

Exeter School Futures Programme

A guide to the Autumn Term 2019 for Upper Sixth Pupils

U6 Autumn 2019

Looking Beyond Exeter School

Thinking more about next steps

Next term, along with a couple of special events (more on these later), we continue to offer a wide range of taught workshops as part of the Futures Programme, focusing on developing its three key stands:

Employability - University - Careers

The first half of term is focused on completing University applications. There are lots of choices for you to make and we are here to support you on your journey in every way we can.



In U6, the Futures slots move to **periods 4 & 5 on a Tuesday**. We start the term with a special, informal event aimed at helping you make up your mind about your next steps:

‘I wish I knew that before I went to University’

On **Tuesday 10 September** during the Futures slot we have invited a number of alumni, who are still at university, for a speed-dating style event. A chance for you to talk with recent leavers and for them to share the top five things they wish they knew before going on to university. In small groups, you’ll have a maximum of 5 minutes to quiz them and listen to their experience before moving on! We hope this will prove both fun and really informative as you confirm your choices.

More details will follow from Mrs Marsh (AJM) in the first week of September.

Finalising UCAS Applications!

UCAS Deadlines approach rapidly in the busy Autumn term:

- **Monday 23 September** for all courses at the universities of Oxford and Cambridge, and most courses in medicine, veterinary science and dentistry. (NOTE: Music choral applications dates may be earlier than this!).
- **Friday 14 October** for all other applications.

To support you through the process, alongside advice from your Head of House, Mr Chitnavis will be running UCAS Drop in Sessions during the Futures slot for any help you need with the mechanics of your applications.

Preparation for Oxbridge and other Highly Competitive Universities/Courses

The Preparing for Oxbridge sessions run by Ms Hodgetts continue to run this term, and they start first week back! This term they will take place every Tuesday during period 4.

- **Oxbridge Sessions: Starting 10 September, JRH+SJP, Room 86**

For those not applying for Oxbridge but who are applying for other competitive universities/course, Mr Chitnavis will be running a drop-in advice sessions. This is also takes place Tuesday period 4 and starts first week back in C2.



An important note on EPQ

If you are completing the EPQ, please ensure you use the time in the Futures slot to work on your project. It is important to stay on top of this to successfully complete the programme.

JRH and JLW will be available every Tuesday period 5 throughout the term in their respective classrooms for help and advice, and you can use the ICT room (W3) as required.

Any questions about EPQ, please see Ms Hodgetts (JRH).

Contemplating Employment?

A reminder that Mrs Cheesman is based in the library, next to Dr Bawn. Just like previous terms, you can pop over to see her or arrange longer personalised 1:1 sessions.

FutureLearn (or other online courses)

You may wish to continue to use your Futures time this term to complete an online course (or a second or third course for those of you who have already completed one). We strongly recommend FutureLearn (<https://www.futurelearn.com>) but there are other providers which you might like to explore. W2 has been booked and you can use it Tuesday periods 4 and/or 5 as required.

Any questions about online courses, please see Mr Bone (GSB).

Choosing your taught workshops

Just like last term, you do not have to attend any Tuesday workshop unless you want to. If you do wish to take part in one or more of the Tuesday workshops, caution is needed. Your Head of House will talk through the best options for you.

Unlike last year we have fixed the times for the workshops for the whole year (see the U6 Futures Programme 2019/20 Outline). This should help you in making your decisions which, if any, to attend. A reminder that once committed you will be expected to attend all the sessions for a particular workshop.

Autumn Term 2019 - U6 Workshops

We are offering the following activities for the U6 in 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!***



Writing the Perfect CV

These sessions are designed to walk you through what you need to include in the perfect CV (and what you don't). Including the best order for items, what skills to highlight and the variety of CV 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)	3 (12, 19 and 26 Nov) 3 (3, 10 and 17 Dec)



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)	3 (12, 19 and 26 Nov)



Building a Positive Digital Footprint

You have a digital footprint. Ever Google yourself and see what comes up? Even if you don't, it is very likely that your future employers and even your University will! With all the possible negatives, you might think you are better staying off the Internet completely. Not at all!

Your online presence can be used as a powerful, differentiating tool; one which can help you stand out from the crowd in a good way!

Building and maintaining a positive online profile requires work, but it will be worth it. This workshop offers a number of hints and tips about how to cultivate a positive digital footprint. One which shows you in the best light to maximise your chances of getting that dream job.

Activity Leader	Number of Sessions
Mr Bone (GSB)	Note this workshop is available at two different times 2 (3 and 10 Dec)



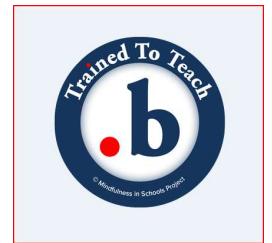
Mindfulness (.b)

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.

