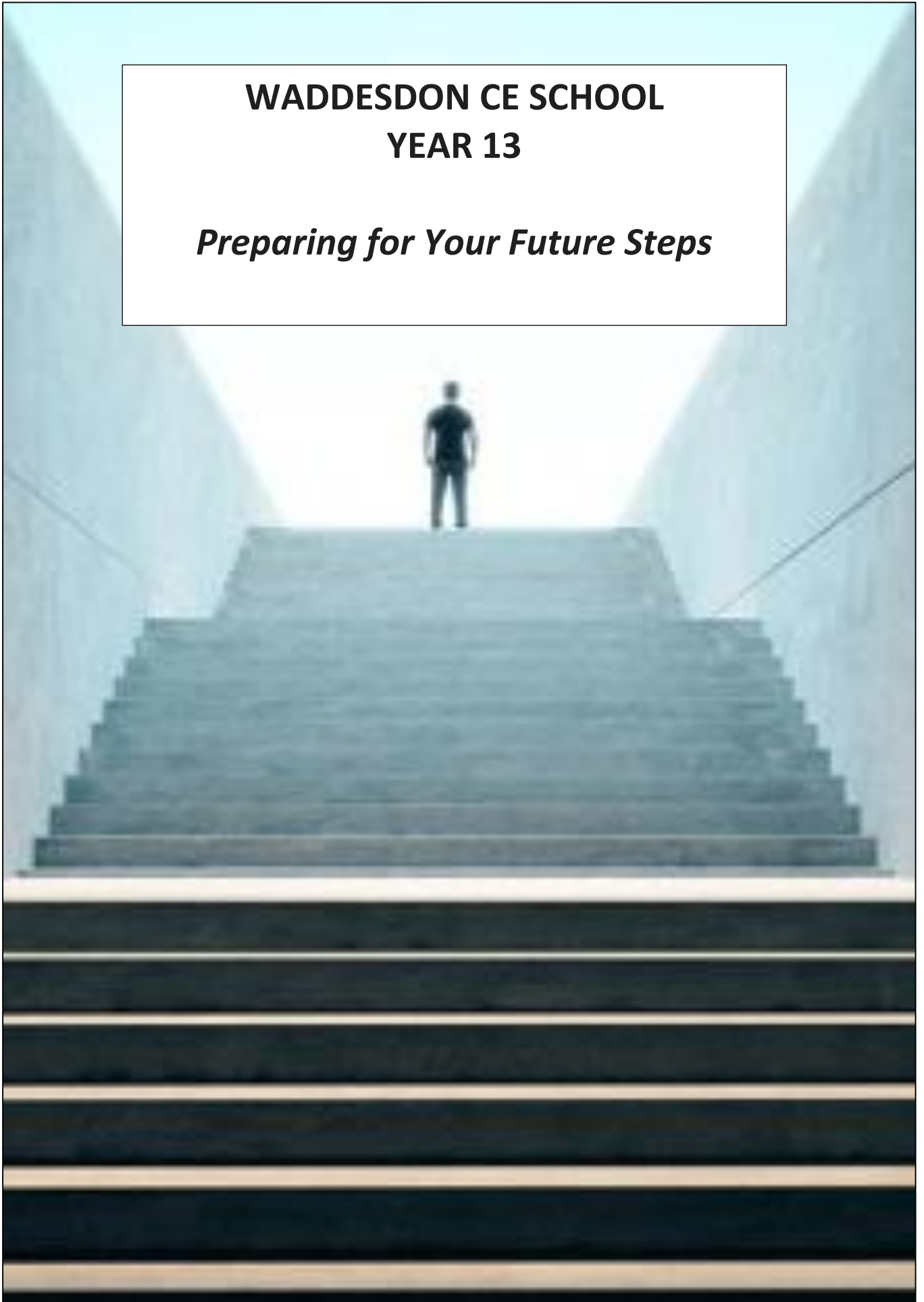
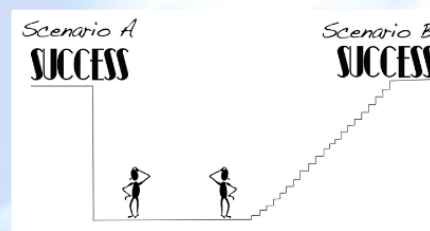


**WADDESDON CE SCHOOL
YEAR 13**

Preparing for Your Future Steps





Dear Year 13...

We hope you and your families are keeping well and that you've had a good break. Thank you for your continued mature and patient response while we've waited for further details from Ofqual about how your grades will be awarded this summer.

Now the details have been confirmed, teachers will not be setting you any more work to complete on SMHW. As you know, the vast majority of taught content in your courses was completed before Easter and you'd already started revision.

We understand that some of you may decide now you want to sit the proposed Autumn exams or next Summer, or wait to decide after your results are released in August. Many of you will decide to cease revision and accept the calculated grades.

Whatever you decide, the important thing is to come up with a step-by-step plan to make productive use of the next few months to best prepare yourselves for the future – remember the image above from assembly!

If you want to continue to work towards formally sitting your exams either this Autumn or next Summer, your teachers will provide revision resources and access to past paper exam questions in a final SMHW post. If you know now that you intend to work towards sitting the exams, please e-mail Ms McIver via office@waddesdonschool.com to let her know. You can also wait to make the decision after you get your results in the summer.

If you decide to cease revision and exam preparation now as you don't want to sit exams either this Autumn or the Summer of 2021, there is plenty you can do to make best use of the next few months. Whilst we are all still at home, there are activities you can complete to help you make as smooth a transition as possible from secondary education to your university degree, apprenticeship, Gap Year or employment. If you're still not sure what you want to do after your Gap Year, this is the opportunity to explore the options. This booklet contains lots of ideas, most of which have no cost.

Laying these important foundations in the coming months will enable you to take the next step with confidence and continue to flourish as you leave 'the Bubble'!

