



Year 12 Information Evening

Mrs Snasdell | Assistant Headteacher

Mr McCartney | Director of KS5

Miss Hollingsworth | Deputy Director of KS5

Mrs Paterson | Head of Careers

- 1. UCAS**
- 2. APPRENTICESHIPS**
- 3. UNIFROG**
- 4. STUDY SKILLS**
- 5. MENTAL HEALTH**

Why go to university?



To support a future career

- Specific qualifications
- Transferrable skills
- Academic career



Experience

- Social life
- Independence



Networking

- Contacts
- Links to companies and organisations

Universities Vary

- Degrees are not all the same
 - Subject difficulty
 - Same subject, different universities
 - Assessment
- Employers value different university degrees in different ways
- Look carefully at graduate destinations

University Groups

- **Russell Group (24)**

“committed to maintaining the very best research, an outstanding teaching and learning experience and unrivalled links with business and the public sector”

- **University Alliance (22)**

- business-focused
- Kingston, UWE, Plymouth, Greenwich, Oxford Brookes

- **Million+ (19)**

- post-1992/university colleges
- London Met., Bath Spa, South Bank

University League Tables

- **Don't take at face value**— the data used to create them cannot always be trusted, student experience measures may be biased
- **Look at the course requirement** – an A*A*A requirement generally means a top degree course

What You Should Be Doing Now

- ▶ Use Unifrog, ucas.com and faculty websites to research
- ▶ Talk to teachers, other students, parents, university tutors...



The Personal Statement



4000 characters including spaces
No more than 47 lines










70% about your choice of course

- Why do you want to study it?
- How you have studied it beyond the curriculum
 - ✓ Articles you have read
 - ✓ Books you have read
 - ✓ Lectures you have attended

Higher Education

Please contact the Sixth Form team on sixthform@rws.uk.net should you have any queries.

UCAS Resources can be found below:

FUTURES DAY 2019 PRESENTATION	
UCAS PERSONAL STATEMENT GUIDE	
PERSONAL STATEMENT WORKSHOP	
PERSONAL STATEMENT WORKSHEET	
PERSONAL STATEMENT SUCCESS CRITERIA	
PERSONAL STATEMENT EXEMPLARS	
GETTING INTO THE TOP UNIVERSITIES	
PIXL INTERVIEW BOOKLET	
PIXL UCL PERSONAL STATEMENTS	

30% about you

- How you have contributed to the wider school community
- Participation in sports and other extra curricular activities
- Work experience

Apprenticeships

- Apprenticeship participation in 2022 was 195,600
- Up to 28,000 apprenticeship vacancies available at any one time
- After finishing, 7 in 10 apprentices stay with the same employer
- All apprentices earn a salary
- Very competitive

Types of Apprenticeship

Higher Level Apprenticeships (also known as Degree Apprenticeships)

- Split your time between university and the workplace
- Fees covered by the employer and the government
- Level 6 apprenticeship is equivalent to a Bachelor Degree
- Level 4 is equivalent to a Foundation Degree

Advanced Apprenticeships

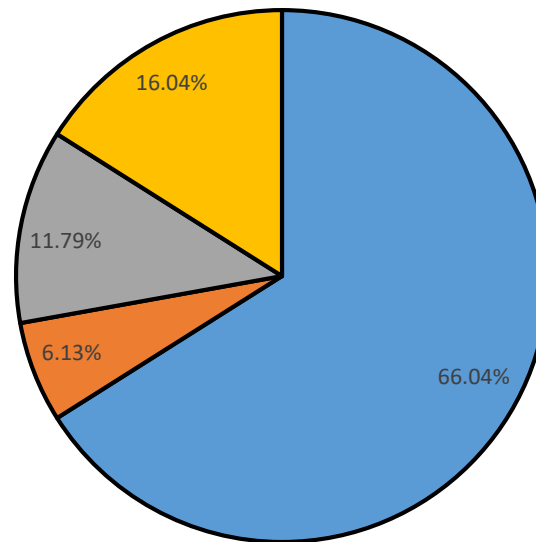
- Equivalent to A Levels
- Level 3 qualification gained
- This is dependent on the industry
- e.g. Level 3 Diploma in Business

