



Sheldon Sixth Form

Mr Spiers
Miss Frater

Year 13 Parent and
Student Revision and
Information Evening

@sheldonsixthform

Welcome and overview



UCAS – what next?

Non-UCAS – what next?

Exams, revision and wellbeing

Key dates

UCAS – what next?

Jan 29th
deadline

Firm and
insurance

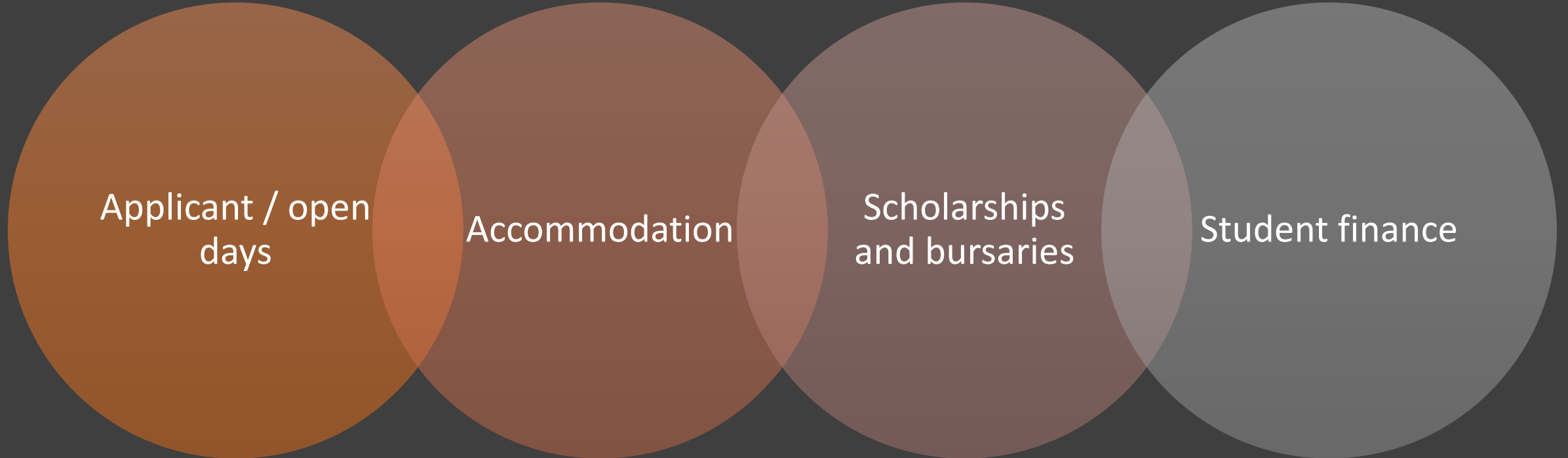
Feb 26th –
UCAS Extra
opens

14th May –
deadline
for (most)
university
offers

5th June –
deadline to
make your
F+I choices

5th July –
Clearing
opens

UCAS – what next?



Student Finance:

<https://studentfinance.campaign.gov.uk/>

01

Usually opens in
March

02

To secure
payment in Sept
there is usually
a deadline end
of May

03

You DO NOT
need to have
made your F+I
choice to apply

04

You will need to
know household
income etc

Household Income	Living at home	Away from home (outside London)	Away from home (London)
£25,000 or less	£8,610	£10,227	£13,348
£30,000	£7,887	£9,497	£12,606
£35,000	£7,163	£8,766	£11,863
£40,000	£6,440	£8,035	£11,120
£42,875	£6,024	£7,614	£10,692
£45,000	£5,716	£7,304	£10,377
£50,000	£4,993	£6,573	£9,634
£55,000	£4,269	£5,842	£8,891
£58,307	£3,790	£5,359	£8,400
£60,000	£3,790	£5,111	£8,148
£62,347	£3,790	£4,767	£7,799
£65,000	£3,790	£4,767	£7,405

Student Finance:

<https://studentfinance.campaign.gov.uk/>

Annual salary

Monthly repayments ^{(6th}

April 2026 – 5th April 2027)

£25,000

£0

£30,000

£38

£40,000

£113

£50,000

£188

£60,000

£263

£70,000

£338

£80,000

£413

£90,000

£488

£100,000

£563

Non-UCAS – what next?

There are no national / set deadlines!

Check SF Notes and social media

Careers newsletter

Amazing Apprenticeships and NAW

WIN – CVs and interviews workshop tbc

Non-UCAS – what next?

- Katie Witchell – kwitchell@sheldonschool.co.uk to make an appointment or you can drop-in to the Careers Hub on Thursday or Friday lunch times.
- <https://amazingapprenticeships.com/vacancies/>
- <https://www.amazingapprenticeships.com/zones/parent/>
- <https://careerfinder.ucas.com/>
- <https://pathwayctm.com/register/>
- <https://www.findapprenticeship.service.gov.uk/>
- <https://www.springpod.com/apprenticeships/opportunities>

'THE PARENT PERSPECTIVE' PODCAST

'The Parent Perspective' is an exciting **podcast series for parents and carers**, helping them to support their children with careers advice and guidance. Series 2 is bigger and better than ever, led by our brilliant new host, Rachel Burden.

Together with Not Going to Uni, we want to make sure that we are supporting parents to feel informed and confident in providing careers support and guidance to their child, so that they ultimately make the best decisions for them.

Through the podcast Rachel and guests offer a fun and informative space for listeners to:

- Explore which careers are available today
- Showcase the experiences of interesting and diverse role models
- Provide real-time insights into how the world of work is changing

Each episode Rachel speaks to a diverse mix of parents, bringing their burning questions to expert speakers from the careers world. Together they uncover practical solutions and informative answers, to help you and your child make informed decisions on those all important next steps.