Our best wishes and good luck!

Mrs McKenzie and Ms McIver

Preparing for your Future Steps

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1) Continuing to prepare for your exams (either in the Autumn or Summer 2021)



- 1) Inform Ms McIver (office@waddesdonschool.com) you are intending to sit exams (this can be done now or in August).
- 2) Be sure you have the **syllabus** for each subject where you intend to sit exams and that you've completed the **taught course content** set by your teachers on SMHW. Your teachers will have posted revision resources on SMHW as well access to past paper questions as their final post.
- 3) You will need to get yourself back into a **revision routine** and break your revision into smaller steps as you've done in the past: <https://www.mystudylife.com> or <https://getadapt.co.uk/>
- 4) Remember the following **key principles** behind a successful revision programme:

Honing your revision strategy:

A top performing student's study profile will be split like this:

Category	Percentage
Finishing Notes	25%
Memorising Notes	50%
Practice Papers	75%

- Plan
 - ✓ Are you able to put together an **effective revision timetable**?
 - ✓ Do you **chunk the content** down to make it manageable and stay motivated?
 - ✓ Do you plan in **breaks and rewards**?
- Understand
 - ✓ Are all of your class and homework **notes** up to date, complete and in order?
 - ✓ Have you gone through the syllabus/your work and used '**traffic lighting**'?
 - ✓ What have you done to improve your understanding of more **challenging topics**?
- Condense
 - ✓ Do you have a copy of the **syllabus** for each subject?
 - ✓ Do you use the **syllabus to structure** your condensed notes?
 - ✓ How effective is your **strategy** for creating condensed revision notes?
- Memorise & Review
 - ✓ How effectively do you commit the key content into your **long term memory**?
 - ✓ Do you plan in revision time to **memorise key content**?
 - ✓ Do you plan in time to regularly **go back and re-test** yourself?
- Practise
 - ✓ Do you know how to access **past paper questions** in each of your subjects?
 - ✓ Do you start with **open** book and then move to timed **closed** book practice?
 - ✓ Do you **assess** your past paper responses and know how to improve each time?

- 5) For advice on **condensing your notes** onto Mindmaps: (<https://www.youtube.com/watch?v=-Y1HJMuqAPY>) Or Flashcards: <https://www.bbc.co.uk/bitesize/articles/zr622nb>
- 6) Students have found the following apps useful for **minimising distractions**:
Cold Turkey-blocks selected apps and websites: <https://getcoldturkey.com/>
Forest or Flora-focus for a specified time: <https://www.forestapp.cc/> or <https://flora.appfinca.com/>
Sound Agency-music to aid concentration: <https://www.thesoundagency.com/blog/study-app/>
- 7) The following websites provide excellent sources of information about **looking after your mental health** when preparing for exams: <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/> or <https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/> or <https://www.themix.org.uk/>

3) Developing your skills



Making an Impact: *Eton College*

Become more assertive, develop your ability to influence and increase your leadership capabilities

(contact Ms McIver via office@waddesdonschool.com for a personal log-in for this exclusive online course – there is normally a cost involved but the school have secured free access for you)

Welcome to the EtonX Making an Impact Self-Study course!

We are very pleased that you are joining us on the course. This course will help you become more assertive, develop your influencing skills and increase your leadership capabilities.

We hope that you enjoy your time on the course.

If you are ready to get started, click on 'Course' where you will find your Orientation tasks.

If you need any assistance at any time, please email support@etonx.com.

- Phil Macleod

You will learn how to

- ✓ communicate your opinions clearly and confidently
- ✓ moderate your body language and tone of voice to make the right impression
- ✓ build trust and empathise with others
- ✓ identify personal goals and create a plan to achieve them.
- ✓ ask for what you want and say 'no' politely
- ✓ ask better questions and summarise what you hear
- ✓ understand and implement different techniques to influence and persuade others

Overview Topics Start dates Requirements Educators More courses

Despite critical thinking being so important, students are often unprepared when they start their studies. This course will show you what critical thinking skills you need at university level, how they can be applied to different disciplines and how to use practical strategies to develop these skills for a successful academic life.



Improve your Critical Thinking Skills: *University of Leeds*

Critical thinking is a vital skill for university study whatever your degree and also in your career. Prepare now:

<https://www.futurelearn.com/courses/critical-thinking-at-university>

4) Careers Progression Activities

Barclays Life Skills Hub

Register and log in here:

<https://barclayslifeskills.com/young-people/>

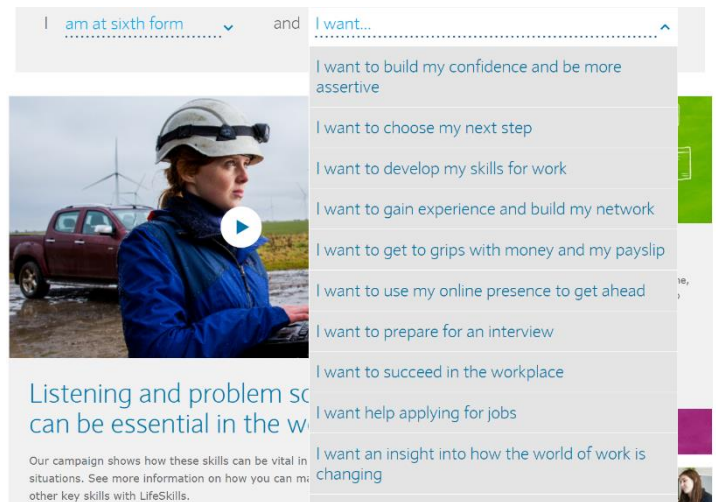
Brilliant activities including:

- Wheel of strengths
- Digital skills
- Creative thinking

Build your online presence, update your CV, supporting letter and improve your interview technique, including a virtual practice interview.

Become a Barclays Life Skills Champion and really stand out from the crowd!

