

Week Commencing: 1st February 2021

my LISBKEARD SIXTH FORM

Newsletter

Sometimes we just feel fed up.

It is okay to feel a bit blah at times. Days can run into each other and maintaining effort and commitment when everything seems a little surreal really does take resilience.

Tozer has a habit of sitting on the top of one of our sofas and looking out the window at the weather. He will then sigh loudly and look really forlorn when it's not nice out there. During the winter months, it almost feels like we live in a cloud too and even walks tend to leave us wet and bedraggled.



However, Tozer still needs his walks. I still need to take him out, even if it is just for a break from screen time. I am fortunate in that I actually don't mind walking if it is raining usually. A heavy downpour may cause me to wait a while but the mizzle I can cope with. I always feel better for walking as I appreciate the break and just being able to get out of the house.



I was very impressed on Friday as I had to speak to a Year 12 student and she was out walking with another Year 12 student. Well done girls! I am pleased that you are getting out for a walk.

If your computer is in your bedroom then make sure you give yourself a break from that room by going outside. It will actually help your eyes as you adjust to looking at distances and not just a computer screen that is an arm's length away. It can also help prevent eye strain and headaches. Look after yourselves.

Year 13

Many of you are now getting your offers back from your chosen universities. Once you have all of them in and have done your research, you can choose your firm choice and insurance choice.

When choosing your insurance choice, the grade requirement should be lower than your firm choice (otherwise it is not an insurance choice!!). If you are not ready to make those decisions yet, don't worry as you have plenty of time to make those decisions.

If you have made your decisions, then you can start to look at accommodation. Student finance applications will need to be completed online and it is worth reading through the student finance documents before you begin. You will find the details at <https://www.gov.uk/student-finance>

 GOV.UK

Student finance



For those in Year 13 not going to uni, applications for Babcock apprenticeships are currently open. There is a lot on offer so do have a look.

Other opportunities will arise so keep checking your emails and websites.

Cornwall Apprenticeships is another website you should be checking weekly as they update this frequently. Just click on the logo below.

Year 12

It's official—no physical work experience this year.

This makes it more important than ever to apply for opportunities online.

Many universities will be running online summer schools so start looking around and applying. These experiences will be very beneficial for your applications so make sure you don't miss out. Think about where you might like to go and see if that particular university is running a summer school.

Then apply.

You can put your tutor or myself down to act as a reference on your applications.

Start looking around and [UniTasterDays](#) is a good website to check out.



There are many opportunities that universities are putting on, suitable for all students studying A levels. Here are a couple coming up this week, well worth a watch if you are free then.

February 2 @ 11:15 - 12:15 Physical Geography - Natural Hazards - With Glasgow & 1 Uni TBC (KS5) [Find out more »](#)

February 2 @ 14:15 - 15:00 A Taste Of Astrophysics: Space Exploration - Aberystwyth (KS4 & KS5) [Find out more »](#)

February 3 @ 13:00 - 13:45 Music: Psychology of Performance & Developing Confidence with Goldsmiths (KS5) [Find out more »](#)

February 4 @ 14:00 - 15:00 Spanish/MFL - Monarchies & Dictatorships - With Glasgow & 1 Uni TBC (KS5) [Find out more »](#)

How to study effectively during lockdown



Organise your study space

Everyone has a different home environment so it's difficult to make hard and fast rules. However, try to keep whatever study space you have neat and tidy. This will help you stay calm and feel well organised and make it less likely that you'll lose things.

Avoid distractions

Procrastination is always the enemy of elective study and it's an even bigger danger when working at home with the temptations of social media, Netflix and so on. For a start, move your phone some distance away so it's not instantly available. Use it as a treat when you've achieved a particular task rather than as a constant companion.

Stay in touch

Pretty much everyone will be staying in touch with friends and family using Skype, Zoom or some other video tool. But don't forget you can also maintain contact with other students in your classes or doing the same course as you using social media, video link, email or voice call. You can share ideas, discuss assignments, test each other or just share experiences.

Make a daily timetable

It's easy to slip into a situation at home where work and leisure become blurred. Because there's no change of environment, school bell, bus home or any of the other things that signify a change of activity, work can spill into leisure time and leisure can leak into times when you should be studying.

To minimise these problems, make yourself a daily timetable that breaks up the day into periods of study. Make sure regular breaks are included, particularly a proper lunchbreak and some exercise.

List the things you want to achieve and then work out the best order. Maybe aim to do the most important tasks first and finish with something quite straightforward. Don't get frustrated if you don't get through the full list – just take the unfinished tasks forward to the next day.

Five simple pieces of advice to help you adjust to home study

Think about how you learn best

Different students prefer different methods of learning so it's worth thinking about what works best for you. For some, the simple question/answer format of flashcards enables easy self-testing while for others the more visual form of the mind map is great at showing how the various aspects of a topic are linked.

If you're making notes that you're going to need to recall later, it's worth considering the Cornell method. This involves dividing a page so there is main column, a narrower column beside it and a space at the foot of the page. You use the main column for main notes, the right-hand column for headings and/or key words and phrases and the space at the foot for an overall summary. This format allows you to test yourself easily and the very process of creating the notes in this way forces you to think about the meaning of the content.

Another tip: if you're having to read or make notes on a textbook – check the start and finish of chapters. There is often a summary of some sort.

Checklist

At the start of the day

- Put your phone on silent
- Plan your study periods
- Keep up to date with assignments
- Go over lesson notes
- Arrange a study session with friends
- Be creative with your revision

At the end of the day

- Don't forget to upload work onto Teams and check emails
- Tidy your work space and prepare for tomorrow
- Unmute your phone and relax

Remember; any problems, please contact Mrs Fry or myself.

Thought for the week



your speed
doesn't matter,
forward
is
forward

