

# Exeter School Futures Programme

A guide to the Autumn Term 2019 for Lower Sixth Pupils

## L6 Autumn 2019

# Looking to your Future

## Introduction

The Sixth Form at Exeter School is much more than simply a place to study for A Levels. We offer a number of high quality and wide ranging opportunities for L6 pupils which focus on preparing you for life beyond Sixth Form.

The grades obtained in your A Level subjects will be key to gaining entry into Higher Education and to careers beyond. But it does not stop there! In addition to your A Levels, there are a number of important skills you need to develop in order to ensure your desired future options remain open to you.



It begins with training in management, leadership and teamwork. Many Sixth Formers are given jobs of responsibility in helping to run the school: as prefects, or wellbeing ambassadors, in the CCF, in clubs, societies and the Digital Council, within the House system, and in school teams. Employers, choosing between several applicants, look for those with the most well rounded personalities. Alongside good exam results it is an advantage to be able to have hard evidence of skills such as:

- an ability to accept responsibility and to carry out tasks reliably
- an ability to work as part of a team
- an ability to think and act independently of instruction or supervision
- an ability to lead junior pupils and those from their peer group

These positive qualities are precisely those which all pupils are encouraged to develop as Sixth Formers.

# The Futures Programme

The Futures Programme is designed to help to ensure you have all the necessary skills and understanding to succeed in life after Sixth Form. As part of the programme we are offering a series of optional lectures, workshops and other activities focused around further developing three key strands, each one an essential part of your next steps beyond Exeter School:

## University

Including guidance on course and university choices, and understanding the UCAS application process. This includes our successful programme for pupils who wish to apply for very competitive courses and/or highly selective universities.

## Careers

Including understanding the full range of the careers options open to pupils and the nature of the modern labour market. It also includes several opportunities to receive specialist careers advice from those already working in their desired field.

## Employability

Including the development of appropriate and desirable skills, attitudes, and values. This strand includes practical workshops (such as CV preparation, interview skills, communication skills, etc) as well as broader sessions on leadership and wellbeing, and various support and enrichment opportunities.

Most of the activities on offer as part of the programme are entirely **optional**. A key element of the Futures Programme is the concept of allowing you to **plot your own path**, to choose which activities to attend and which ones to miss.

The activities on offer as part of the Futures Programme will usually take place during **Tuesday afternoon** (periods 7&8). Activities for the Autumn Term are listed on page 5.

And don't forget - throughout your time in Sixth Form, you can always access the latest information on Higher Education and careers either in the Library or the Sixth Form Centre. Additionally, updated and useful links and advice can be found on the related school intranet pages. Higher Education Advisor Mr Chitnavis and Careers Advisor Mrs Cheesman are always able to offer guidance and advice at any point during the year.

# Futures and the Extended Project Qualification

A reminder that the Extended Project Qualification (EPQ) is a two-year course based on independent study and tutorials. It develops many of the same themes as other activities as part of the Futures Programme. Pupils completing the EPQ are required to plan, research, write, reference, edit and present a 6000-word dissertation. The topic/title is chosen by each pupil but would normally be related to one or more of their A Level subjects or proposed course of study at university.

All pupils completing the EPQ will need to be highly self-motivated and need to possess (and be willing to improve) the skills of independent learning and study required to produce this in-depth piece of work. The real value of the EPQ lies outside of the fact that it is an AS Level. It provides evidence at interview (and on the UCAS form) of undertaking a serious piece of in-depth academic work in field chosen by each pupil.

For L6 pupils who have opted for the EPQ, it is important to note that the taught sessions take place during the Futures Programme (**period 7 on Tuesdays, starting on 24 September**). These sessions may vary in duration, but are normally limited to the Autumn Term, and are followed by more flexible tutorial-type meetings.

For more information about the EPQ, please see Ms Hodgetts (JRH).

## Choosing Your Activities and Maintaining the Right Balance

Over the two years in the Sixth Form you are the architect of your own Futures Programme, designing your path through your own special and unique series of different activities.

**You do not have to attend any of the Tuesday afternoon activities unless you want to.**

If you do wish to take part in one or more of the Tuesday afternoon activities, caution is needed. Adjusting to life in Sixth Form can offer challenges to some pupils and it is important to get the balance right. Mixing your A Levels, with your other commitments (sport, CCF, music, drama, DoE, etc), along with too many Futures activities will not be in your best interests. Your Head of House will talk through the best options for you.

We offer several activities more than once during the Autumn Term, and again in the Spring and Summer terms - depending on the popularity of each of the activities offered. However, some Futures activities may be over subscribed and we may not be able to provide you with all of your choices (especially if you are completing the EPQ).

