



The Benefits of Extra Curricular Opportunities

WEEK 10 & 11

WEEK
10 &
11



PASSPORT TO SIXTH FORM





WATCH THE VIDEO ON THE BENEFITS OF
EXTRA-CURRICULAR OPPORTUNITIES

VIMEO CHANNEL CAN ALSO BE FOUND HERE

<https://vimeo.com/showcase/7013773>

Enter your **PASSWORD** provided by your
school/college

THE BENEFITS OF EXTRA-CURRICULAR ACTIVITIES

KEY POINTS:

Extra-curricular engagement sets you apart from others

Find opportunities both inside school/college as well as outside

Extra-curricular activities can boost your confidence

Extra-curricular activities develop transferable skills employers need

Debating can help with studies through logical thinking skills

Duke of Edinburgh Gold Award - get a sense of what you can achieve



THE BENEFITS OF EXTRA-CURRICULAR ACTIVITIES

KEY POINTS:

Volunteering gives to others but also develops you, too

Don't just study: value personal growth through engaging with people

Don't just study: develop employability skills that will help you get a job

Spot opportunities: be on the look-out

Seize opportunities: respond quickly, reply straight-away

Create opportunities: consider setting up activities if they don't exist



TASK 1

Write out what evidence you have NOW to demonstrate the skills employers want

YOUR TASK

Of the following characteristics that employers desire:

1. Tick which ones you believe you possess.

2. Write down in each box that you tick, the evidence that you have developed each characteristic or will develop by undertaking a particular activity such as Duke of Edinburgh.

Resourceful <i>Your evidence..</i>	Self-reliant <i>Your evidence..</i>	Willing to learn - inquisitive <i>Your evidence..</i>
	Team workers <i>Your evidence..</i>	Good listeners <i>Your evidence..</i>
Highly organised <i>Your evidence..</i>		Leadership <i>Your evidence..</i>
	Competent in a foreign language <i>Your evidence..</i>	
Problem-solvers <i>Your evidence..</i>	Good at interpersonal (social) skills <i>Your evidence..</i>	Reliable <i>Your evidence..</i>
		Competent in I.T. skills <i>Your evidence..</i>
Competent in literacy and numeracy <i>Your evidence..</i>	Flexible – able to adjust to change <i>Your evidence..</i>	
		Entrepreneurial <i>Your evidence..</i>

For the skills you have no evidence for, how will you show them?

Skill you have no evidence to write down	What can you do?



Week 10: Use a Time
ar what students say about

Watch the
second video
on time
management



‘Pick your grade’

How much time are you willing to commit to studying outside lessons?



HOURS PER WEEK	GRADE	TICK YOUR PREFERENCE
5 HOURS One hour per day Mon-Friday & nothing the weekend	U/E BTEC Fail	
10 HOURS One and half hours per day Mon-Friday & 2-3 hours at the weekend	D BTEC Pass	
15 HOURS Two hours per day Mon-Friday & 5 hours at the weekend	C BTEC Pass	
20 HOURS Three hours per day Mon-Friday & 5 hours at the weekend	B BTEC Merit	
25 HOURS Four hours per day Mon-Friday & 5 hours at the weekend	A/A* BTEC Distinction	

Design a study schedule that could help you achieve 20+ hours of independent study time

CREATE A STUDY SCHEDULE: LEARNING TASK

Identify the times when you will undertake independent study using the schedule below.

SCHOOL	AM	AFTERNOON	EVENING	TOTAL
MONDAYS				
TUESDAYS				
WEDNESDAYS				
THURSDAYS				
FRIDAYS				
SATURDAYS				
SUNDAYS				
TOTAL				AIM: 22 HOURS



Have you
noticed that
the harder you
study, the
better you get!

Good luck with your sixth form experience:
work hard and enjoy it.