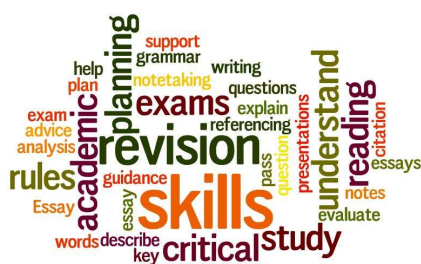
It has known psychological and physical effects. Brain imaging studies show that mindfulness practice reliably and profoundly alters the structure and function of the brain to improve the quality of thought, feeling and concern for others. Many large corporations have been incorporating practicing mindfulness 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.



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

Activity Leader	Number of Sessions
Mrs Gooddy (CG) and Mrs Marsh (AJM)	6 (12 Nov - 17 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!

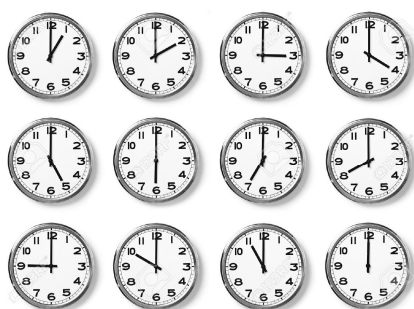
Activity Leader	Number of Sessions
Dr Bawn (JBB)	3 (12, 19 and 26 Nov)



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)



Time Zone: Serious Uni Edition

We all know that a goal without a plan is just a wish, so if your goal is to have a successful life as a University student, it's vital to prepare by learning some pre-University skills.

This course is designed to help with various aspects of undergraduate life, including time-management, organisational issues for your increasing workload, and study skills for the various teaching methods used. We'll also explore some of the extra pressures you find yourself facing while you live independently, so that you gain the most from your whole undergraduate experience and balance both academic and social life.

Activity Leader	Number of Lessons
Dr Bawn (JBB)	2 (10 and 17 Dec)

Other Important Events

Visiting Speakers

Throughout the year we have arranged for several visiting speakers to talk to you on a range of topic from Staying Healthy to Managing your money. The first of these takes place at 11.30am on **Tuesday 17 September** in Andrews Hall.

- Natasha Devon ‘Social Identity and Mental Health’

All U6 are expected to attend this presentation.

U6 Interview Scheme

As you already know, the U6 interview scheme is intended to give you the opportunity to experience a job type interview away from school. You will have two interviews, each being followed by an evaluation session. This year’s dates may be seen below:

- Friday 8 November (pm only)
- Saturday 9 November (all day)

Interviews will take place at the offices of Ashfords, Ashford House, Grenadier Road, Exeter, EX1 3LH.

More information will follow from Mrs Marsh. There will be a special session on **Tuesday 5 November** to help finalise preparations for this valuable experience.

The Exeter School Careers Convention

We are also holding our fantastic annual **Careers Convention** (open to all pupils not just U6) on **Thursday 14 November**. We will have close to 50 employers taking part and if you’ve not been to one before, this is your last chance!

What next?

Completing your Option Form

Once you have had a chance to read through this booklet you will need to complete your **2019 U6 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 U6 year.**

As in previous terms some Futures activities may be over subscribed and we may not be able to provide you with all of your choices.

All forms must be with JBB by:

4pm Friday 13 September

The image displays two pages of the 'Exeter School Futures Programme 2018 Autumn Term Option Form'. The left page is titled 'Your future' and contains several sections: 'Your future' (with a name field), 'Start to think about what you are going to do at the stage. Don't worry, we'll just want to get a rough idea of where you are in your thinking/planning.', 'I am confident I know what I want to do after Exeter School', 'I am planning on going to university, and if the answer is university, what do you intend to study?', 'I have plans for my year 10, and if the answer is 'no', what do you intend to do?', 'I would like to meet with the Careers Advisor please tick', and 'In March next year you will take part in our U6 Futures Information. As part of this you will be able to talk with a professional about the path they have taken in their career. To help us shape the programme please write down at least 3 key career areas you would be interested in hearing from about...'. The right page is titled 'Plot your own path' and contains sections: 'Please review the information in the 2018 Futures Programme Guide before completing the following.', 'Tough Workships/Activities for the Autumn Term', 'Select the workshops/activities you wish to attend. Please use numbers to indicate your preference (1 being the most preferred). We will endeavour to provide your top preferences.', a list of activities with checkboxes (Business, Music, Sports, etc.), 'Please indicate the total number of lessons requested above:', 'A reminder that the Extended Project Qualification (EPQ) will be taught as part of the Futures Programme. If you have opted for this course it may not be possible for you to attend some of the workshops/activities above.', 'Online Courses (via FutureLearn or other provider)', 'University Preparation', and 'Please indicate if you are currently considering applying for a university place at a highly competitive university or for Medicine/Veterinary Science. Check every, you are not considering anything at this stage!'. At the bottom, it says 'I confirm I have discussed this form with my HOF (please tick)'. The form is dated Friday 21 September.

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

<https://intranet.exeterschool.org.uk/sixth-form/u6-futures-programme>

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