<https://barclayslifeskills.com/i-want-to-gain-experience-and-build-my-network/sixth-form/lifeskills-champions>

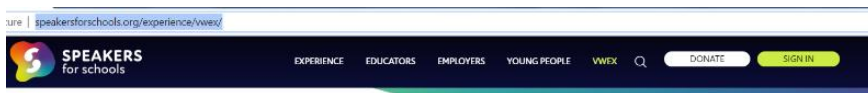


I am at sixth form and I want...

- I want to build my confidence and be more assertive
- I want to choose my next step
- I want to develop my skills for work
- I want to gain experience and build my network
- I want to get to grips with money and my payslip
- I want to use my online presence to get ahead
- I want to prepare for an interview
- I want to succeed in the workplace
- I want help applying for jobs
- I want an insight into how the world of work is changing

Listening and problem solving can be essential in the workplace. Our campaign shows how these skills can be vital in various situations. See more information on how you can master other key skills with LifeSkills.

Complete Virtual Work Experience



VIRTUAL WORK EXPERIENCE

Speakers for Schools is proud to announce the launch of the Speakers for Schools Virtual Work Experience (VWEX) programme. To address the need for high quality work experience, in communities which often have a disconnect between the aspirations of young people, and the presence of outstanding employers.

VWEX'ing will expand our current on-site work experience programme to level the playing field for all. Our VWEX programme is the first of its kind in the UK and enables employers to solve key problems in their business while delivering meaningful and structured work experience to more young people wherever they reside.

We invite employers, educators, careers leaders and young people to register their interest below.

[Sign up today](#)

Register interest and sign up here:

<https://www.speakersforschools.org/experience/vwex/>

I am at school and I want virtual work experience

Learn where your skills are needed in the modern workplace and see the inner workings of a company.

Or here: <https://barclayslifeskills.com/i-want-virtual-work-experience/school>

Medicine/Health & Social Care virtual work experience:

<https://bsmsoutreach.thinkific.com/>

Virtual work experience in Law:

[https://www.insidesherpa.com/virtual-internships/prototype/HECBn5zqCvBpAXitG/White-&-Case-UK-Programme?utm_source=social&utm_medium=\(organic\)&utm_term=&utm_content=&utm_campaign=](https://www.insidesherpa.com/virtual-internships/prototype/HECBn5zqCvBpAXitG/White-&-Case-UK-Programme?utm_source=social&utm_medium=(organic)&utm_term=&utm_content=&utm_campaign=)

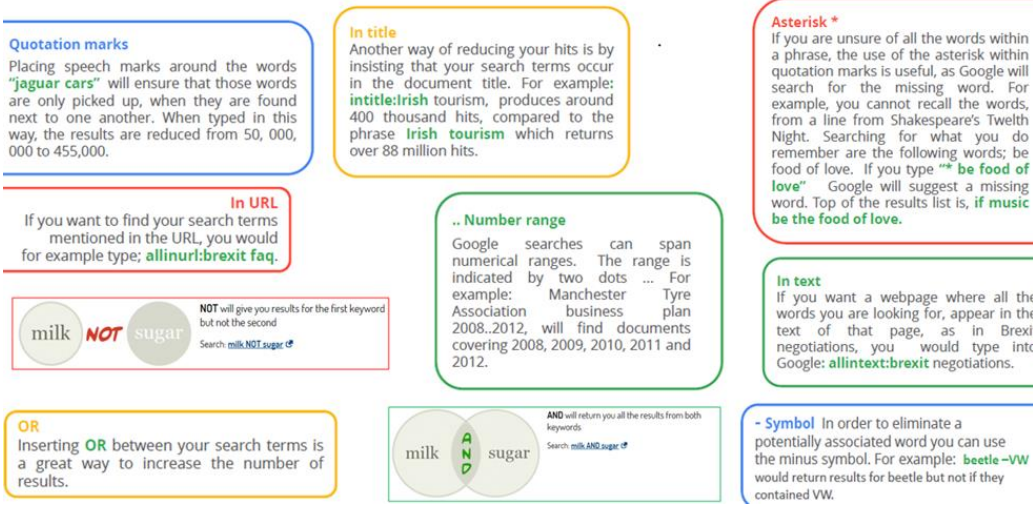


Virtual Work Experience

Virtual Work Experience: Freeformers

Experience a day in the world of a digital agency with a unique and highly interactive video.

5) Are your skills up to the challenge of university/professional study?

Skill	Task
<p>Reflecting</p>	<p>One of the most important skills we can develop to make constant progress is the skill of reflecting. It might seem like an obvious thing to do but we don't always take the time to actually reflect on what we have done, to figure out how to improve in the future.</p> <p>Spend time reflecting on your study of your A levels, the skills you have developed and things you could still work on. Answer the following questions honestly:</p> <ol style="list-style-type: none"> 1. Overall, how much do you think you have achieved through your studies? 2. List three things you accomplished over your two years studying different subjects. 3. Which skills have you developed throughout your study of the subjects? 4. Which three things could you still make improvements on? 5. What have you enjoyed most and least about your studies? 6. Is there anything you wish you had done throughout your studies to help you progress that you didn't do at the time? 7. List three ways your studies can continue to help you in the future (career or university) even if you don't plan to carry on studying any of your subjects specifically.
<p>Research</p>	<p>Researching is one of the most important skills you will need at university and potentially in your career, regardless of which subject you go on to study. It can be useful to complete tasks which will help you to develop your research skills further. Therefore, try to spend at least an hour researching a topic from a subject that you have not studied specifically but maybe you've always been interested in. For example, you could look into;</p> <ul style="list-style-type: none"> • Why are people prejudiced/why do they discriminate? Is there a psychological basis to it? • Is there a psychological explanation for why some people make better leaders than others? • What is the projected economic impact of Brexit? • What have been the environmental changes found since self-isolation? • Is the 'me too movement' the end of feminism?
<p>Sourcing</p>	<p>At University or indeed in your career, you will need to be able to effectively source both reliable and valid research. Watching Netflix and reading articles can give you an interest in a topic but can be biased. Academic journals often attempt to check for potential bias in the sources they choose. It can be difficult to research to get the correct sources. See the image below on how to use Boolean searches:</p> <div data-bbox="606 1422 1069 1489" style="text-align: center;"> <p>Using Google effectively</p> </div>  <p>The infographic 'Using Google effectively' provides a visual guide to search operators. It includes: <ul style="list-style-type: none"> Quotation marks: Placing speech marks around words like 'jaguar cars' ensures they are found together. In title: Using 'intitle:' restricts results to document titles. Asterisk *: Used to find missing words in a phrase. In URL: Using 'allinurl:' finds terms within website URLs. Number range: Using two dots (..) between numbers finds documents from a specific time period. In text: Using 'allintext:' finds terms only within the text of a page. OR: Inserting 'OR' between terms increases the number of results. Symbol: Using a minus sign (-) eliminates unwanted terms from results. </p> <p>Have a go at using these to complete your research in a topic you are interested in.</p>