Listen via your **preferred platform** now or **listen below!**

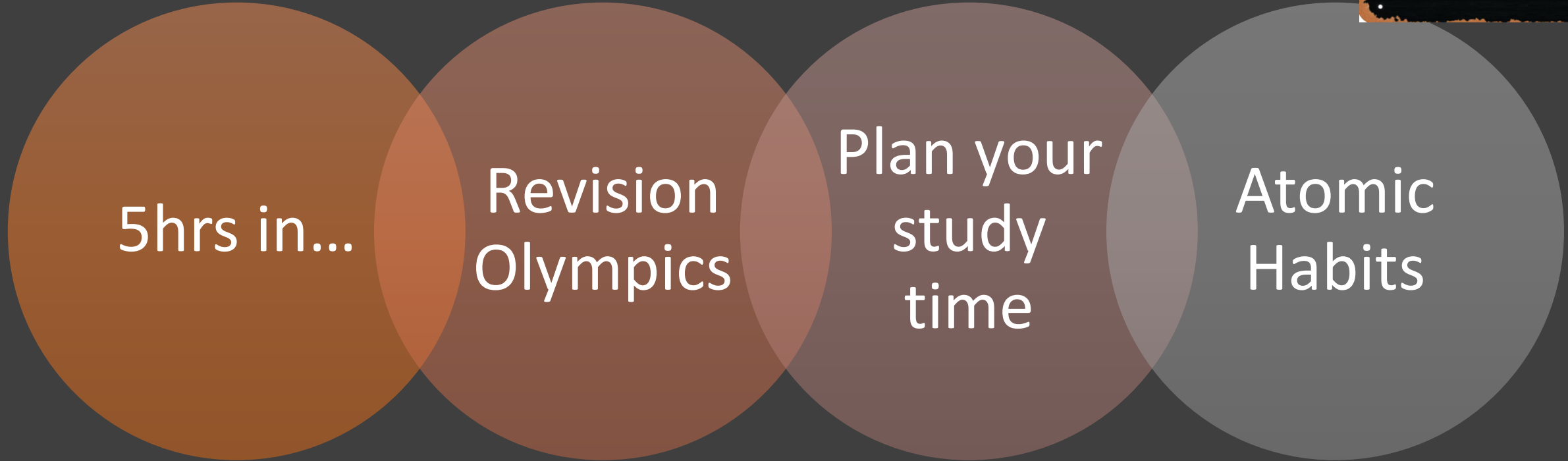
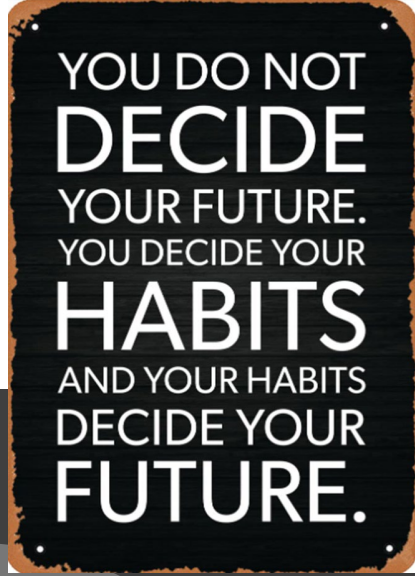
BE THE FIRST TO HEAR



Gap year?

- <https://www.unifrog.org/teacher/search?search=gap+year> - Work book; A guide to gap years; Work abroad resources
- Start early – plan, plan, plan
- Don't waste it
- Remember UCAS and apprenticeship deadlines

Revision



Revision

- 5hrs in...: <https://www.sheldonschool.co.uk/sixth-form/curriculum/5-hours-in/>
- Revision Olympics: <https://www.sheldonschool.co.uk/sixth-form/curriculum/year-13-exams-and-revision/>

YOU DO NOT
DECIDE
YOUR FUTURE.
YOU DECIDE YOUR
HABITS
AND YOUR HABITS
DECIDE YOUR
FUTURE.

What is '5hrs in...' (timings are for guidance)

Consolidation – 45mins

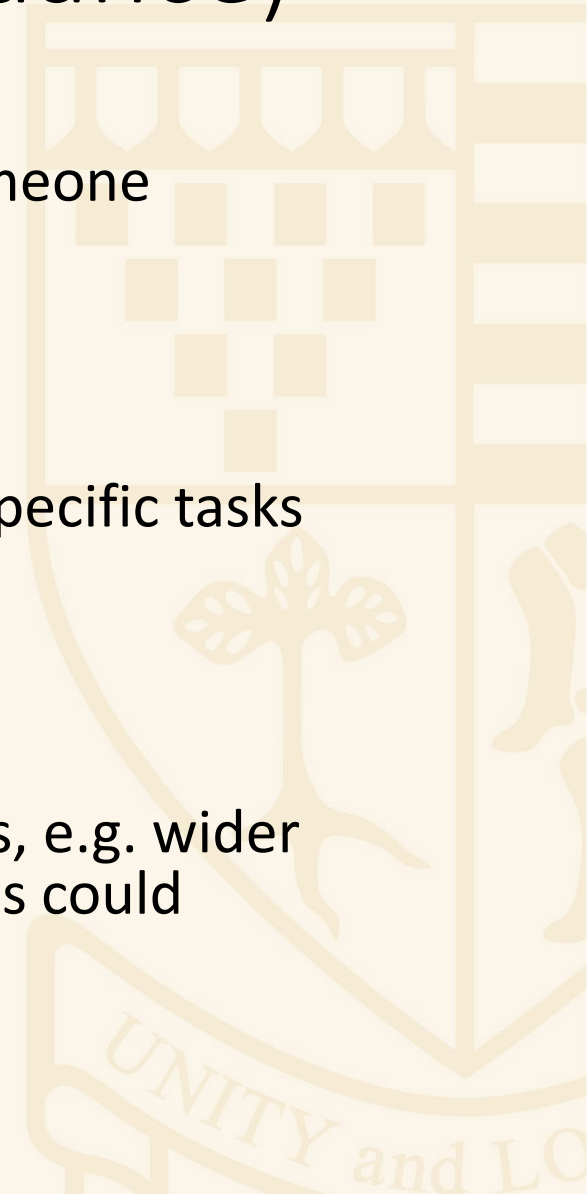
- e.g. making a mind map, flash cards, talking a topic through with someone immediately after a lesson