Please see the 'L6 Futures Programme 2019/20 Outline' for details on all we hope to offer you this year.

# Autumn Term 2019 - Activities

We are offering the following activities for the Autumn Term. *Remember, you choose your own path and you do not have to sign up to any of these unless you wish to and make sure you discuss options with your Head of House!*



## Developing Perseverance

Ever felt that you haven't applied yourself fully to something when you know you could have done better? Ever procrastinated? Ever fallen short?

There is plenty of recent research and information about the importance of developing perseverance and how to go about it.

These sessions will give an introduction to perseverance, mindsets and resilience and begin to explain how these aspects fit together and apply to you as learners. You will be able to have a go at a variety of problem solving exercises whilst considering and trialling different strategies.

Having the opportunity to practise these life skills in a supportive environment now will hopefully enable you to flourish throughout the rest of your journey at Exeter School, while at university and for the rest of your lives.

Activity Leader	Number of Sessions
Dr Wilson (JLW)	Note this workshop is available at two different times 3 (25 Sept - 9 Oct inclusive) 3 (26 Nov - 10 Dec inclusive)



## Writing the perfect CV

These sessions are designed to walk you through what you need to include in the perfect CV. Including the best order for items, what skills to highlight and the variety of formats out there.

It will include activities to help build your CV and time in the ICT suite to work on perfecting it!

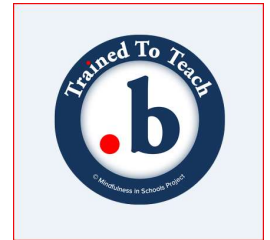
Activity Leader	Number of Sessions
Mrs Cheesman (RUC)	Note this workshop is available at three different times 3 (1 - 15 Oct inclusive) 3 (5 - 19 Nov inclusive) 3 (26 Nov - 10 Dec inclusive)



## Mindfulness (.b)

Mindfulness is about training our attention. It trains you to keep your attention on what is actually happening now rather than having your mind spinning off into worries about what has happened, or what might happen. It trains us to ‘respond’ skilfully to whatever is happening right now, rather than ‘reacting’, be that good or bad.

The mindfulness techniques that you will learn help train your mind to do this, for example learning how to drop attention to your feet and feeling your breathing. You focus on the physical sensations in different parts of your body, and this stops your mind getting carried away. It has known psychological and physical effects. Brain imaging studies show that mindfulness practice reliably and profoundly alters the structure and function of the brain to improve the quality of thought, feeling and concern for others. Many large corporations have been incorporating practicing mindfulness into their culture, including Google, Apple, Procter & Gamble, General Mills and the NHS.

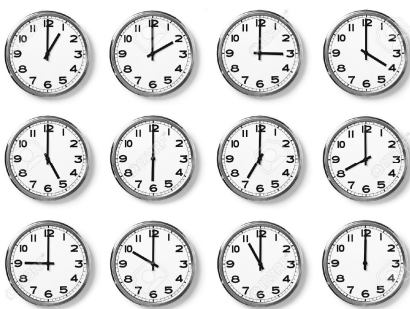


Mindfulness training has also been shown to improve health and wellbeing. People of all ages report after taking a mindfulness course that they have found that they can learn more effectively, think more clearly, perform better and feel calmer, less anxious and less depressed.

The complete course lasts 7 weeks, but we are also offering a three-week taster for those unsure if it’s right for them. Anyone considering the full course should attend the taster first.

NOTE: This course is accredited by the Mindfulness in Schools Project (MiSP).

Activity Leader	Number of Sessions
Mrs Gooddy (CG)	Taster: 3 (1 - 15 Oct inclusive) Full Course: 7 (5 Nov - 17 Dec inclusive)



## Time Zone

Albert Einstein said ‘the only reason for time is so that everything doesn’t happen at once.’ Sometimes, it feels just the opposite. Homework deadlines, presentations, driving lessons, career-planning... the task-list facing a busy Sixth Form pupil sometimes seems endless and can be daunting, even if you’ve managed perfectly well at GCSE! The response for some people is distraction, procrastination and even avoidance, inevitably making things worse and causing spiking stress levels, rendering you less able to cope.

Sound familiar? We’ll review some established time-management and organisational tools to help you spin all the plates necessary to be a highly successful Sixth-Former, undergraduate and adult: these are essential skills for life. Don’t be late!

