

Lesson plan:

- Starter: Reflection and discussion: How do you feel about your future? (5 mins)

Part 1: Preparing for mocks

- Reading: Articles that offer advice (10 mins)
- Feedback after reading (5 mins)
- Q&A: Any final questions about the mocks? (5 mins)

Part 2: Making decisions

- Discussion: What may influence your choices (5/10 mins)
- Quiz and feedback (15 mins)
- Reading advice about making decisions from UCAS (10 mins)
- Researching careers: (15/20 mins)
- Plenary: What next? (5 mins)

Preparing for mocks & Making decisions

Learning objectives:

- To reflect on how your mock exam preparations are going.
- To explore what your future options are
- To reflect on what's important when making decisions.



Starter:

How do you feel about your mocks?
How do you feel about your future?



Part 1:

Preparing for your mocks.

TASK 1: Reading Articles that offer advice

As everyone is different and how they feel is different, you will have a choice in the first activity.

What advice is out there?

Task:

- Choose one of the following articles to read. Choose one that you feel would be most useful/relevant for you.
- Reflect on and discuss:
- What advice is being given?

Building better coping skills



Fact Sheet | 1075 people have found this helpful



Working out the right coping strategies to **help you handle different situations** can be tough, but it's worth it. **Find out more about different coping strategies**, including how to put them into practice, and tips for **what to do when they don't work**.

- <http://au.reachout.com/building-better-coping-skills>

20 Study Hacks to Improve Your Memory

Posted on January 24, 2014 by Andrea Leyden



We've scoured our brains and the internet for the best study hacks to help your brain remember information quicker and easier and ultimately help you do better in your exams.

- <https://www.examtime.com/blog/study-hacks/>

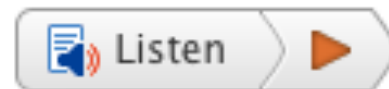
Students Use your head

How anxiety scrambles your brain and makes it hard to learn

Levels of stress and anxiety are on the rise among students. Juliet Rix has tips to control the panic and thrive academically

- <http://www.theguardian.com/education/2015/nov/21/how-anxiety-scrambles-your-brain-and-makes-it-hard-to-learn>

Tips for getting motivated



Fact Sheet | 273 people have found this helpful



Motivation is what **drives us to make the things we want happen** – but staying motivated isn't always easy. **Get some tips** on how to find (and keep!) motivation, and suggestions for what to do **if you just can't get into gear.**

- <http://au.reachout.com/tips-for-getting-motivated>

Feedback:

Any useful tips/ info from the articles?

Q&A:

