

WEEK 10 & 11





The Benefits of Extra Curricular Opportunities

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 ACTIVITES 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



Slide 1 of 2

THE BENEFITS OF EXTRA-CURRICULAR ACTIVITES KEY POINTS:

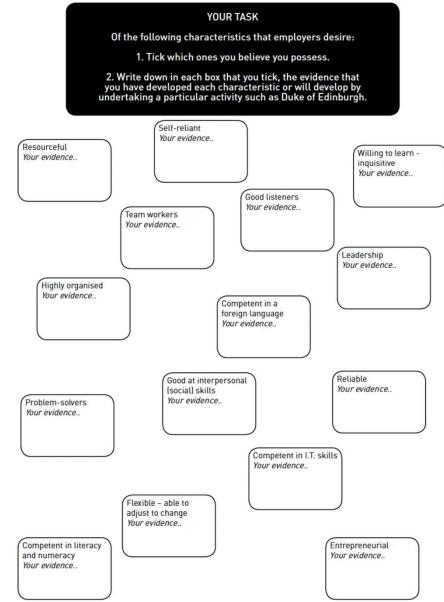
Volunteering gives to others but also develops you, too Don't just study: value personal growth through engaging with people Don't just study: develop employability skills that will help you get a job Spot opportunities: be on the look-out Seize opportunities: respond quickly, reply straight-away Create opportunities: consider setting up activities if they don't exist



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TASK 1

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



For the skills you have no <u>evidence</u> 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	U/E	
One hour per day Mon-Friday		
& nothing the weekend	BTEC Fail	
10 HOURS	D	
One and half hours per day Mon-Friday		
& 2-3 hours at the weekend	BTEC Pass	
15 HOURS	С	
Two hours per day Mon-Friday		
& 5 hours at the weekend	BTEC Pass	
20 HOURS	В	
Three hours per day Mon-Friday		
& 5 hours at the weekend	BTEC Merit	
25 HOURS	A/A*	
Four hours per day Mon-Friday		
& 5 hours at the weekend	BTEC Distinction	

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

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		



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