



The Benefits of Extra Curricular Opportunities

WEEK 10 & 11

WEEK
10 &
11

PASSPORT TO SIXTH FORM





vimeo



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
Your evidence..

Self-reliant
Your evidence..

Willing to learn -
inquisitive
Your evidence..

Team workers
Your evidence..

Good listeners
Your evidence..

Leadership
Your evidence..

Highly organised
Your evidence..

Competent in a
foreign language
Your evidence..

Problem-solvers
Your evidence..

Good at interpersonal
(social) skills
Your evidence..

Reliable
Your evidence..

Competent in I.T. skills
Your evidence..

Flexible – able to
adjust to change
Your evidence..

Competent in literacy
and numeracy
Your evidence..

Entrepreneurial
Your evidence..

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

[illegible]



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.