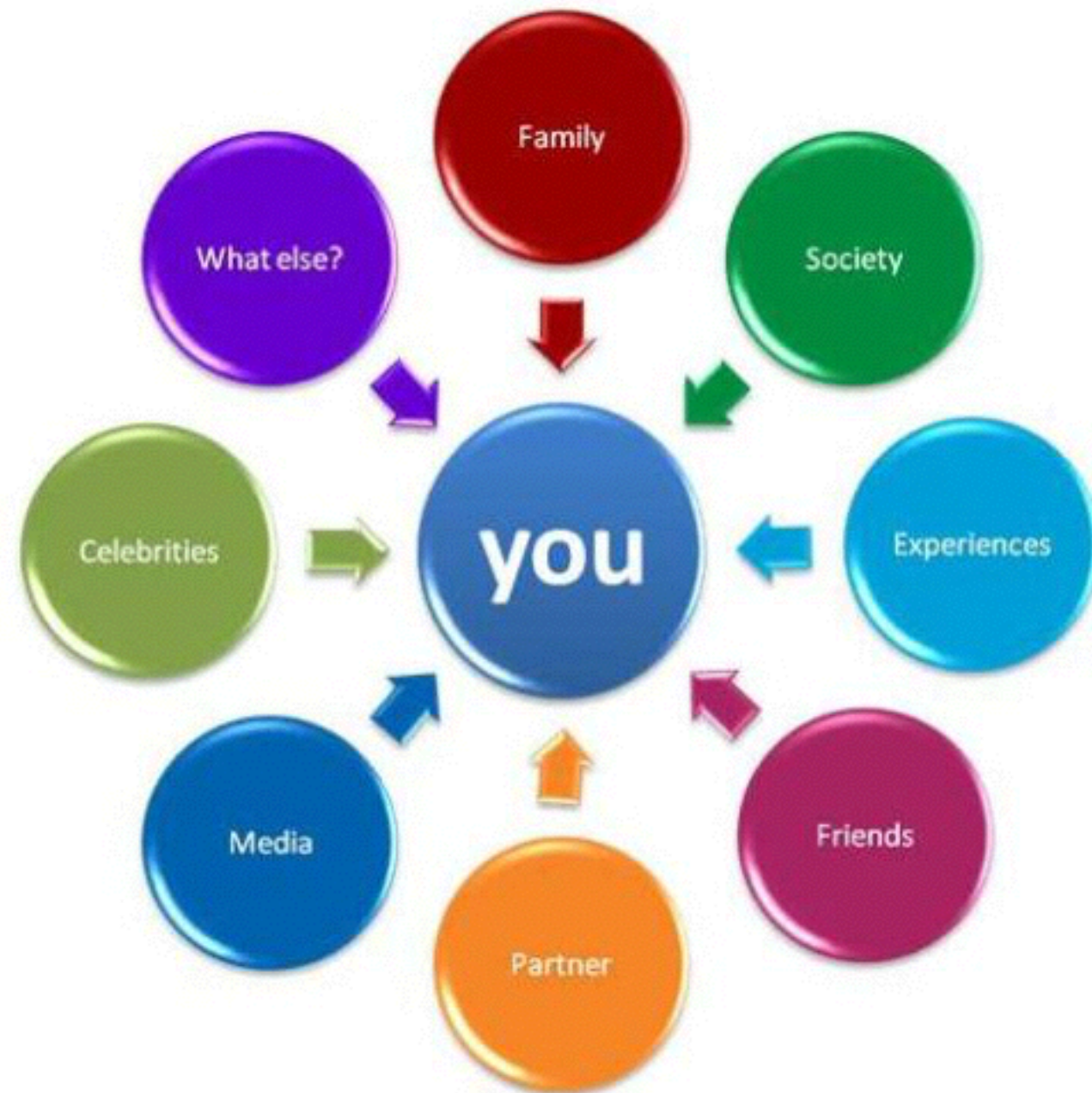
Any questions about preparing for your mocks?

Part 1:

Making decisions

What may influence your
choices for the future?

What influences your choices?



How might these influences affect you?

It's a good idea to get to know yourself better and what you may be suited to.



Complete the career quiz below:

- <http://www.yourfreecareertest.com/>

Feedback from the quiz:

How did you feel about some of the suggestions?

Were there any suggestions there that you have never considered?

Making decisions: Advice from UCAS

(The Universities and Colleges Admissions Service)

There are a wide range of subjects to choose from. If you think you want to study certain subjects at university, or if you have a career area in mind, it's important to check if they have any particular A level entry requirements.

You may not yet know what you want to do after A levels, so here's a quick guide to making choices.

The most important criteria for choosing A levels subjects are:

1. What you are likely to enjoy and be good at?
2. Are there any particular subjects and grades you may need? If you have a particular career, job or further study in mind you may need to choose certain A levels in order to meet entry requirements.
3. How open you want to keep your future study and career choices?

More advice from UCAS

- https://www.ucas.com/sites/default/files/tips_on_choosing_a_levels_march_2015_0.pdf

Where can you find out about different career options?



What can you do to or where can you go to get extra information?

- National Careers service
- UCAS
- University career services
- Newspapers

Research task:

Research the following using the suggested websites.

Research:

- A degree you might be interested in
- A suggested career mentioned from the results to your quiz
- A degree or career you're not that interested in

Suggested websites:

- nationalcareersservice.direct.gov.uk
- <https://www.ucas.com>

Plenary: What next?

Write down the following:

- One thing you're going to try to do whilst preparing for your mocks.
- One thing you're going to do to help you make your A Level choices.