Sixth Form Study and Work Experience

10th December 2025

'To seek wholeness through faith, quest and learning. To become who God intends us to be.'





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Sixth Form Study

- Three chosen A Levels.
- Independent study.
- Personal development.
- Career choices and applications.





The Independent Learning and Personal Development Journal will...

- Help you record your learning outside the classroom.
- Help you record your extracurricular involvement.
- Help us monitor your progress and support you to reach your full potential.

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Here is an example of how to fill in the journal:

Date	Subject	Learning completed and time spent
2/10 – 9/10	English Lit	Watched a performance of King Lear. Made notes on the staging and key speeches. (3hrs)
		Listened to a podcast on tragedy (BBC sounds – Radio 4) (20mins) Made notes on the genre and key ideas speakers raised.
	Geography	Revised Part 1 of Rime of the Ancient Mariner. (2hrs)
	Philosophy	
Personal Dev	velopment	·
Date	Activity	Personal Development
12/10	Peer mentor training	Developed understanding of mentor support and coaching for Y7.

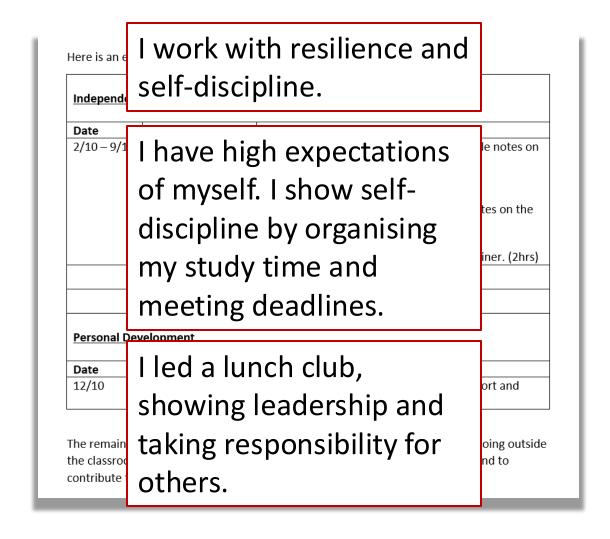
The remaining pages in this document are for you to record everything you're doing outside the classroom. This is to help you reflect, consolidate skills and understanding and to contribute towards your application after Sixth Form.

Include any wider reading, online courses (MOOCS), or masterclass events and experiences that have contributed to your personal growth and development.

Examples might be: Attended an interview, led an assembly, took part in fundraising, showed leadership.



Use the journal as a way to show how you've developed and demonstrated our core RISE values.





Reading for Learning/Personal Development

Rather than one long personal statement, UCAS now asks applicants to answer these three questions:

- Why do you want to study this course or subject?
- How have your qualifications and studies helped you to prepare for this course or subject?
- What else have you done to prepare outside of education, and why are these experiences useful?



Reading for Learning/UCAS applications

Rather than one long personal statement, UCAS now asks applicants to answer these three questions:

 What else have you done to prepare outside of education, and why are these experiences useful?



Degree applied for: Accountancy

 What else have you done to prepare outside of education, and why are these experiences useful?

- Played for local football team and won the league.
- Work in a take-away so have to be good at Maths.
- Did work experience in a nursery.



Degree applied for: Accountancy

- What else have you done to prepare outside of education, and why are these experiences useful?
- Read widely and understand basic terminology like assets, liabilities, debits, credits.
- I'm informed about business news from reputable sources like the *Financial Times* or *The Economist* to understand current events and how they affect the wider business world.
- Through my work experience I built skills in: communication, teamwork, and problem-solving.



What else have you done to prepare outside of education, and why are these experiences useful?

To develop my practical experience, I completed work experience in the NHS, working with the community physiotherapists, while building a good rapport with patients. I was taught how to write a SOAP report for patients. I also learnt about different mobility equipment and how to recommend exercises for patients depending on their needs. I attended an NHS Allied Health Professions (AHP) Masterclass where I learnt about the different AHP professions. I learnt about all the different clinical streams in physiotherapy such as neurological, muscular, and respiratory aspects.

Volunteering at Scope, Blyth has given me customer service experience which has improved my social and communication skills, meaning that I will relate well with staff, students, and patients. I have attended both in person and online summer schools hosted by universities across the country. During these I attended a health professions course, sports science and psychology lessons and I had practical sessions, deepening my knowledge of physiotherapy. I am a determined and compassionate individual; values of the NHCT, qualities I have demonstrated through both my academic pursuits and personal experiences.