Activity Leader	Number of Sessions
Dr Bawn (JBB)	Note this workshop is available at two different times 3 (1 - 15 Oct inclusive) 3 (26 Nov - 10 Dec inclusive)



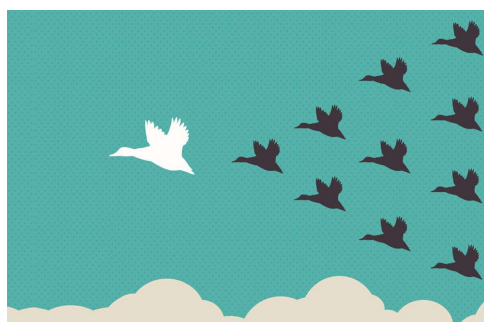
## Study Skills

Study skills are an array of skills which tackle the process of organising and taking in new information, retaining information, or dealing with assessments. Research shows having good ‘study skills’ is critical to success in school, considered essential for acquiring good grades, and useful for learning

throughout your life. So...how good are yours? Could they do with some improvement?

This workshop is here to help! It will help you identify which approaches work best for you and how to work on areas where you might be a little lacking. By the end you will have all you need to take on the challenge of your U6 studies!

Activity Leader	Number of Sessions
Dr Bawn (JBB)	3 (5 - 19 Nov inclusive)



## Action Centred Leadership Training

Would you like to be a successful leader?

Action Centred Leadership (ACL) is the leadership system of choice for many organisations, including all branches of the British Armed Forces, Shell, the Royal National Lifeboat Institute and several National Health Service trusts. It is a tried and tested leadership system that works.

On this short ACL course you will start to learn what successful leaders do through a series of leadership games, observation and reflection. You will be coached by Rob Deere; an accredited ACL coach who has been leading with ACL for 30 years as a soldier, humanitarian and coach. NOTE: The maximum group size is 10 pupils.

Activity Leader	Number of Sessions
Mr Rob Deere	3 (26 Nov - 10 Dec inclusive)



## Presenting with Confidence

Many people are nervous about making presentations and this can severely limit job and university opportunities. However, once you learn what to do and how to do it, anyone can significantly improve their ability to present with confidence and impact.

In this proven programme of three double lessons, you will make a number of short presentations and will benefit from individual video feedback and coaching. It is challenging, highly interactive, stimulating, practical and very rewarding. NOTE: This workshop has a maximum group size of 12 pupils.

Activity Leader	Number of Sessions
Ms Judy Salmon	Note this workshop is available at three different times 3 (12 - 19 Nov inclusive) 3 (3 - 10 Dec inclusive)



## Photos4Pros

Rule of thirds? Exposure? Composition? Interested in taking more professional looking photos? Come along to this one-off session led by Mr Andrew Butler (our professional photographer).

Activity Leader	Number of Sessions
Mr Andrew Butler	1 (24 September)

# Coming Soon

## Other Events/Activities

In addition to the activities offered periods 7&8 on Tuesday, special Futures activities take place throughout the year. There are two special presentations for you in September (while you are completing your option forms):

- **‘Inspiration’** (Kirsty Barker) on Tuesday 10 September.
- **Presenting Yourself Professionally** (Judy Salmon) on Tuesday 17 September.

Both will take place during periods 7&8 in Andrews Hall. Attendance at the presentations above is not optional, **all L6 are expected to attend.** In addition, there are three other landmark Futures events planned for this year:

- **Careers Convention** (open to all pupils not just L6) on Thursday 14 November.
- **L6 Careers Conference** on Tuesday 10 March 2020 - A conference-style afternoon with a chance to attend sessions led by Exeter School alumni working in a wide range of different fields.
- **Futures Week** - A week of activities focused on the three Futures strands, with an emphasis on planning for university applications (due in Sept 2019). This takes place in the second half of the Summer Term next year after your end of year examinations. Amongst other activities, this special week includes UCAS/University sessions, preparation for the U6 Interview Scheme, the HE Forum, and the ever popular ‘BBC Apprentice-style’ Business and Enterprise Day.

Both the L6 Careers Conference and Futures Week are compulsory. All L6 pupils will be expected to take part in these valuable and exciting events.



## Preparation for Highly Competitive Universities/Courses

Also starting in the Spring Term we will continue to offer our hugely successful programme of specialist sessions for pupils interested in applying for Oxbridge or other highly competitive universities/courses. These sessions run as part of the Tuesday afternoon Futures Programme.