<p>Reading</p>	<p>Reading is another key skill you will use, but it won't always be books. Academic articles will become your best friend and your least liked friend but unfortunately they are something you have to get used to and can't write an essay without!</p> <p>Use Google Scholar to search key terms for the research you've been interested.</p> <p>Find a journal article. With the article you choose have a go at:</p> <ol style="list-style-type: none"> 1) summarising the aim, hypothesis, method, results and conclusion of the research that was carried out. 2) Explain what the abstract, introduction, methods, results and discussion sections are used for in an article.
<p>Note Taking</p>	<p>Something teachers notice is that students like to copy notes word-for-word from PowerPoints! Unfortunately, University lecturers/experts delivering professional courses won't give you enough time to do this and it isn't the most effective way of taking notes!</p> <p>The Cornell Method is one way of making your notes more effective, especially for when you look back over them. Watch the following video on how to do Cornell note taking: https://www.youtube.com/watch?reload=9&v=ErSic1PEGKE</p> <p>This is only one suggestion of how to improve note taking, so if this isn't something that will work for you, have a look at the following guide for general hints and tips for improving note-taking: https://www.educationcorner.com/note-taking.html</p>
<p>Critical Thinking</p>	<p>Critical thinking is the ability to analyse facts to form your own judgement on a situation – again, not just a skill that is crucial for university but for your career and life in general. Critical thinking is a skill that we can work on and develop like any other. Critical thinking is important for creativity, problem solving, independence and so many other things.</p> <p>Have a look at the University of Leeds MOOC on page 6 of this booklet or check out this free workbook for other fun activities to complete to improve your critical thinking: https://www.schrockguide.net/uploads/3/9/2/2/392267/critical-thinking-workbook.pdf</p>
<p>Essay Writing</p>	<p>Writing a good essay is absolutely key to getting good grades at university (along with exams of course). Clear written communication is key in many careers. Throughout your time studying A levels, you have probably heard your teachers mention multiple times and write on your work that you need 'to elaborate'.</p> <p>The following websites have offered support for essay writing at University. These are just examples. Try to have a look at your first and insurance choice Universities for their own specific guidance: https://www2.le.ac.uk/offices/ld/all-resources/writing/writing-resources/writing-essays https://www.prospects.ac.uk/applying-for-university/university-life/how-to-write-an-essay https://intranet.birmingham.ac.uk/as/libraryservices/library/asc/documents/public/Short-Guide-Essay-Planning.pdf</p>
<p>Summarising</p>	<p>It is safe to say that summarising is a skill that we can find most difficult! It is important that at university/on professional courses you are able to summarise notes during lectures/presentations and focus only on the key points as the lecturers/expert professionals will move VERY quickly through slides.</p> <p>See the websites below for support on how to summarise effectively. https://www.ereadingworksheets.com/free-reading-worksheets/reading-comprehension-worksheets/summarizing-worksheets-and-activities/ https://www.ereadingworksheets.com/reading-comprehension-worksheets/summary-and-main-idea-worksheet-1.pdf</p>

Referencing

Referencing is another one of those skills that you likely won't enjoy but absolutely need for academic study – you will use this in all of your essays regardless of what subject you are studying! The most common form of referencing is Harvard; however, it is worth finding out what referencing your subject may use. For example, in psychology APA referencing is mostly used.

Have a look at the guide below on Harvard referencing:
<https://www.mendeley.com/guides/harvard-citation-guide>

Referencing is complicated because there are a lot of rules but as long as you follow a guide like the one above you can't go wrong.

Have a go at the referencing quiz below from Newcastle University and see if you can remember where each part of a reference goes for the different sources!
https://www.ncl.ac.uk/library/assets/external/teaching/referencing_quiz.html

Academic Posters

Creating academic posters to use in presentations is another key skill you will need for university/in your professional career. These are different from the types of revision posters you are used to creating in class. Carry out a Google image search for academic/professional posters and have a look at some examples. These posters are a lot more professional and contain a lot more information than you are used to.

These posters are important as they are often presented at the University and at conferences. If you are interested google academic posters for a subject/topic/career you are interested in.

Mindfulness

Mindfulness has become extremely popular at the moment. It is the practice of focusing on what we are experiencing at the present rather than focusing on the past and future; because of this it is perfect for reducing stress and anxiety and is something which may help you throughout life, not just at university and in your career!

There are lots of ways of being 'mindful' some like to do mindful colouring or drawing, some people like to meditate, do breathing exercises or mindfully explore music (this means listening to and paying attention to every little aspect of a song). Everyone will practice Mindfulness in their own way. Remember the key is to be in the present moment, let any other stresses or worries fade away while you are completing your activities!