As a finalist in the Pelican Podcast Competition, I was invited for a residential where I improved my oracy, critical thinking, and teamwork skills. Currently, I am working on an EPQ on the impact of pelvic floor training on urinary incontinence in women through my research, I hope to design a device that helps with urinary incontinence. I am confident that studying physiotherapy will equip me with the knowledge and skills needed to support patients in regaining their independence and improving their quality of life.

Reading for Learning and Pleasure

- Core.ac.uk
 Open Access articles.
- <u>istor.org</u>
 100 free articles per month
- <u>Scholar.google.co.uk</u>
 High quality scholarly literature, including peer-reviewed papers
- Reading lists from subjects
- LRC



3. Books

What We Fear Most - A psychiatrist's journ

Meet Dr Ben Cave. For over thirty years he has v treating some of the most troubled men and wom disorders to schizophrenia, steroid abuse to drug depression so severe a mother can kill her own bal

Genie: A Scientific Tragedy - Russ Rymer

A tragic tale of obsession, exploitation, and lost experience and experiments on humans make the disturbing. Genie is a wondrous feat of story readable while forcing us to think hard about our

The Psychopath Whisperer - Kent A. Kiehl

A compelling journey into the science and beharin the field of criminal psychopathy. We know at the news and movies--from Ted Bundy and John As Dr. Kent Kiehl shows, psychopaths can be pathological lying; lack of empathy, guilt, and reand failure to accept one's actions. But why do of their environment-- how they were raised-conscience?

The Man Who Mistook His Wife For A Hat -

In this extraordinary book, Dr. Oliver Sacks recou bizarre worlds of neurological disorder. Here are or those they love; who are stricken with viole gifted with unusually acute artistic or mathe comprehension, these brilliant tales illuminate v

Videos - www.youtube.c

4. Films/Documentaries:

Eternal Sunshine of the Spotless Mind - Rating 15

When their relationship turns sour, a couple undergoes a medical procedure to have each other erased from their memories for ever.

One Flew Over the Cuckoo's Nest: based on the novel by Ken Kesey - Rating 15

Randle Patrick McMurphy (Jack Nicholson), a criminal who has been sentenced to a fairly short prison term, decides to have himself declared insane so he'll be transferred to a mental institution, where he expects to serve the rest of his term free of prison labor and in (comparative) comfort and luxury.

Memento - Rating 15

This is a film about a man who loses the ability to form new memories but needs to find a way to remember who killed his wife so he can exact revenge. This film is shot in a weird way as the order of the events are reversed in the film to resemble the confusion that the main character faces.

Fear of Rain - Netflix - Rating PG-13

A girl living with schizophrenia struggles with terrifying hallucinations as she begins to suspect her neighbour has kidnapped a child.

A Dangerous Method - Rating 15

David Cronenberg's film is set in 1904 where a Russian woman named Sabina Spielrein (Keira Knightley) arrives at Carl Jung's (Michael Fassbender) clinic, seeking treatment for hysteria. Jung is eager to test Sigmund Freud's (Viggo Mortensen) theories on Sabina and, in fact, successfully treats her.

The Brain with David Eagleman – Netflix – Rating PG

Neuroscientist David Eagleman hosts the fascinating 6-hour series examining how the brain shapes our realities. Blending scientific research with imaginative storytelling, the show illuminates the neural processes behind everything from synesthesia to facial recognition to dreamed memories.

5. Podcasts:

The Psych Files

The Psychology Podcast

All in the Mind (BBC)

The Hidden Brain

Personality Hacker



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Health –

personal

-



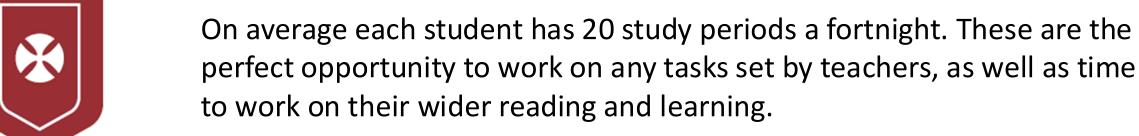
Reading for Learning and Pleasure

- Students who read for pleasure are more likely to achieve higher grades in Level 3 qualifications.
- People who read for pleasure are more likely to secure higher paid jobs.
- Reading makes you more, creative, more imaginative, a better problem solver, more empathetic.
- Reading makes you calmer, boosts your memory, helps you organise information and think critically.



