u>
<u>MONDAY</u>	<u>Student Notices</u> <u>Weekly Organisers</u>	<u>Mindfulness</u> <u>Year 12 Check Ins</u>
<u>TUESDAY</u>	<u>Unifrog- U10, R2, E7</u>	<u>Tutor Group Quiz</u>
<u>WEDNESDAY</u>	<u>Virtual Student- KCSIE</u>	<u>6th Form Celebration of the Word- Hall</u>
<u>THURSDAY</u>	<u>Student led Celebration of the Word</u>	<u>Year 12 Reading Support in the KS3 Forms</u> <u>Year 13 Wellbeing Check Ins</u>
<u>FRIDAY</u>	<u>Care Points</u> <u>Attendance Data</u>	<u>Interform Quiz- Common Room</u>





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

- Tutors
- Subject teachers
- Mr Reddington and Mrs Stanley





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.





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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
25th February	Parents' Evening
22nd June	Year 12 Mocks Begin
13th July	Work Experience Week



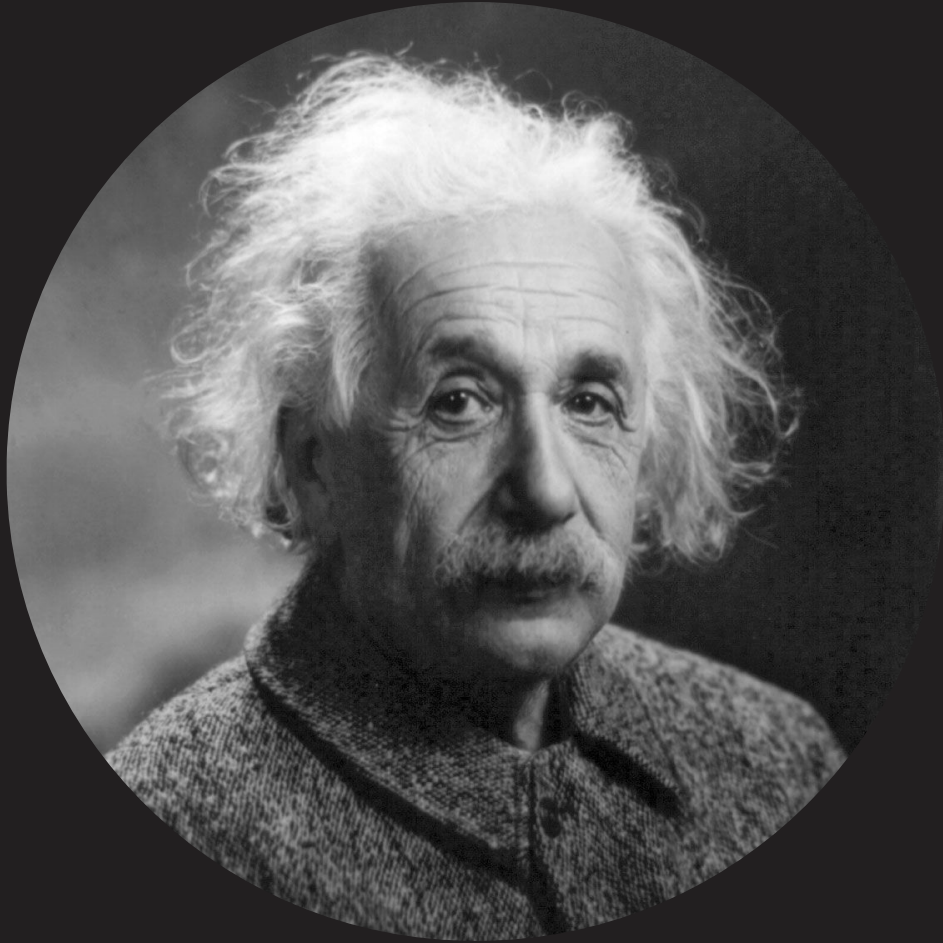


Key Dates for Year 13

Date	Event
15th October	UCAS Deadline: Oxbridge, Medicine, Veterinary Medicine/ Science and Dentistry
17th November	CTK UCAS Completion Deadline
14th January	Official UCAS Deadline
25th February	Parents Evening
W/ 19th January	Year 13 Mock
May	A Levels start
13th August	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