Reactive – 3hrs

- Specific homework tasks set by teacher. For Yr13 this could include specific tasks from Revision Olympics documents

Proactive – 1hr 15mins

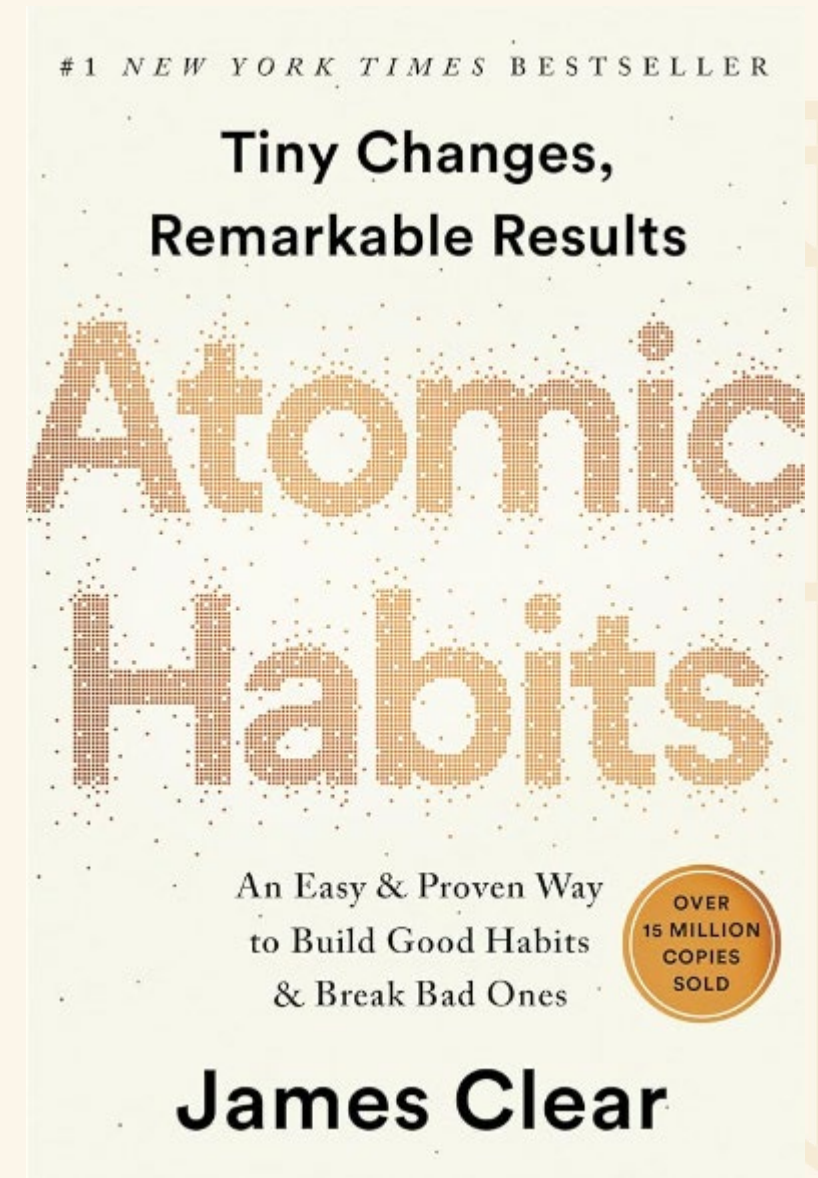
- Extra tasks, individually chosen from a selection available to students, e.g. wider reading/watching/listening, exam question planning etc. For Yr13 this could include additional tasks from Revision Olympics documents



