

# Sixth Form - News and Update

## University Online Open Events

The summer term is the time we would begin to look at your Post 18 options and in particular university choices. Many universities are providing students with the opportunity of virtual tours and open days. There are a large number of organisations and websites available to help you with all aspects of applying to university. Use the links below to begin to think about your Post 18 options.

[The Complete University Guide](#)

[Take Your Place](#)

[Writing personal statements](#)

## Getting University Ready

- ◆ Getting your head around the UCAS process
- ◆ Understanding student loans
- ◆ Online University open days
- ◆ Writing personal statements

### Don't Panic!

At each step of the UCAS process we will provide guidance and support. The links above are to begin to get you to think about options for Post 18 and the processes you have to go through. Tasks, guidance and activities will be uploaded regularly to SMHW for you to access.

**Week 1:** University myths

**Week 2:** Jargon busting

**Week 3:** What makes a good personal statement?

# Personal Statements

**DO** show you know your strengths, and outline your ideas clearly.

**DO** be enthusiastic—if you are interested in the course, it may help you gain a place.

**DO** expect to produce several drafts of your personal statement before being totally happy with it.

**DO** ask people you trust for their feedback.

**DON'T** be tempted to buy a copy of a personal statement, or share yours. All personal statements are checked for similarity—if your personal statement is flagged as similar to other applicants it could affect your chances of being offered a place.

**DON'T** exaggerate—if you do, you may get caught out at an interview when asked to elaborate.

**DON'T** rely on a spellchecker, as it will not pick up everything—proofread as many times as possible.

**DON'T** leave it to the last minute—your statement will seem rushed and important information could be left out.



## UCAS Application

### Student Road Map

Looking for an easy life when it comes to your UCAS application? Follow this simple timeline, and you'll have it done and dusted before you know it. The goal is to complete your UCAS application form and write a decent draft of your personal statement before the summer vacation, which will put you in a great position when you return to school.



#### Research

In the month of May, you should be working out what you want to study and where you want to study it, if you haven't done so already.

If you've known what you want to study since you were a nipper, this part will be easy. If not, use these links to find about five to ten similar courses that you're interested in studying.



**UCAS:** <https://digitalucas.com/search>



**The Complete University Guide:** <https://www.thecompleteuniversityguide.co.uk/courses/search>



**The Student Room:** [https://www.thestudentroom.co.uk/wiki/a-z\\_of\\_university\\_courses](https://www.thestudentroom.co.uk/wiki/a-z_of_university_courses)



#### UCAS Application Form

In theory, this is the easy part, but you need a lot of information to hand. Make sure you have your official documents and examination results on you, it will make everything much smoother.



**UCAS:** <https://www.ucas.com/>



#### Plan Personal Statement

Usually, this is where the drama begins, but it pays to keep calm. Talk with your teachers, find examples, and list your achievements. Basically, work out the structure and content.



**George Teaches:** <https://georgeteaches.simplero.com/page/150741>



#### Draft Personal Statement

This is when you'll put all your planning into practice. Keep talking with your teachers, but now it's time for you to write the story of why you want to study the course you've chosen.



**George Teaches:** <https://georgeteaches.simplero.com/page/150741>



### Show My Homework

Your teachers will continue to set you your work through Show My Homework.

They can now provide you with feedback through this platform.

Please use the comment icon to ask your teacher questions or provide you with additional work.

Plan your time carefully and continue to work hard.

### MOOCS—Massive Open Online Courses

- ◆ Make yourself stand out from the crowd.
- ◆ Demonstrate your ability to go above and beyond.
- ◆ Learn a new skill.

Investment Banking, Architecture, Medicine, Engineering, Psychology, Computer Science.

## University not for you?

It's important that you are fully aware of all of your options once you have left Sixth Form. While many students move onto degree courses at university, it's fair to say that university isn't for everyone. Many students now are moving onto higher and degree level apprenticeships. While there are many websites providing lots of information regarding university applications and the process, the route onto an apprentice course is not as well known.

### Understanding Apprenticeships

<https://www.ucas.com/understanding-apprenticeships>

In essence, an apprenticeship is a job. You'll spend 80% of the working week at your place of employment, and 20% at your place of study.

You'll earn a salary, and your course fees will be covered by your employer and the government. You just need to be willing to manage your time between work and study.

There are many different apprenticeships you can apply for depending on your existing qualifications across a broad range of different industries.

