

Lesson 1

STARTING YOUR POST-16 JOURNEY



Reflect on how far you have come

Firstly, WELL DONE!

You have been part of a hugely challenging part of history, **but you made it.**

Don't underestimate how amazing you are and how much the last 12 months will have shaped the person you are today.

Reflect on how far you have come

You are now about to start the next exciting chapter of your future.

What will it look like? What do you want to achieve?

What you have achieved

Do not underestimate how much you have grown over the last year:

- Improved organisation skills
- Self-motivation
- Self-discipline
- Using IT and social media to stay connected, like never before

How else have you grown?

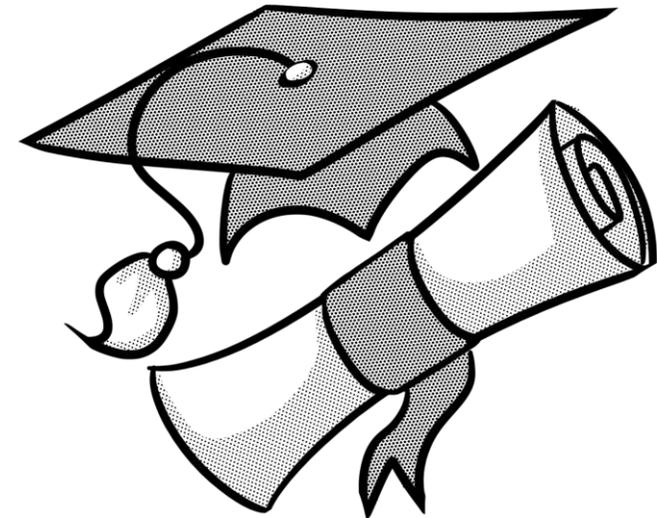
Reflect on how far you have come

- How did you learn most effectively in your lessons?
- Do you think that you improved from the beginning of Year 10 to the end of Year 11? If so, how?
- What was good about your personal organisation? Any lessons to be learnt that you can take into your sixth form studies?
- How well did you cope with the periods of change and challenge?
- What do you want to keep about your behaviour from the last year?
- What do you want to change?

Ideal Learner

Working individually, write down all the things which you think describe the **ideal learner**:

- What qualities would they have?
- What would they achieve?
- How do they present themselves?



“To my future self”

Write a letter to your future self with advice on what you wish you had done differently in Year 11. What would you like to hear when you open the letter 18 months from now?

Use the link below to automatically send yourself the letter in 18 months time!

https://www.futureme.org/?utm_expid=.xfbSl_PQSt6vPqeI1K8Bug.0&utm_referrer=

Back to the Future

On your own have a think about any future plans you might already have.

- Be aspirational!
- Be honest!
- Be excited!