



Christ the King
Catholic Voluntary Academy

Post-16 Essentials for Success

Supporting you to achieve your potential



COMMUNITY • ACHIEVE • RESPECT • ENCOUNTER



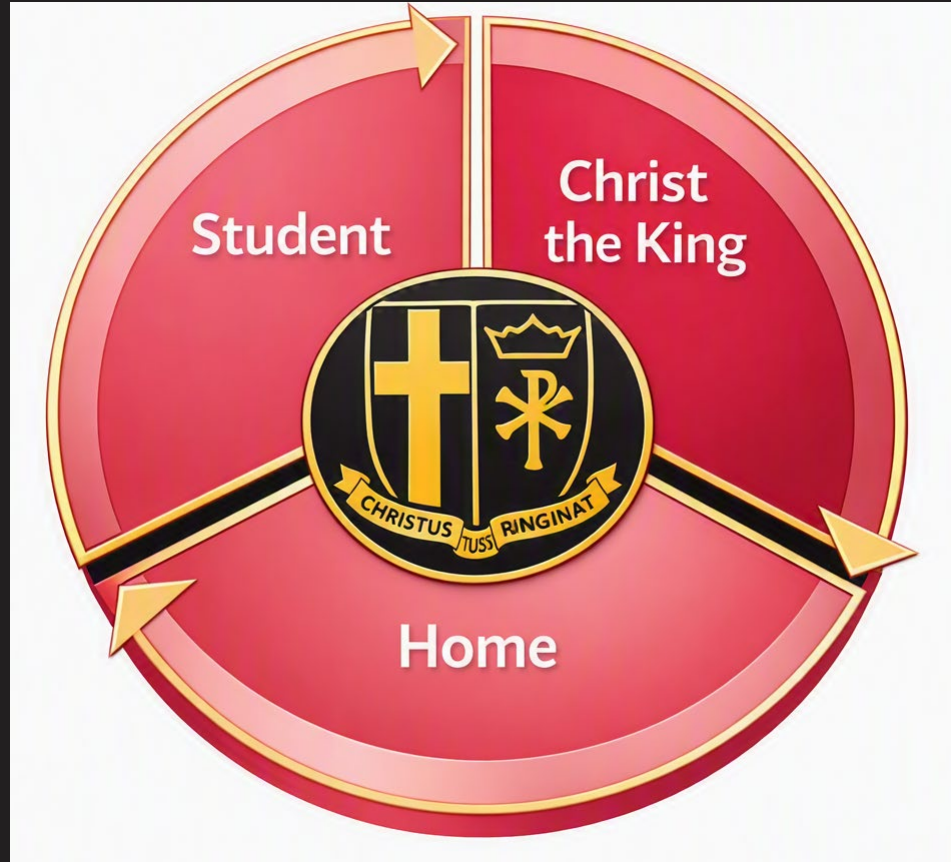
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The Ingredients of Success

Neil Reddington,
Head of Sixth Form

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Welcome to the Sixth Form Team

- Sixthform@christtheaking.notts.sch.uk
- **Mr Reddington-Head of Sixth Form** nreddington@christtheaking.notts.sch.uk
- **Mrs Hainsworth- (6Christopher)** ehainsworth@christtheaking.notts.sch.uk
- **Mr Hudson- (6Tabitha)** jhudson@christtheaking.notts.sch.uk
- **Mrs Lewis- (6Kateri)** rlewis@christtheaking.notts.sch.uk
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1. Aim High

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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.





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. Make the Most of Your Time





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



What To Do in Non-Contact Lessons

Homework & Flipped Learning



- Complete Homework
- Prepare for Next Lessons
- Review Class Content
- UCAS, Personal Statements, Apprenticeships

Supercurriculum



- Wider Reading
- Watch, Listen, Research
- Independent Academic Exploration

Knowledge Organisers



- Self-Quizzing
- Retrieval Practice
- Strengthen Long-Term Memory

CARE Charter



- Leadership Habits
- Service
- Personal Development
- Character Formation



SuperCurriculum

<https://www.christtheking.notts.sch.uk/sixth-form/super-curriculum/>





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



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3. Embrace the Challenge and Look After Your Wellbeing





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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4. Communicate





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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





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.



Key Dates for Year 12

Date	Event
24th February	Parents' Evening
21st June	Year 12 Mocks Begin



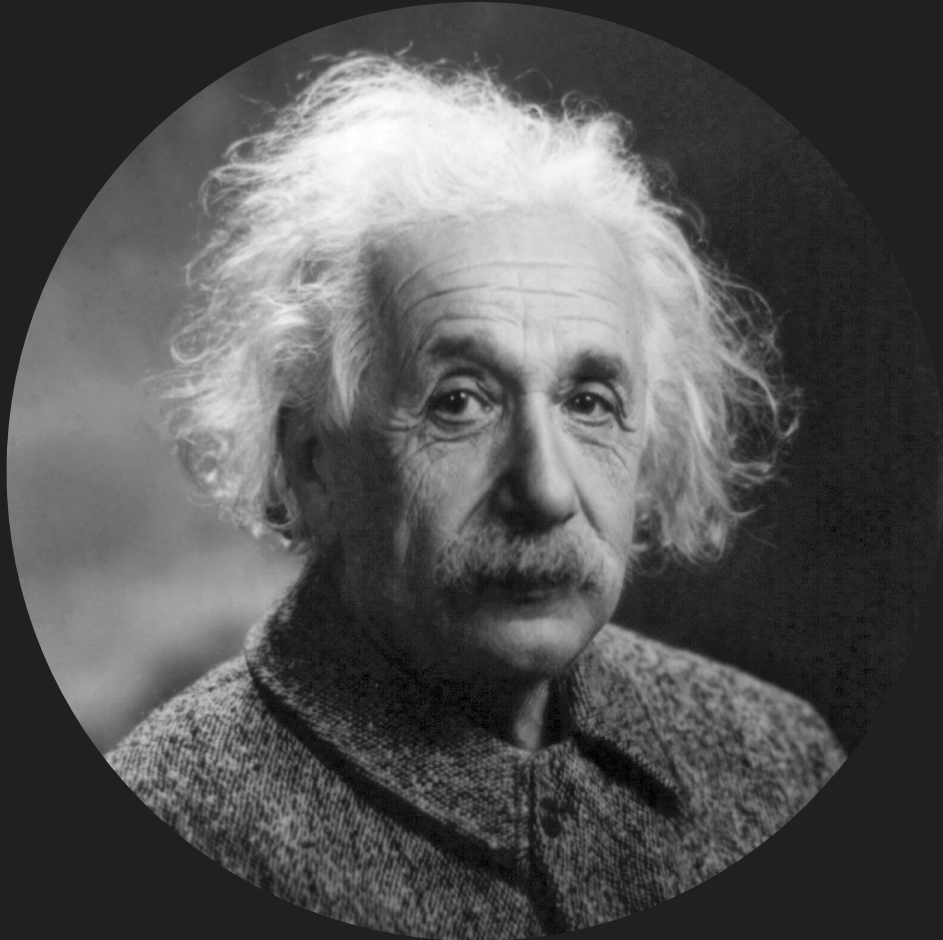


Key Dates for Year 13

Date	Event
14th October	UCAS Deadline: Oxbridge, Medicine, Veterinary Medicine/ Science and Dentistry
2nd November	CTK UCAS Completion Deadline
24th February	Parents Evening
W/ 18th 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