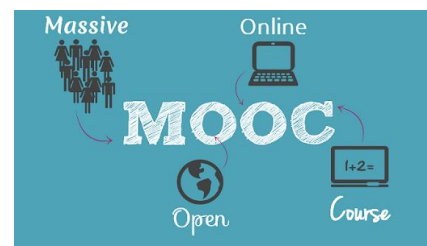
<https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/> (quick exercises).

https://www.betweenessences.com/wp-content/uploads/2014/02/mindfulness-coloring-book-4_25-16.pdf (free mindfulness colouring book to print)

<https://www.youtube.com/watch?v=sG7DBA-mgFY> (guided meditation from headspace)

The following website might also be of use in helping you develop your study skills:
<https://help.open.ac.uk/topic/study-skills>

6) MOOCS (Massive Open Online Courses)



MOOCs are free, online university short courses, through which you engage with academics and professionals, watch short lectures/clips, read articles, and virtually debate the answers to key questions with fellow students. You can search for MOOCs which might interest you via: www.futurelearn.com or have a look at the list below. They are directly linked to university degree courses, but many are also career focused, so if you are doing an apprenticeship or entering employment, don't just dismiss them!

It takes 2 minutes to sign up for a MOOC and you then commit to a few hours of study each week, for a fixed number of weeks e.g. 2 hours per week for 4 weeks.

ART, GRAPHICS AND PHOTOGRAPHY

Video Game Design: how and why do video gamers identify with the characters they control? <https://www.futurelearn.com/courses/video-game-character-design> *Abertay University*

Fashion and Sustainability: an introduction to issues, agendas and contexts relating to fashion and sustainability in a changing world. <https://www.futurelearn.com/courses/fashion-and-sustainability> *London College of Fashion*

WW1 Heroism: Through Art and Film: Discover just some of the ways that heroism and the First World War is portrayed through art and film. <https://www.futurelearn.com/courses/ww1-heroism-art-film> *University of Leeds*

BUSINESS AND FINANCE

Business Management: discover how to manage people, money and information, and gain confidence and insight into your own management style. <https://www.futurelearn.com/courses/introduction-to-business-management> *Kings College London*

Create a Social Media Marketing Campaign: learn to plan and launch a successful social media marketing campaign with the Institute of Coding and the University of Leeds. <https://www.futurelearn.com/courses/create-a-social-media-marketing-campaign> *University of Leeds*

COMPUTER SCIENCE

Learn to Code for the Web: ever wondered what's behind your favourite websites and apps? Get to grips with the basics of coding in HTML, CSS and JavaScript. <https://www.futurelearn.com/courses/learn-to-code-for-the-web> *University of Leeds*

Ethical Hacking: learn the principles and methods of ethical hacking and penetration testing, and build your ethical hacking skills. <https://www.futurelearn.com/courses/ethical-hacking-an-introduction> *University of Coventry*

DRAMA AND THEATRE

Physical Theatre: learn about Meyerhold's form of physical theatre; biomechanics; understand and perform 'The Slap'. <https://www.futurelearn.com/courses/physical-theatre-exploring-the-slap> *University of Leeds*

Introduction to Screen Writing: explores the key concepts and fundamental principles involved in the process of screenwriting. <https://www.futurelearn.com/courses/screenwriting> *University of East Anglia*

ENGLISH LITERATURE

Unseen Poetry and the Creative Process: discover effective techniques to analyse unseen poetry and learn about the creative writing process. <https://www.futurelearn.com/courses/a-level-study-unseen-poetry> *University of Reading*

Creative Writing: get started with your own fiction writing, focusing on the central skill of creating characters. <https://www.futurelearn.com/courses/start-writing-fiction> *Open University*

ECONOMICS

The Politics and Economics and the Economics of Politicians: investigate links between economics and politicians with Sir Vince Cable and leading economists. <https://www.futurelearn.com/courses/politics-of-economics> *University of Nottingham*

Challenging Wealth and Income Inequality: explore the concerns about rising wealth and income inequality between different generations in developed countries. <https://www.futurelearn.com/courses/inequalities-in-personal-finance> *Open University*

ENGINEERING

Engineering the Future-creating the Amazing: learn more about the fascinating world of engineering, and discover where an engineering degree could take you. <https://www.futurelearn.com/courses/creating-the-amazing-engineering-the-future> *University of York*

FOOD SCIENCE AND NUTRITION

Controversies in the Food System: become more confident in making informed decisions about the food you eat by exploring different food controversies. <https://www.futurelearn.com/courses/engaging-with-controversies-in-the-food-system> *University of Reading*

Improving Food Production with Agricultural Technology and Plant Biotechnology: <https://www.futurelearn.com/courses/food-production-agricultural-technology-plant-biotechnology> EIT, *University of Cambridge*

GEOGRAPHY

Concepts in sustainable development: explore some of the key issues in sustainability, tackling the big questions with examples from around the world. <https://www.futurelearn.com/courses/sustainability> *University of Leicester*

Come rain or shine-understanding the weather: understand and explore the physical processes behind the weather <https://www.futurelearn.com/courses/come-rain-or-shine> *University of Reading*

HISTORY

Anti-Semitism: 50 leading scholars from all over the world explore issues relating to antisemitism including: what is antisemitism? How has it changed throughout history? <https://www.futurelearn.com/courses/antisemitism> *Yad Vashem*

The Tudors: compare the rule of the Tudor monarchs and examine the significant political, religious and cultural changes of the period. <https://www.futurelearn.com/courses/the-tudors> *University of Roehampton*

The Cold War: explore the role that the Royal Air Force played in the Cold War. <https://www.futurelearn.com/courses/raf-cold-war> *Royal Holloway, University of London*



LAW/CRIMINOLOGY

Are prisons a suitable punishment? Explore life inside UK prisons. Learn whether this type of punishment reduces crime and if rehabilitation can prevent reoffending.

<https://www.futurelearn.com/courses/incarceration-prisons-suitable-punishment> *University of Leeds*

MATHS

Functions, Sequences and Series, and Numerical Methods: Develop thinking skills, fluency and confidence to aim for an A* in A-level maths and prepare for undergraduate STEM degrees.