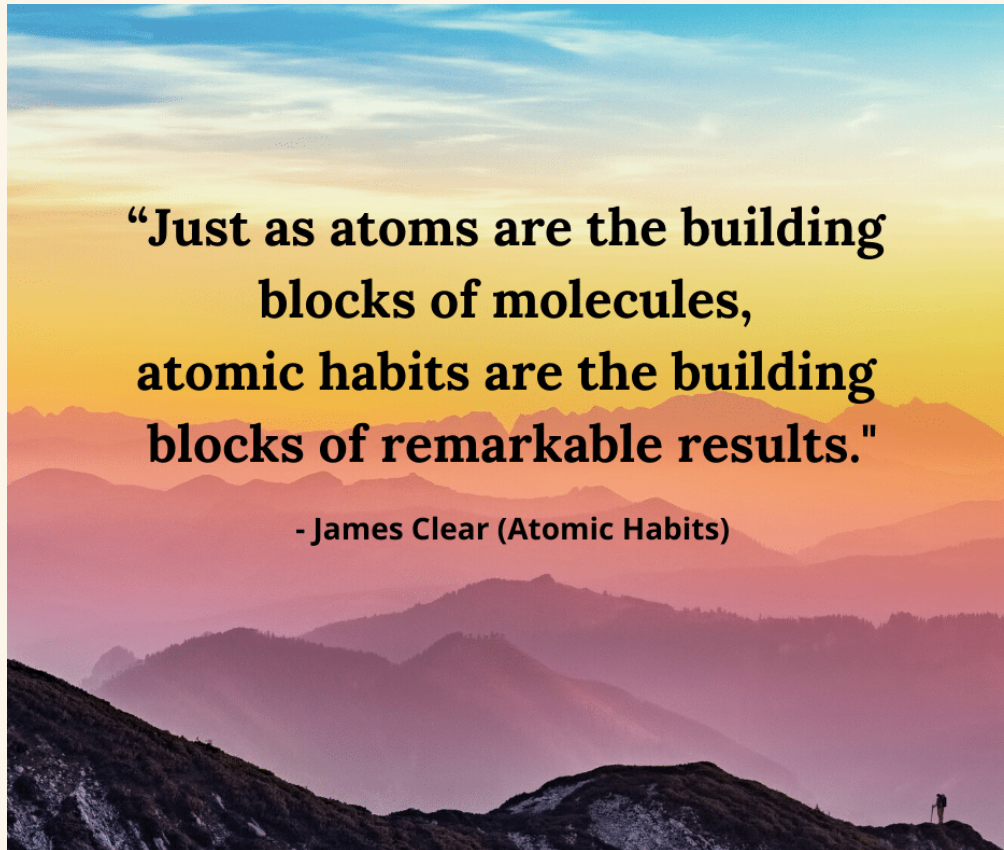
5hrs in...planning

- **I will...**revise key terms from unit 1
- **At...**1055 for the whole of lesson 3
- **In...**the Study Room

- **I will...**write a practice essay about...
- **At...**9am
- **In...**my bedroom after breakfast

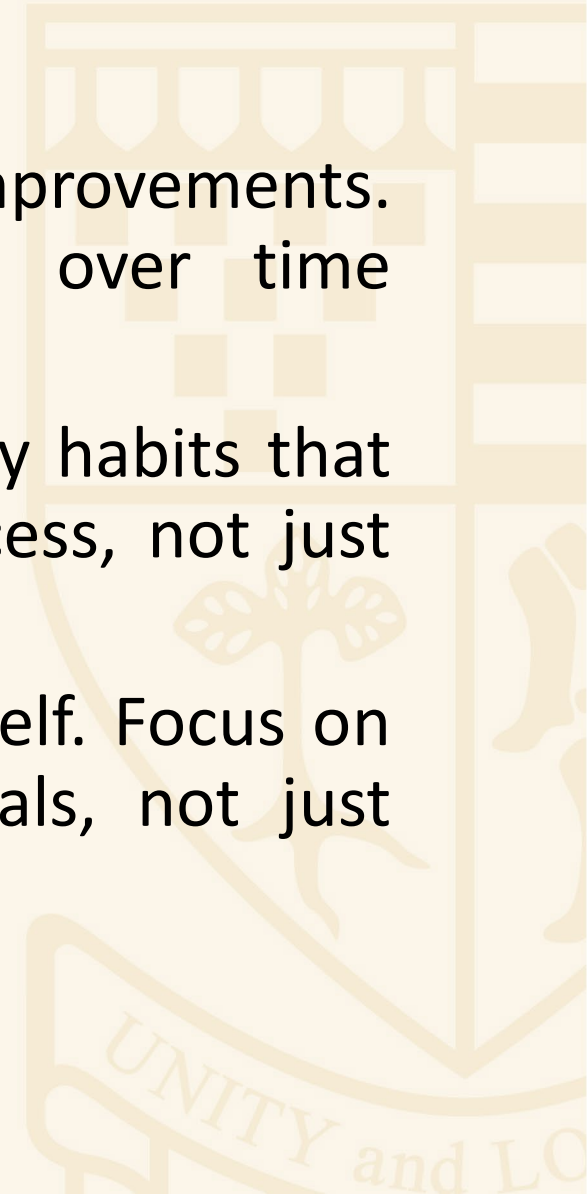


Continuous Small Improvements (Atomic Habits) are all That is Needed to Perform Better