Examples of RWS Apprenticeship Destinations

KPMG	Accountancy
FM Conway	Quantity Surveying
Talent Spa	Digital Marketing
JP Morgan	Broker
Fidelity Investments	Finance
Bromley Healthcare	Recruitment
Racing Post	Human Resources
ATOS	Project Management
DK Publishers	Marketing & PR
SPL Electrical	Electrician
Commerzbank	Information Technology
John Sisk	Quantity Surveying
Vindex	Fire & Installation
Regency Design	Graphic Design
Westminster Council	Regulatory Compliance
Culver House Accountants	Accountancy
Savilles	Building & Surveying
T. Clark	Mechanical Engineering
Appvia	Cloud Technology

Year 13 Destinations 2022 (%)

RWS13 Destinations 2022



■ University ■ Gap Year ■ Apprenticeship ■ Full Time work



Every Year 12 student has a Unifrog account which is linked to their school email address – students simply need to use their school email to sign in and then they can change their password.

This can be accessed via the school website.

Parents also have the opportunity to explore Unifrog and can set up an account with a one off code – Parent Code = WOHPparents



unifrog

ACCESS ALL THE TOOLS BELOW

Exploring pathways

Interests profile

✕ Quiz not taken

Start >

Personality profile

✕ Quiz not taken

Start >

Work environments profile

✕ Quiz not taken

Start >

Careers library

✕ Careers favourited

Go to tool >

Subjects library

✕ Subjects favourited

Go to tool >

Know-how library

✕ Guides favourited

Go to tool >

MOOC

Make your first shortlist

Start >

Webinars

Hear directly from the experts

Go to tool >

Read, Watch, Listen

✕ Profiles favourited

Start >



Rank ▼ Filter ▼ Keyword search

Aspirational (26)















Top of your range

Solid (116)

In the middle

Safe (115)

At the bottom

 Combined Honours in Social Sciences - 3FT BA (Hons)  Durham University RG A Level: A*,A,A		 Geography (Study Abroad) - 4FT + Abroad BA (Hons)  Lancaster University TT A Level: A,A,B	 Liberal Arts with Foundation - 4FT BA (Hons)  Durham University RG Foundation year
 Geography - 3FT BA (Hons)  Durham University RG A Level: A*,A,A		 Geography (Study Abroad) - 4FT + Abroad BSc (Hons)  Lancaster University TT A Level: A,A,B	 Geography with Foundation - 4FT BA (Hons)  Durham University RG Foundation year

Students should research different destinations and courses with a range of entrance criteria. They can shortlist these into ‘aspirational’, ‘solid’ and ‘safe’ and save these to their profile to review at any time. . It is important students research all 3 categories.



Select Vacancies below

Pick the best vacancies for you by ranking, filtering and searching. Click next when you're done.
Stuck on a strange term? Check out the [glossary](#) ✓

Rank ▼ Filter ▼



Intermediate (1)



Equivalent to GCSEs



 **Level 2 Accounts/Finance Assistant**
 Kaplan
Nationwide

Advanced (7)

Equivalent to A-levels



 **Level 3 Assistant Accountant**
 Kaplan
Nationwide



 **Level 3 Finance Data Technician**
 Kaplan
Nationwide



 **Audit and Accounts**
 MacIntyre Hudson
Nationwide

Higher / Degree (45)

Equivalent to Foundation / Bachelor's

 **Tax Technology & Transformation (London)**
 EY
Distance: 11 miles

 **Accountancy Flying Start Programme**
 PwC
Distance: 11 miles

 **AAT/ACA Audit Associate Apprenticeship**
 Buzzacott

The same function is available when searching for apprenticeships – again these can be saved to student profiles to be reviewed at any time.