<https://www.edx.org/course/a-level-mathematics-for-year-13-course-1-functions> *Imperial College, London*

Flexagons: learn how to make flexagons - beautiful and unique paper constructions - and explore the maths behind them. <https://www.futurelearn.com/courses/flexagons> *Weizmann Institute of Science*

MEDIA STUDIES

Gender Representation: explore how women are represented in the media and reflect on what it means for contemporary society and culture. <https://www.futurelearn.com/courses/gender-and-the-media> *University of Strathclyde, Glasgow*

Media Literacy and Representation: how does the media affect us? Improve your media literacy by learning how to analyse media, film and culture <https://www.futurelearn.com/courses/media-literacy-representation> *University of Newcastle, Australia*

MEDICINE/DENTISTRY/NURSING

Discover Dentistry: an entertaining and illuminating course for everyone to explore the impact dentistry has on our lives. <https://www.futurelearn.com/courses/discover-dentistry> *University of Sheffield*

MedTech-Exploring the Human Genome: discover how advances in the field of genomics are transforming healthcare. <https://www.futurelearn.com/courses/medtech-exploring-the-human-genome> *University of Leeds*

Nursing: explore the diverse skills and knowledge required to be a nurse and find out where a career in nursing could take you. <https://www.futurelearn.com/courses/nursing-the-application-of-bioscience-psychology-and-sociology> *University of York*

MODERN FOREIGN LANGUAGES

Intercultural Studies: Explore intercultural communication by understanding the relationship between language and cultural identity. <https://www.futurelearn.com/courses/intercultural-studies-language-culture> *University of Leeds*

Learn Spanish: learn Spanish online for beginners and discover the Spanish-speaking world with six free online Spanish courses, <https://www.futurelearn.com/programs/spanish-for-beginners> *Open University*



MUSIC

How to write your first song: practical introduction to the mechanics of song writing and meet established songwriters.

<https://www.futurelearn.com/courses/songwriting> *University of Sheffield*

Music Moves: learn about the psychology of music & movement, and how researchers study music-related movements.

<https://www.futurelearn.com/courses/music-moves> *University of Oslo*



From Notation to Performance: find out how musicians turn the notation of a musical score into a memorable performance. Change how you listen to music. <https://www.futurelearn.com/courses/musical-scores> *Open University*

PHILOSOPHY AND ETHICS

Global Ethics: explore key ethical theories surrounding global challenges and learn how philosophy can be used to address these problems. <https://www.futurelearn.com/courses/global-ethics> *Open University*

Think Again I-how to understand arguments: how to reason and argue reasoning, analyse other people's arguments and construct your own. <https://www.my-mooc.com/en/mooc/understanding-arguments/> *Duke University*

Philosophy, Science and Religion: explore contemporary debates at the intersection of Philosophy, Science and Religion. <https://www.ed.ac.uk/ppls/philosophy/research/impact/free-online-courses/philosophy-science-and-religion> *University of Edinburgh*

Moralities of everyday life: How can we explain kindness and cruelty? Where does our sense of right and wrong come from? Why do people so often disagree about moral issues? <https://www.my-mooc.com/en/mooc/moralities/> *Yale University*

PHYSICAL EDUCATION

Football-More than a Game: explore the role of football in the world today - including finances, clubs, nations and rivalries <https://www.futurelearn.com/courses/football> *University of Edinburgh*

Psychology of a sports injury: Have you ever experienced a sport injury? Have you ever thought there could be a psychological dimension to sport injuries, as well as a physical one? <https://www.open.edu/openlearn/health-sports-psychology/exploring-the-psychological-aspects-sport-injury/content-section-overview?active-tab=description-tab> *Open University*

PRODUCT DESIGN

Medtech and Product Design: explore the product design process of MedTech devices and examine future trends in healthcare technology and the MedTech industry. <https://www.futurelearn.com/courses/medtech-trends-and-product-design> *University of Leeds*

PSYCHOLOGY

Forensic Psychology: discover how forensic psychology helps obtain evidence from eyewitnesses in police investigations and prevents cases of injustice. <https://www.futurelearn.com/courses/forensic-psychology> *Open University*

Cognitive Psychology - an experimental science: learn how to use cognitive psychology experiments to explore the internal workings of the mind. <https://www.futurelearn.com/courses/an-introduction-to-cognitive-psychology-as-an-experimental-science> *University of York*

Understanding Depression and Anxiety: <https://www.open.edu/openlearn/health-sports-psychology/health/understanding-depression-and-anxiety/content-section-0?active-tab=description-tab> *Open University*

Sport Coaching and Psychology: <https://www.open.edu/openlearn/health-sports-psychology/exploring-sport-coaching-and-psychology/content-section-overview?active-tab=description-tab> *Open University*

SCIENCES

Ecology and Wildlife Conservation: discover ecology and learn how we can conserve our natural world. <https://www.futurelearn.com/courses/ecology-and-wildlife-conservation> *University of Leeds*

Science behind Forensic Science: an introduction to the science of forensic science and its applications to the real world. <https://www.futurelearn.com/courses/science-behind-forensic-science> *Kings College London*

Biochemistry-the molecules of life: explore the impact of biochemistry on bioenergy and health, discovering why graduates are in demand; with the Biochemical Society. <https://www.futurelearn.com/courses/biochemistry> *University of East Anglia*

The Higgs Boson: find out more about particle physics and understanding the universe. <https://www.futurelearn.com/courses/higgs> *University of Edinburgh*

SOCIOLOGY

Gender Inequality: a key challenge in society. Explore causes, consequences and consider the ways you can overcome it. <https://www.futurelearn.com/courses/understanding-gender-inequality> *University of Exeter*

TEACHING

Preparing for Teaching: prepare for a career in teaching by learning what makes a teacher and reflecting on your own experiences of education. <https://www.futurelearn.com/courses/preparing-for-teaching> *Manchester Metropolitan University*

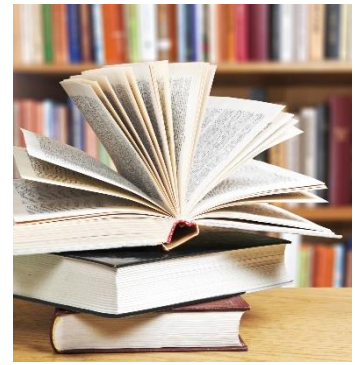
THERE ARE LOADS OF OTHER MOOCS AVAILABLE SO HAVE A LOOK YOURSELF...