Atomic Habits - Key Takeaways for A Level Students

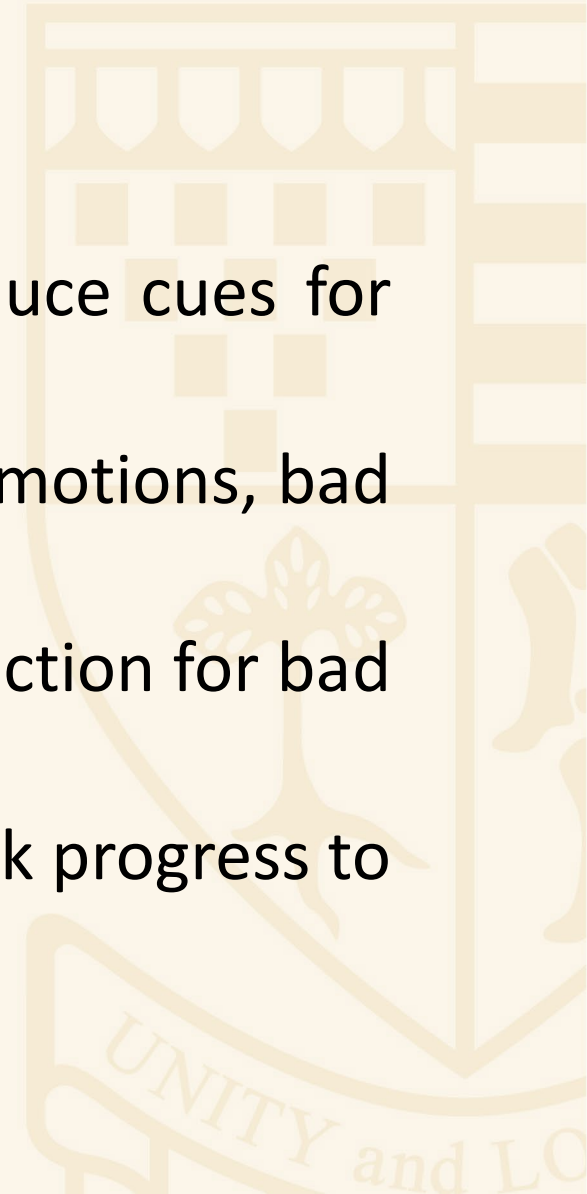
- **Small Changes, Big Impact:** Focus on tiny, consistent improvements. 1% better every day leads to significant growth over time (compounding effect).
- **Systems Over Goals:** Don't just set goals; build the daily habits that lead to those goals. Your system determines your success, not just your aspirations.
- **Identity-Based Habits:** Change your beliefs about yourself. Focus on becoming the type of person who achieves your goals, not just achieving the goals themselves.



Atomic Habits - Key Takeaways for A Level Students

The 4 Laws of Behaviour Change:

- **Make it Obvious:** Increase visibility of good habits, reduce cues for bad ones.
- **Make it Attractive:** Associate good habits with positive emotions, bad habits with negative ones.
- **Make it Easy:** Reduce friction for good habits, increase friction for bad ones.
- **Make it Satisfying:** Reward good habits immediately, track progress to stay motivated.



Atomic Habits - applied specifically to studying

Study Schedule:

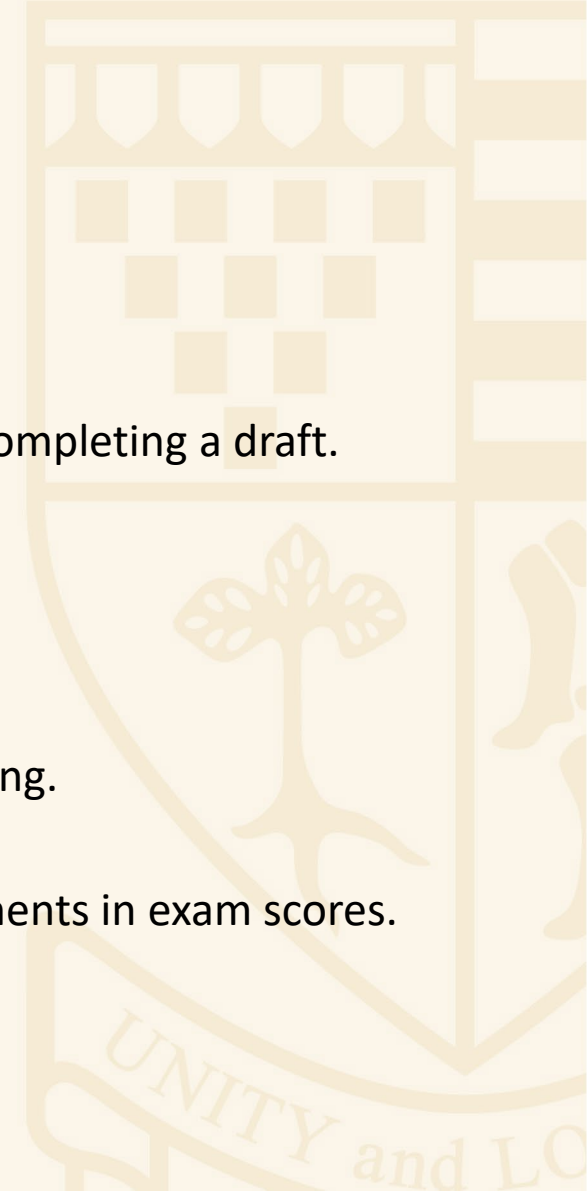
- **Make it Obvious:** Schedule specific study times, create a dedicated study space.
- **Make it Attractive:** Listen to motivating music, reward yourself after study sessions.
- **Make it Easy:** Prepare study materials in advance, break down large tasks into smaller ones.
- **Make it Satisfying:** Track your study progress, celebrate milestones.

Essay Writing:

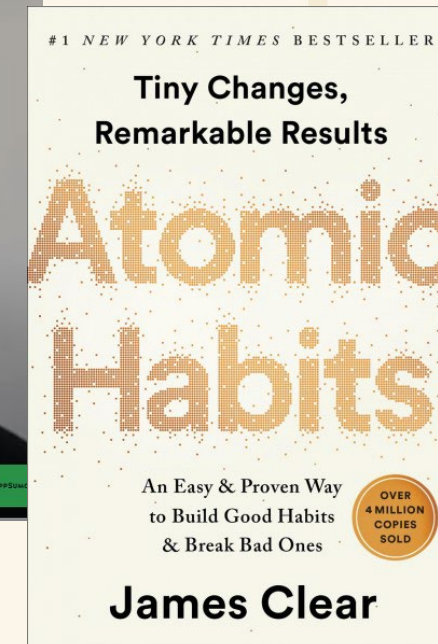
- **Make it Obvious:** Set a timer for writing, dedicate a specific time for brainstorming.
- **Make it Attractive:** Find a writing partner for feedback, reward yourself with a break after completing a draft.
- **Make it Easy:** Use templates or outlines, start with a simple sentence to get going.
- **Make it Satisfying:** Review and celebrate well-written essays, track your progress.