How It Works – What to remember

- Fill it in each week there will be a weekly check.
- Keep it brief this is a reflection task.
- Collect evidence and file it in your subject folders.
- Set yourself manageable targets to meet.





Work Experience

 All Year 12 students complete at least one week of work experience - July 6th - 10th 2026

• Some BTEC students will be expected to complete a 2 week work experience placement as part of their qualification.



Work Experience

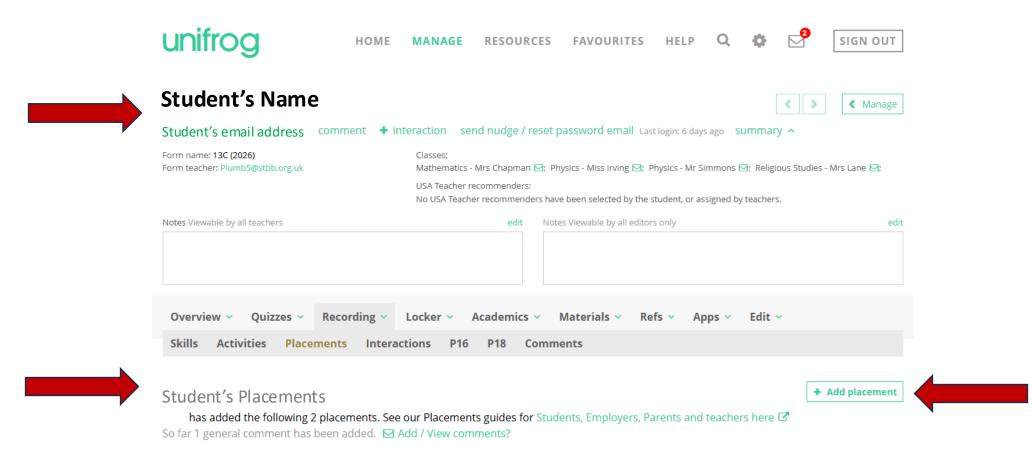
Deadlines/timescales

December 2025 – Friday 13th Feb 2026

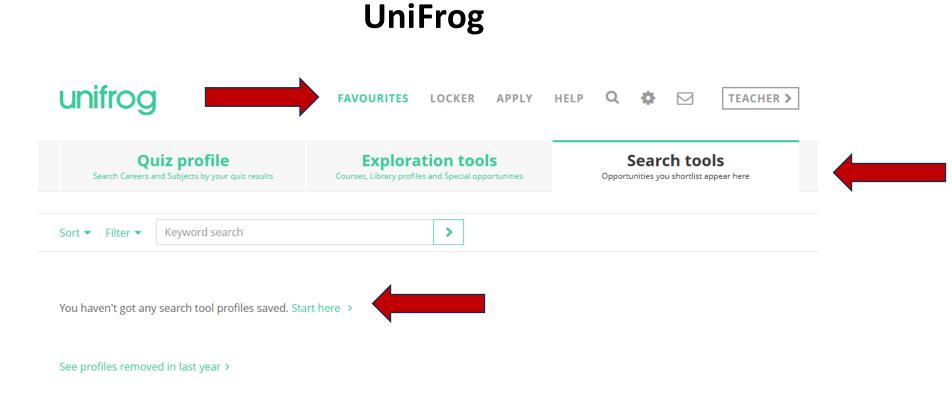
- check UniFrog login details (used for Year 10 Work Experience)
- decide what field/industry you'd like to experience
- approach employers to secure a placement
- enter placement details on UniFrog by 13th February 2026.