University / Apprenticeship / Job Application Process

Now:	Using Unifrog to research courses and universities Book Open Days, lectures and other visits Book careers interview (if needed)
Futures Day	12 th July 2023 Off timetable all day Personal Statement writing (UCAS and Apprenticeship) CV Writing Unifrog Research
September	Completion of personal statement Approval by subject teacher, form tutor
October 2 nd	Completion of Conservatoire deadline for music applications
October 16 th	Completion of Oxbridge, Medicine, Veterinary Science and Dentistry applications
November 20 th	Completion of all other university applications





LONDON SUMMER 2023
TOTTENHAM HOTSPUR STADIUM

FRIDAY
23RD JUNE



Careers office = back of learning commons
Mrs Paterson – Head of Careers
Kirsty Taylor – External Careers Advisor

Year 12 Summer Exams

W/C 26th June 2023

- Entry to Year 13 is **not automatic**
- Enrolment into Year 13 - 12th July
- Minimum of 3 D grades required
- BTEC students must be on track to meet their Minimum Target Grades

The sprint vs the marathon mentality

Sprint

- Revision starts after the syllabus has ended and not before
- Realise there is a lot you don't know
- Start cramming and attending revision classes
- Work late in the night to get your work done
- Can create a feeling of panic
- Time spent in crisis management



Marathon (with a final sprint)



- Re-visiting happens all the way through
- Organise notes in advance
- Has time to examine the data
- Can keep in control and pace yourself
- Plenty of time to ask about weaknesses
- PLC completed
- Smith Pro-forma leads revision
- Time booked in to 'fix' them
- Creates a sense of being in control

KEY TO SUCCESS

A successful A Level/BTEC student will:

- Attend all lessons and supervised study sessions
- Engage in the above with a sense of maturity
- Make effective use of your PLC's
- Complete homework tasks | Independent study tasks | Meet deadlines
- Seek additional support/guidance if required



APPROACHES TO INDEPENDENT STUDY

DO'S

- 👍 Generation
- 👍 Retrieval
- 👍 Elaboration
- 👍 Spacing and Interleaving
- 👍 Dual Coding

DON'TS

- 👎 Reading
- 👎 Highlighting
- 👎 Summarising
- 👎 Copying

These are ok – but not in isolation!!!

REVISION TIPS | DIGITAL DETOX



- The average person checks their phone 47 times a day
- Students using their devices while studying scored lower test results and were less effective at tasks
- Students who revised in **QUIET** environments performed over 60% better in an exam than their peers who revised listening to music

REVISION TIPS | TIME MANAGEMENT



- Short, regular revision sessions are more effective than cramming
- 30/45 minute blocks per topic/subject will allow you to stay engaged and retain information

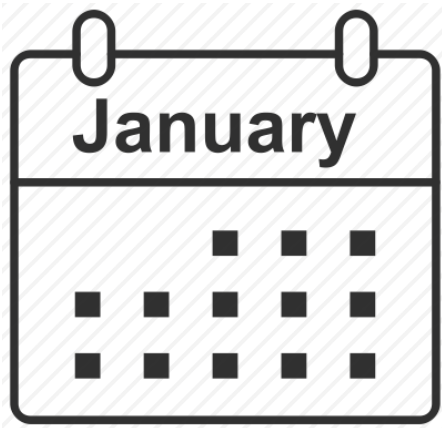
REVISION TIPS | GOAL SETTING



- Set mini targets and ensure they are **SMART**
- **Reviewing** your targets/goals will allow you to identify success which can be **motivating**



REVISION TIPS | STRUCTURE IS IMPORTANT



- Create a revision timetable and stick to this
- Ensure you have time for things that you enjoy as well – gym etc
- Use your PLC to help structure your revision timetable

REVISION TIPS | TEACHER FEEDBACK



- Ensure you are asking for feedback from your teacher
 - Homework
 - Assessments
- Must identify the areas of weakness so you can improve
- Act upon feedback

FOUR PILLARS OF WELLNESS



1. Physical Activity



2. Proper diet & nutrition



3. Sleep, rest & recovery



4. Mindset & managing stress

Lack of sleep



Nearly 1 in 5 teens (18%) say that when they do not get enough sleep, they are *more stressed*.