Revision:

- **Make it Obvious:** Schedule regular revision sessions, use a planner to track progress.
- **Make it Attractive:** Study with friends, use flashcards or mind maps to make revision engaging.
- **Make it Easy:** Break down revision into smaller topics, use past papers for practice.
- **Make it Satisfying:** Reward yourself after completing a revision session, celebrate improvements in exam scores.



Start With Small Steps: The Two Minute Rule Video Clip (2.34 mins)



The Two Minute Rule

The Benefits Of The 2-Minute Rule

- If you're trying to build new habits and skills, making every step of the way an easily achievable 2-minute chunk, will make you more likely to do it over and over again.

Discuss and decide some 2 minute habits you could start today!

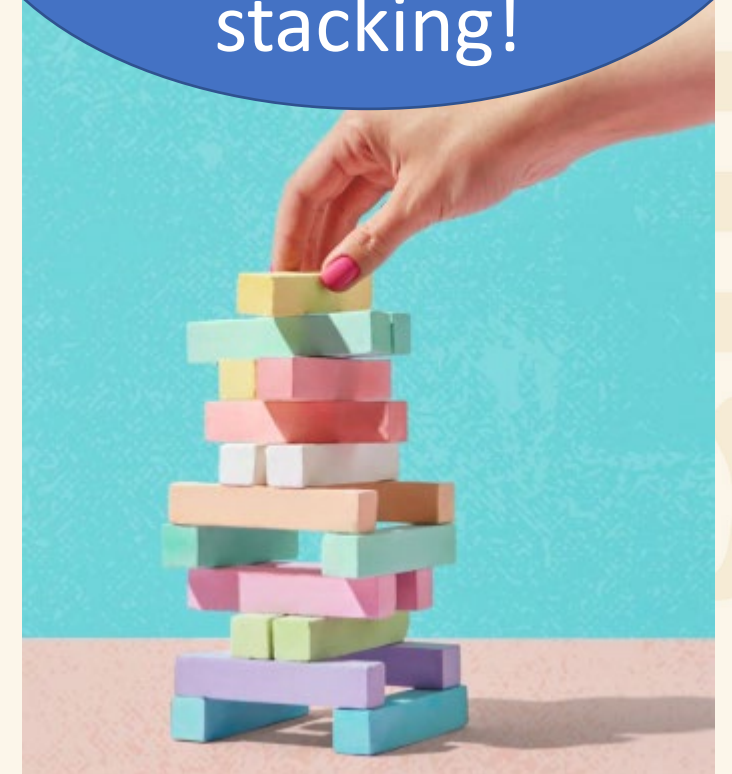
Two Minute Rule	End Goal
Meditate for 2 minutes daily	Meditate for 30 minutes daily
Read one page	Read daily
Open my notes	Study for school
Fold one pair of socks	Put away clean laundry
Put on my running shoes	Run three miles

Very Easy (Kindling)	→ Easy (Kindling + Smaller logs)	→ Moderate (Small to medium logs)	→ Hard (Medium logs)	→ End Goal (Big Logs)
Meditate for 2 minutes every day	Meditate for 4 minutes every day	Meditate for 8 minutes every day	Meditate for 14 minutes every day	Meditate for 20 minutes every day
Put on your running shoes	Walk for ten minutes	Walk 10,000 steps	Run a 5K	Run a Marathon
Write 1 sentence	Write 1 paragraph	Write 1,000 words (several pages)	Write a 5,000 word article	Write a book (~50,000 words)
Open your notes	Study for ten minutes	Study for three hours	Get straight A's	Earn a college or graduate degree
Be home by 10pm every night	Turn off all devices by 10pm every night	Be lying in bed by 10pm every night (with lights on)	Have lights off by 10pm every night	Wake up at 6am consistently
Have vegetables at each meal	Stop eating four-legged animals (cow, pig, etc)	Stop eating two-legged animals (chicken, turkey, etc)	Stop eating animals with no legs (fish, etc)	Stop eating all animal products (eggs, milk, etc)
Put on my workout clothes	Step out the door for a walk	Drive to gym, exercise for 5 minutes, then leave	Exercise for 15 minutes at least once per week	Exercise three times per week

Habit Stacking

- **Identify a current habit:** Choose an existing habit you already do consistently (e.g., brushing teeth, making coffee).
- **Stack a new habit:** Decide on a new habit you want to incorporate (e.g., learn a key term, read for 10 minutes).
- **Create a trigger:** Link the new habit to the existing one (e.g., "After I brush my teeth, I will test myself with revision cards for 5 minutes").

Discuss and decide some habits to start stacking!



Redesign Your Environment to Make Good Habits as Easy as Possible

- Put your phone in another room when you are working or trying to sleep at night
- Make it harder to access your social media accounts
- Mix with people who reinforce good habits
- Unplug your games console and put it in a cupboard after use
- Place revision cards round the house



THE HABIT LOOP - THE FOUR LAWS OF BEHAVIOR CHANGE

CUE → CRAVING → RESPONSE → REWARD

MAKE IT OBVIOUS

MAKE A LIST OF YOUR DAILY HABITS



"One of the greatest challenges in changing habits is maintaining awareness of what we are actually doing."

HABIT STACKING



Identify a habit that already exists and stack the new habit on top

"After _____, I will _____."