UniFrog

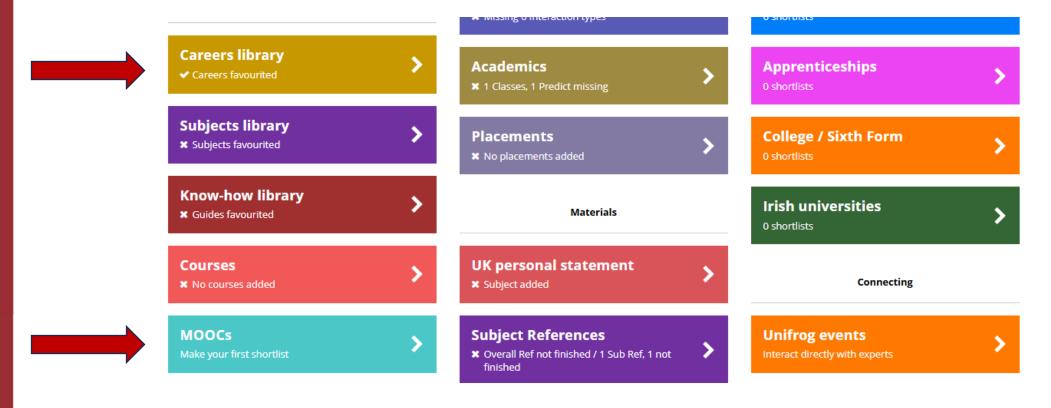






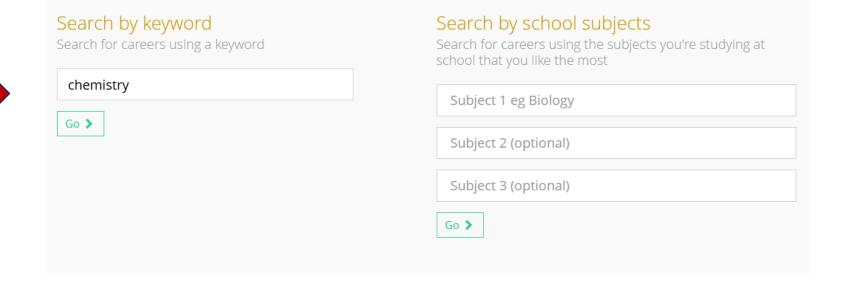


UniFrog





UniFrog

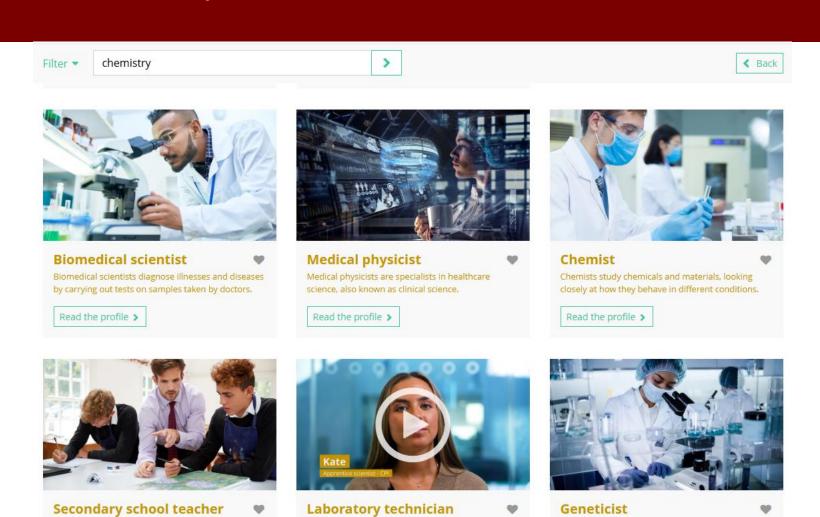




Secondary school teachers educate young people aged 11 to 16, and up to age 19 in schools with sixth

forms.

Read the profile >



Laboratory technicians help scientists carry out

research and tests in lab settings.

Read the profile >

Geneticists study genes, which contain the

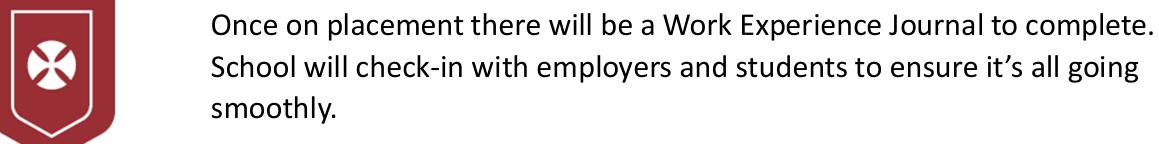
Read the profile >

information controlling what a living organism is like.



Work Experience

- Once a placement has been agreed with the employer, and details added to UniFrog:
 - employers will be requested to complete the Employer Initial Form.
 - parents will need to give permission for the placement.
 - school will approve the placement.





Thank you

Tonight's presentation will be made available on the school website.

If you have any questions, please see Mr Maughan or Mr Plumb.