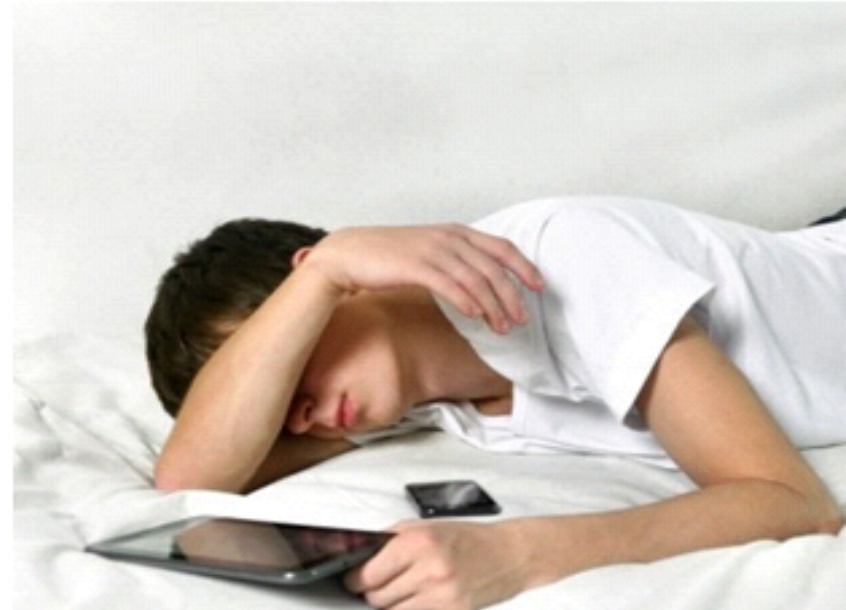


More than one-third of teens report fatigue or feeling tired *due to stress*.

You need 8½ to 9 hours sleep per night

What happens if you don't get enough sleep?

- Reduced decision-making skills
- Poorer memory
- Reduced concentration
- Reduced work efficiency
- Shortened attention span
- Increased risk for weight gain, depression, diabetes and cardiovascular Disease
- Reduced alertness
- Poorer judgement
- Reduced awareness of the environment and situation
- Slower than normal reaction time