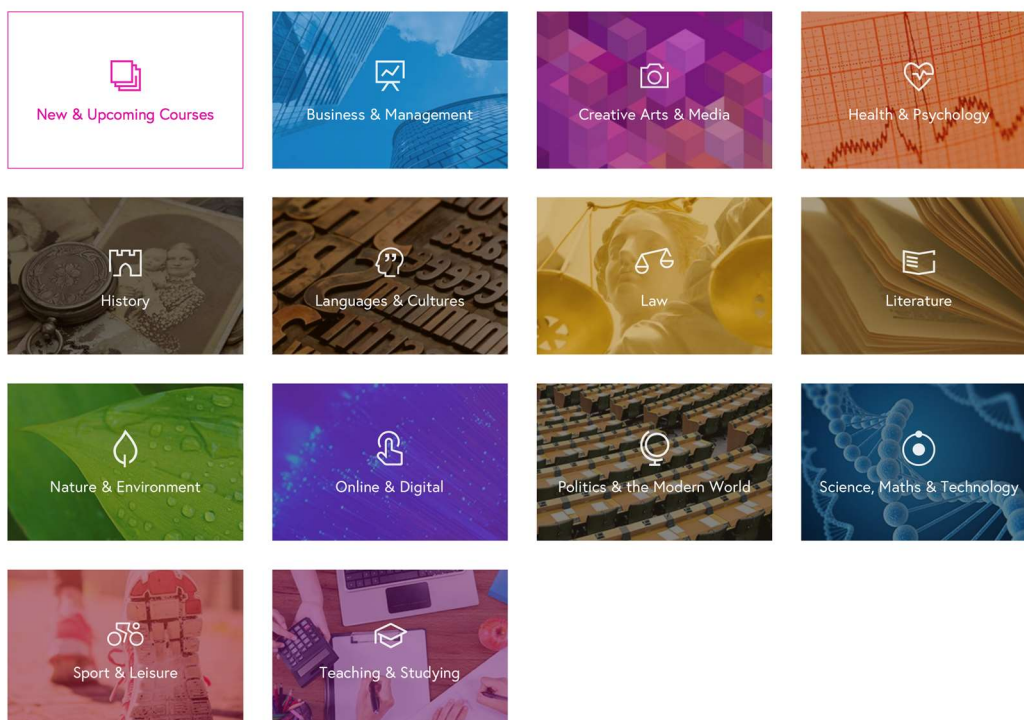
### FutureLearn (or other online courses)

Specialist online courses are an excellent way for you to both learn a little more about a topic and to demonstrate a passion for a subject when applying for university - they really help you stand out from the crowd.



As part of the Futures Programme you will be given the opportunity to sign up and complete online courses from FutureLearn or other online course providers.

There are hundreds of free online courses in a broad range of subjects from leading universities and cultural institutions from around the world. FutureLearn's course categories can be seen below:



Many of these courses can be completed in just a few hours, with most delivered flexibly one step at a time, and are accessible on mobile, tablet and desktop, so you can fit learning around your other commitments.

If you are keen to learn more about FutureLearn please visit their website: <https://www.futurelearn.com>

More information on completing a specialist online course as part of the Futures Programme will follow soon.

# What next?

## Completing your Options Form

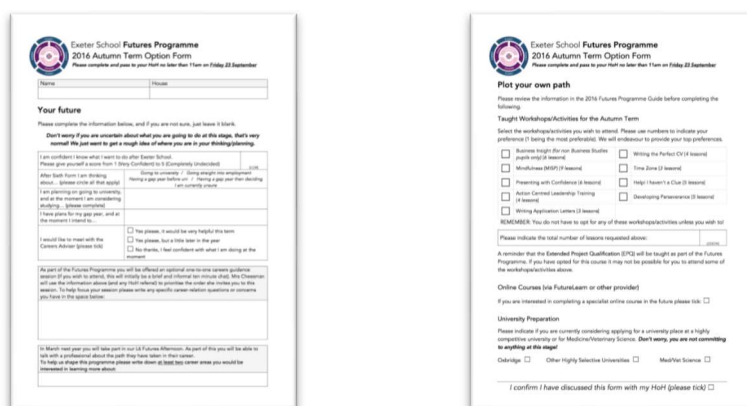
Once you have had a chance to read through this booklet you will need to complete your **2019 L6 Autumn Term Option Form**. This must be done in discussion with your Head of House.

Even if you do not wish to take part in any activities, please ensure you complete your form as it includes a number of other questions which we need your answers to in order to provide you the best support we can during your L6 year.

Remember some Futures activities may be over subscribed and we may not be able to provide you with all of your choices (especially if you are also completing the EPQ). If you wish to take part in more than one activity, please ensure you indicate your order of preference. We will then endeavour to provide you with your top choices.

All forms must be with JBB by:

## 4pm Friday 13 September



Additional copies of the option form may be downloaded from the intranet (along with copies of this booklet)

<http://intranet.exeterschool.org.uk/sixth-form/l6-futures-programme>

If you have any questions or ideas for other activities for the Futures Programme, please see AJM, JBB, RUC, GSB or MKC.