THE OPEN UNIVERSITY ALSO HAS SOME EXCELLENT ONLINE COURSES:

<https://www.open.edu/openlearn/free-courses/full-catalogue>

The screenshot shows the OpenLearn website interface. At the top, there is a dark navigation bar with the 'OpenLearn' logo and several menu items: 'Home', 'Free courses' (which is highlighted), 'Subjects', 'For Study', 'For Life', and 'TV & Radio'. On the right side of the navigation bar, there are icons for search, user profile, and the Open University logo. Below the navigation bar, the main content area is titled 'All our free courses'. It features a search bar labeled 'Search free courses'. Below the search bar, there is a list of subject categories, each with a representative image and a dropdown arrow: 'Health, Sports & Psychology' (blue), 'Education & Development' (pink), 'History & The Arts' (red), 'Languages' (orange), 'Money & Business' (dark blue), and 'Nature & Environment' (green). On the left side of the page, there is a sidebar with several sections. The top section is 'Free courses' and includes links to 'All our free courses', 'Why study a free course on OpenLearn?', 'Advantages of enrolling on a free course', 'Badged courses', 'Frequently asked questions', and 'Study with The Open University'. The bottom section is 'Create your free OpenLearn profile' and includes the text: 'Anyone can learn for free on OpenLearn, but signing-up will give you access to your personal learning profile and record of achievements that you earn while you study.'

7) University/Apprenticeship/Career Pre-Reading



If you prefer reading, see the websites below for lots of suggestions of academic books you can read ahead of starting your apprenticeship/degree. You can always e-mail your employer/firm choice university faculty to see what they suggest, if you can't find anything on their website. Lots available as e-books.

Lots of different degree/career areas and suggestions:

<https://www.univ.ox.ac.uk/applying-to-univ/reading-bank/>

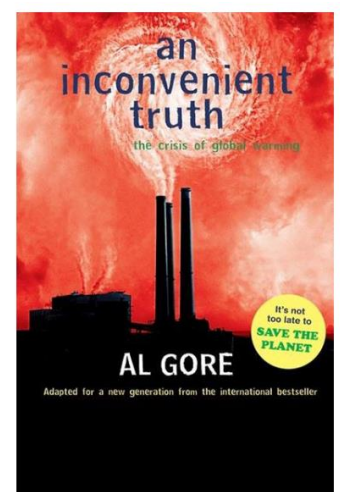
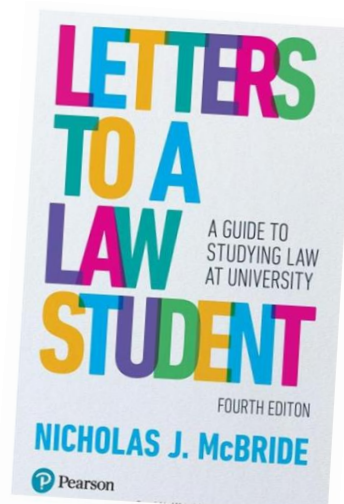
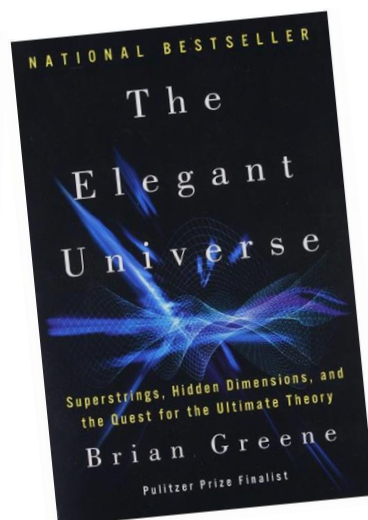
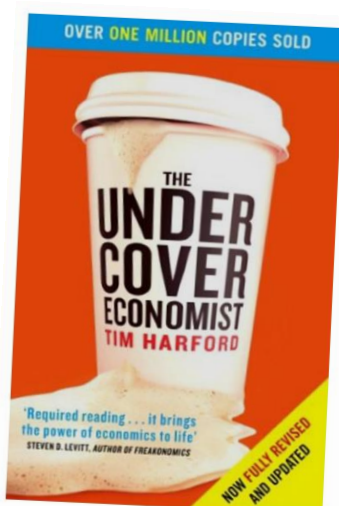
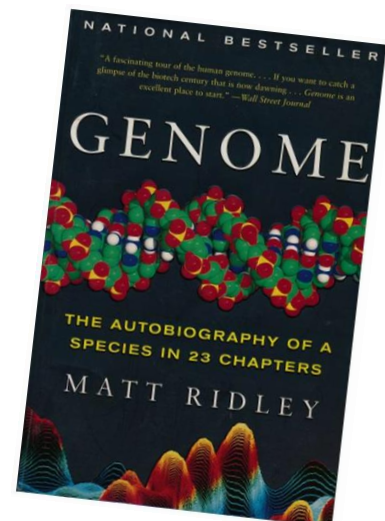
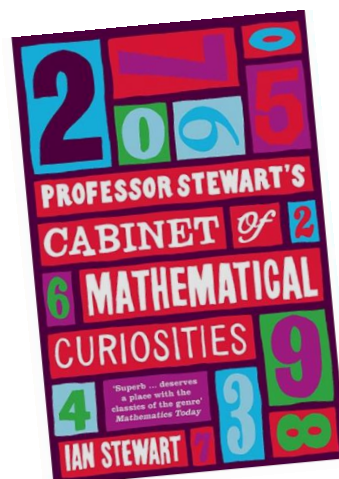
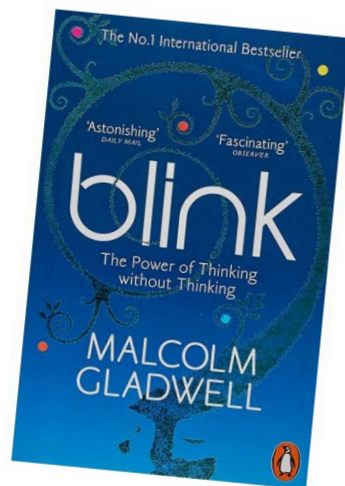
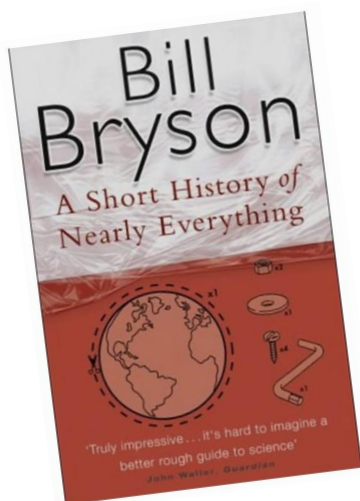
<http://www.ox.ac.uk/admissions/undergraduate/courses/suggested-reading-and-resources#>