ENVIRONMENT DESIGN

Habits can be created more easily in new environments

If you want to learn to play the guitar, leave it in the middle of the room, not in the closet.



"One space, one use."

MAKE IT ATTRACTIVE



TEMPTATION BUNDLING

Create attractive behaviors while doing something you really enjoy. Run + Netflix

"Habits are attractive when we associate them with positive feelings."



WE IMITATE

- 1) THE CLOSE
- 2) THE MANY
- 3) THE POWERFUL

Join a culture where the desired behavior is the normal behavior and you already have something in common with the group

"The shared identity begins to reinforce your personal identity."

MOTIVATION RITUAL



Create rituals to start the day and to prepare you for a specific situation.

"Whenever you want to get in the mood, you press PLAY."

MAKE IT EASY

REPETITION NOT PERFECTION



With repetition you perform a behavior unconsciously, effortlessly.

"Habits are formed by frequency, not time."

REDUCE FRICTION



Prime the environment for future use so there is no friction.

"A new habit should not feel like a challenge."



THE 2-MINUTE RULE

"When you start a habit, it should take less than 2 minutes to do."

AUTOMATE

Whenever you can, automate good habits and automatically eliminate bad habits.



Ask someone to reset your social media password on Monday and deliver the new password on Friday.

MAKE IT SATISFYING

IMMEDIATE SATISFACTION



Add a little bit of immediate pleasure to habits that pay off in the long run.

"What is rewarded is repeated. What is punished is avoided."

PERSONAL LOYALTY PROGRAM



Make the avoidance visible. Whenever you pass on a purchase, put the same amount of money in the account.



HABIT TRACKER

Measure your progress. Whenever possible, automatically.

WARNING

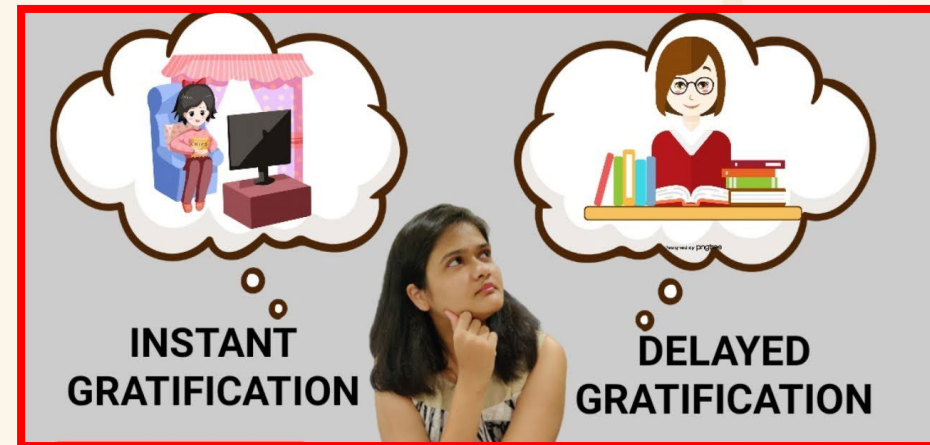
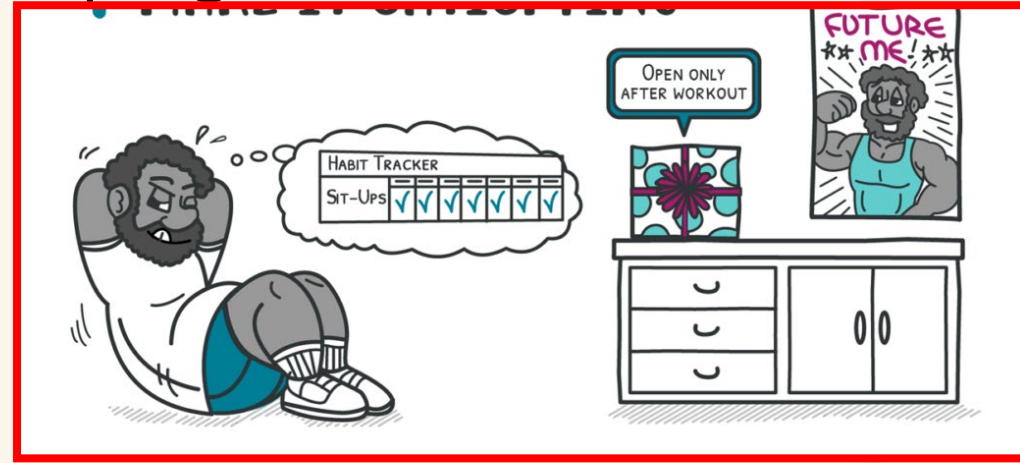
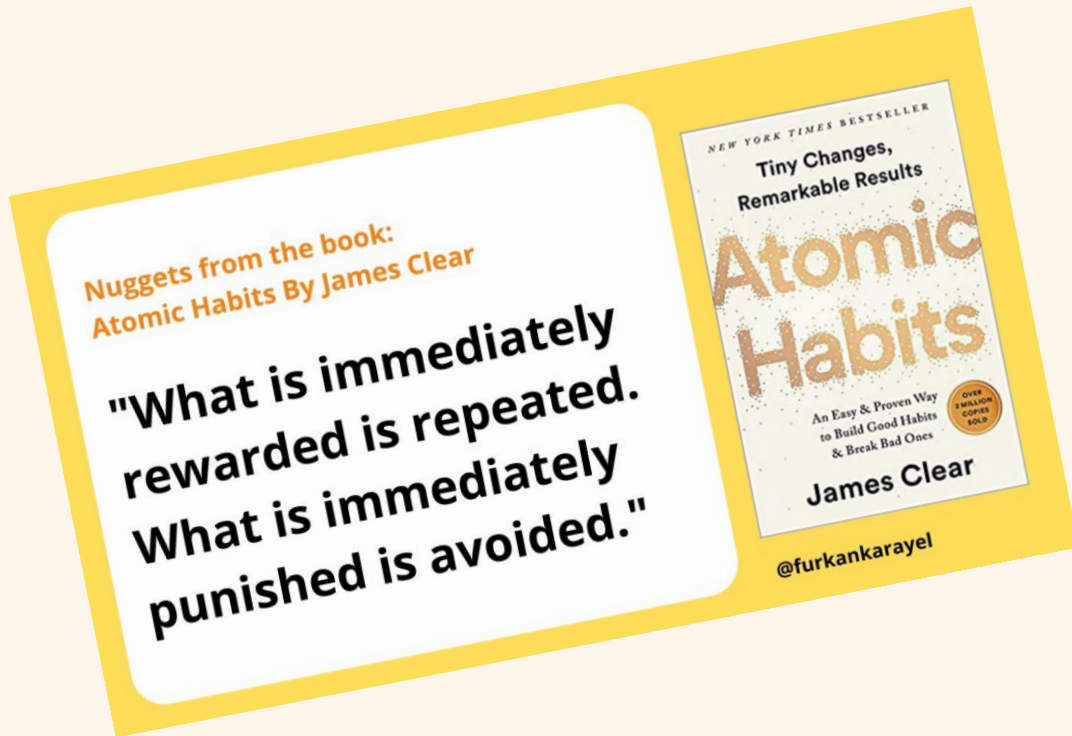
GOODHART'S LAW:
"When a measure becomes a target, it ceases to be a good measure."