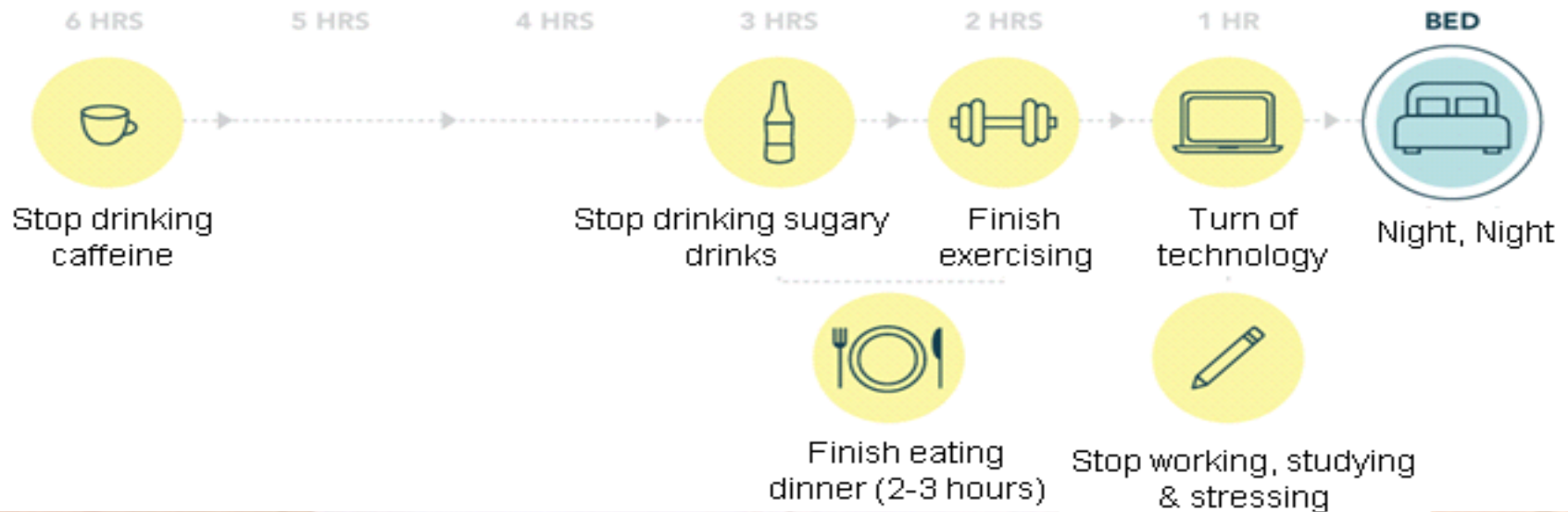


Think about how you can change your routine to get a better night sleep...

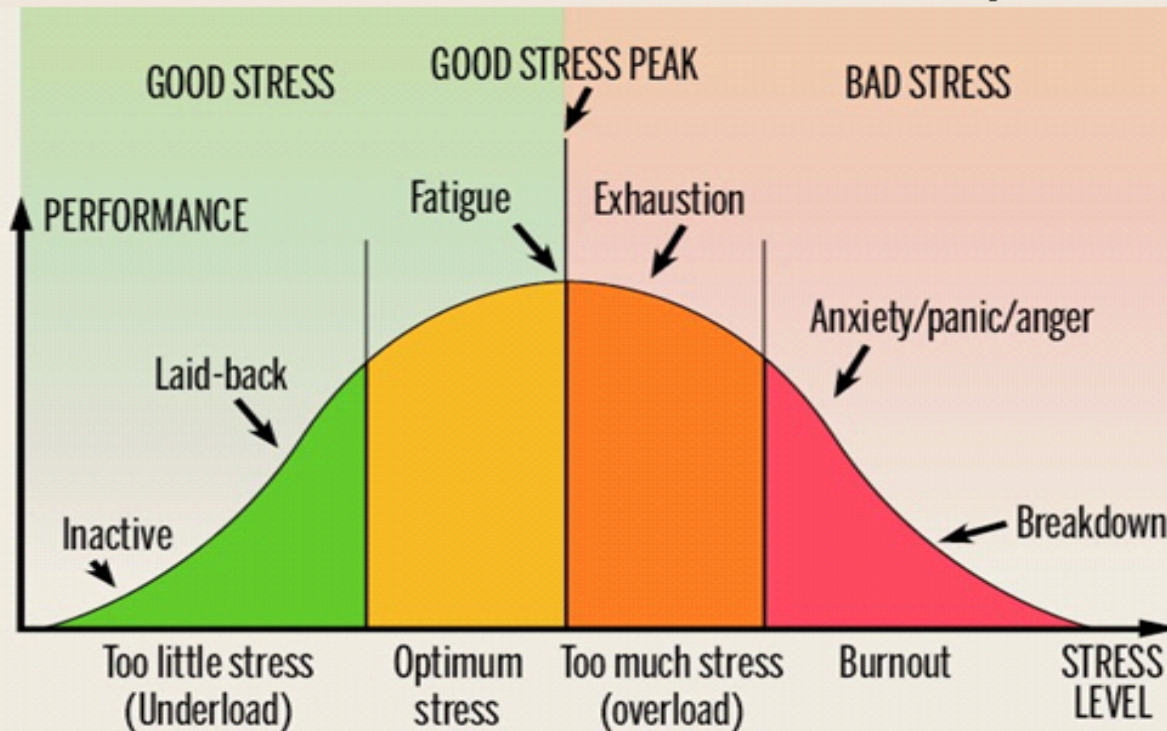
The Perfect Night's Sleep Starts Long Before You Get Into Bed

Searching for the ever-elusive perfect night's sleep? Prevent sleep sabotage by sticking to this pre-bedtime timeline.

HOURS BEFORE BED ►



Is stress Harmful or Helpful?



Stress is a state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

**THANK YOU FOR ATTENDING AND
HAVE A SAFE JOURNEY HOME.**