Examples from a specific university degree course:

<https://socialsciences.exeter.ac.uk/law/newstudents/newundergraduates/reading/>

Or pick up a subject related journal/magazine, all available online:

e.g. *The Economist*, *New Scientist*, *Psychology Today*, *History Today* etc. as well as relevant sections of online newspapers e.g. *Financial Times*, *Guardian Law Review* etc.



8) Practical Life Skills

Resources to help you with budgeting and financial well-being

Download your brilliant free 30-page manual here:

<https://themoneycharity.org.uk/resources/>

Lots of practical activities and tips on all aspects of financial well-being including:

- Banking and savings
- Housing
- Student Finance
- Tax and payslips
- Credit and borrowing

Don't forget about applying for bursaries & scholarships:

<https://www.thescholarshipub.org.uk/>

<https://www.grantfairy.com/>



How to...?

Register to vote: <https://www.gov.uk/register-to-vote>

Communicate in sign-language: <https://www.british-sign.co.uk/learn-online-british-sign-language-course/> (£3 per student)

Use a washing machine: <https://www.persil.com/uk/laundry/laundry-tips/washing-tips/use-washing-machine-dos-donts.html>

Iron a shirt: https://www.youtube.com/watch?v=yK6iQj-I_0w

Change a tyre: <https://www.rac.co.uk/drive/advice/car-maintenance/how-to-change-a-tyre/>

Shop on a budget: <https://www.savethestudent.org/money/student-budgeting/live-on-10-for-a-week-the-student-challenge.html>

Cook on a budget: <https://www.bbcgoodfood.com/recipes/collection/student> or <https://www.thestudentfoodproject.com/>

What to take to university: <https://www.savethestudent.org/accommodation/what-to-take-to-university.html>

9) Just for virtual fun (and free) ...!



Watch live performances at the National Theatre every Thursday:

<https://www.nationaltheatre.org.uk/nt-at-home?>

Go on a virtual museum tour:

<https://londonist.com/london/museums-and-galleries/calling-all-culture-vultures-here-s-how-to-experience-london-virtually-during-the-coronavirus-pandemic>

or

<https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours>

Go to a virtual concert or gig:

<https://www.whathifi.com/features/10-best-live-streams-and-virtual-concerts-to-watch-in-self-isolation>

Listen to an audio book:

https://www.audible.co.uk/?source_code=M2M30DFT1BkSH1015140065&ds_rl=1235677&ipRedirectOverride=true (free for 30 days)

Learn to draw: <https://www.artistsnetwork.com/drawing-basics-learn-to-draw/>

Learn a language: <https://www.duolingo.com/>

Cook with a professional:

https://www.instagram.com/massimobottura/?utm_source=ig_embed

Get into Opera and/or Ballet:

<https://www.roh.org.uk/news/the-royal-opera-house-launches-a-programme-of-free-online-content-for-the-culturally-curious-at-home>

Go to a virtual West End Show:

https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html

Travel the world:

<https://www.theguardian.com/travel/2020/mar/30/10-best-virtual-tour-worlds-most-famous-landmarks>

#OurHouseToYourHouse

While the Royal Opera House is closed, we have created a schedule of free broadcasts and live content that audiences can access for free at any time, anywhere across the globe.

Watch *Peter and The Wolf* from Friday 27 March at 7pm GMT.

→ Watch it here



Get active:

<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

<https://www.downdogapp.com/> (free to students until 1st July)

<https://apps.apple.com/gb/app/7-minute-workout/id650762525>

Register for a Speakers for Schools Virtual talk:

<https://www.speakersforschools.org/inspiration/vtalks/upcoming-vtalks/>

ENJOY!

10) Preparing for your future steps: THE PLAN



Review what you need to revise, the activities in this booklet as well as what your employer or university is recommending. Outline what you are *aiming to achieve* in the coming weeks:

- 1)
- 2)
- 3)
- 4)
- 5) Etc.

Create a plan for when to make it happen (around your employment/family commitments as well all important time for rest and fun):

Week of...	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
20 th April						
27 th April						
4 th May						
11 th May						
18 th May						
May Half Term						
1 st June						
8 th June						
15 th June						
22 nd June						

'AU REVOIR' YEAR 13...



**WE WISH YOU EVERY
FUTURE SUCCESS!**