The government provides a web-based database that allows you to search for a range of apprentice schemes that are available within the local area:

<https://www.gov.uk/apply-apprenticeship>



## Your Mental Health and Wellbeing

In these challenging times it is important for us all to look after ourselves – and each other. Keeping safe, well and mentally healthy are vital and there will be times when we all need support. The links below offer support for positive mental health and safeguarding, which is of particular importance when accessing online learning.

### Support for Mental Health and Wellbeing



Recommendation: NHS  
[www.nhs.uk/conditions/stress-anxiety-depression](http://www.nhs.uk/conditions/stress-anxiety-depression)

#### What is it?

- ◆ Help if you are feeling stressed, anxious or depressed.
- ◆ Access to self-help, talking therapies and helplines.
- ◆ Support for adults, children, teens and students.

#### Accessibility

- ◆ Access mainly online. Some signposting to phone lines.
- ◆ Age appropriate guidance and information.

### Supporting Children and Young People with Mental Health



Recommendation: Young Minds  
[youngminds.org.uk](http://youngminds.org.uk)

#### What is it?

- ◆ Age appropriate information, guidance and support for mental health.
- ◆ Specific guidance covering a wide range of issues that children and young people face.
- ◆ 24/7 crisis support (TEXT YM TO 85258).
- ◆ Signposting to appropriate helplines.
- ◆ Separate advice for parents/ carers.

#### Accessibility

- ◆ Access mainly online.
- ◆ Some signposting to phone lines.
- ◆ Crisis Text service is free.
- ◆ Age appropriate guidance and information.

### Supporting Mindfulness



Recommendation: Headspace  
[www.headspace.com/covid-19](http://www.headspace.com/covid-19)

#### What is it?

- ◆ Offering free support (articles) and meditation exercises during the coronavirus crisis.
- ◆ Meditation exercises for relieving stress, working at home and feeling overwhelmed.

#### Accessibility

- ◆ Access to the internet needed.



**Keeping Children Safe**



**Accessing Support and Advice  
for Children and their feelings**



**Staying Safe Online**



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| <p><b>Recommendation: NSPCC</b><br/> <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a></p> | <p><b>Recommendation: Childline</b><br/> <a href="http://www.childline.org.uk">www.childline.org.uk</a></p> | <p><b>Recommendation: CEOP</b><br/> <a href="http://www.ceop.police.uk/safety-centre">www.ceop.police.uk/safety-centre</a></p> |
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| <p><b>What is it?</b></p> <ul style="list-style-type: none"> <li>◆ Provides advice, news and stories for adults worried about children in relation to: Coronavirus; Mental health; home living; online safety; drugs and alcohol; abuse; and sexual behaviour</li> <li>◆ Adults can contact phone (0808 800 5000) or email <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a> for helpline counsellor support or to report a concern.</li> </ul> | <p><b>What is it?</b></p> <ul style="list-style-type: none"> <li>◆ Offers phone (0800 1111), email or online support to children.</li> <li>◆ Has articles, videos and games focused on emotions and feelings.</li> </ul> | <p><b>What is it?</b></p> <ul style="list-style-type: none"> <li>◆ CEOP is an agency to keep children safe from sexual abuse and grooming online.</li> <li>◆ They help and give advice, and you can make a report directly to them if something has happened online which has made you feel unsafe, scared or worried.</li> </ul> |
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| <p><b>Accessibility</b></p> <ul style="list-style-type: none"> <li>◆ Access to phone (Free number) or internet.</li> <li>◆ Children can contact Childline (0800 1111).</li> </ul> | <p><b>Accessibility</b></p> <ul style="list-style-type: none"> <li>◆ Access to phone (free number) or internet required to access email or online chat.</li> <li>◆ Adults can contact NSPCC.</li> </ul> | <p><b>Accessibility</b></p> <ul style="list-style-type: none"> <li>◆ The CEOP Thinkuknow website has age differentiated information and advice to help you if something has happened to you online.</li> </ul> |
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**Other useful websites and organisations**

<https://www.studentminds.org.uk/> - The UK's student mental health charity.

<https://www.kooth.com/> - Online counselling and emotional wellbeing platform.

<https://www.cpslmind.org.uk/> - Cambridgeshire, Peterborough and South Lincs (CPSL Mind) Mental health charity.

<https://www.youthsporttrust.org/> - School sport charity, fun initiatives to remain active.