Sheldon School

BE KIND | BE BRAVE | BE THE BEST YOU

Make the New Habit Satisfying

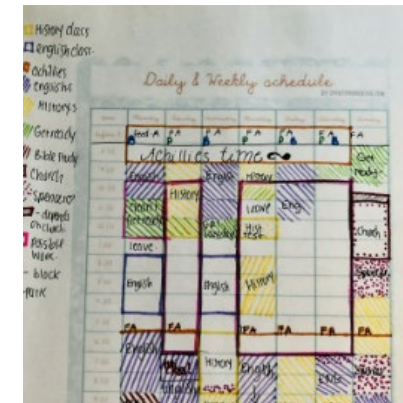


START BY PUTTING YOUR FREE TIME INTO YOUR PLANNER THEN ADD YOUR REVISION SESSIONS:

WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30AM - 4PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	9AM - 10AM	BREAKFAST / SHOWER	BREAKFAST / SHOWER
4PM - 5PM	HOMEWORK	TV / GAMING / SOCIAL MEDIA	HOMEWORK	TV / GAMING / SOCIAL MEDIA	HOMEWORK	10AM - 11AM	REVISION - ENGLISH	REVISION - SCIENCE
5PM - 6PM	DINNER	DINNER	DINNER	DINNER	DINNER	11AM - 1PM	SEEING FRIENDS / LUNCH	SPORT / LUNCH
6PM - 7PM	REVISION - GEOGRAPHY	HOMEWORK	REVISION - HISTORY	REVISION - FRENCH	REVISION - SCIENCE	1PM - 3PM	REVISION - MATHS	REVISION - FLASH CARDS
7PM - 8PM	REVISION - MATHS	REVISION - ENGLISH	FREE TIME	HOMEWORK	FREE TIME	3PM - 5PM	OUT WITH FAMILY	SPORT / TV / GAMING
8PM - 9PM	FREE TIME / SHOWER	FREE TIME / SHOWER	FREE TIME / SHOWER	FREE TIME / SHOWER	FREE TIME / SHOWER	6PM - 8PM	DINNER / FREE TIME	DINNER / FREE TIME

MAKE IT YOUR OWN

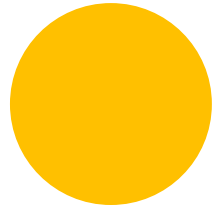
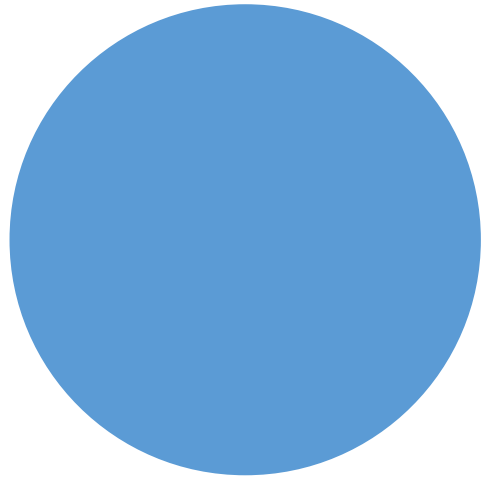


Wellbeing checklist



Key dates

- Weds 29th Jan – UCAS deadline
- w/b 24th Feb and 3rd March – mock exams in exam venues – study leave tbc
- w/b 10th Feb – National Apprenticeship Week
- Thurs 27th March – Yr13 report goes home
- Tues 1st April – F2F parents evening
- Fri 9th May – leavers' day
- Mon 12th May – A Level exams start
- End of May? – student finance deadline - tbc
- Thurs 5th June – deadline for UCAS F+I choices
- Weds 25th June - Y13 last exam contingency day - students should be available until this day
- Tues 1st July – Yr13 ball
- Thurs 14th Aug – results day



Sheldon Sixth Form

Questions?

@sheldonsixthform

Sixth Form Notes