



AllSaints
CATHOLIC SCHOOL

All Saints Catholic School

6th Form

Teaching and Learning

Newsletter

FOR TIPS ON MAKING A SUCCESSFUL APPLICATION AND HOW TO SETTLE IN TO YOUR FIRST FULL TIME JOB, JOIN THIS SESSION ON HIGHER AND DEGREE APPRENTICESHIPS?

**BDSIP & the National Apprenticeship Service are hosting an
ONLINE SESSION**

WEDNESDAY 3 FEBRUARY

1.30 -2.30PM



Zoom link:

<https://us02web.zoom.us/j/83578359701?pwd=MWNTM04rYXQ1SmFPdDI1WTBYV3h5QT09>

Meeting ID: 835 783 597 01

Password: 0837813911

Host: BDSIP CPD (cpdevents@bdsip.co.uk)

ENVISION

UCL is delighted to announce that **REGISTRATIONS ARE NOW OPEN** for **Envision@UCL 2021**, an online event exclusively for young people of Black African & Caribbean heritage who are interested in learning more about university and how the pandemic will affect their application and experience at university.

This will be a great opportunity for participants to get a boost in their confidence and gain crucial knowledge about progressing into and beyond higher education. It will also be a fantastic chance to interact with other like-minded black students, UCL alumni and guest speakers!

This event is open to young people who are:

- from a Black African, Black Caribbean, Mixed Black (e.g. White and Black Caribbean), or other Black background
- in years 10-13

Event dates:

- **Years 10-11: Tuesday 16th February 2021 1pm-4pm**
- **Years 12-13: Thursday 18th February 2021 1pm-4pm**

Please register for a place on Envision@UCL 2020 by completing our [online form](#) before 9am on 1st February 2021.

For more information, students can visit our website: <https://www.ucl.ac.uk/widening-participation/learners/secondary/envisionucl>



STEP SCORES

In order to secure their places at Cambridge, Imperial, Warwick, UCL and so on, students' offers are contingent on them achieving a given grade on the notorious STEP papers...

And that is why, *next Wednesday*, we have decided to run a webinar called:

"Maximising Your STEP Score" (Register Here)

[Maximise Your STEP Maths Score: Free Webinar » STEPMaths | Oxbridge Preparation Courses 2021](#)

It's aimed at Year 12 and 13 students and their parents and will take place at 8pm.

The Oxbridge Formula Team, together with one of our most stellar former students, who achieved SSS in his STEP exams (the highest possible grade), and went on to consistently score 90+% in his Cambridge Maths exams, will discuss:

- ***What STEP is testing*** and why it exists
- ***What you should be doing*** between now and June to prepare in the best way
- ***Our P.R.O.F. methodology*** for gaining mastery over STEP
- ***How to maximise your performance*** on the day: exam technique, timing and question choice
- ***And much, much more!***

Please forward this email to students sitting STEP papers this year, and those interested in applying for Maths / Computer Science related courses for 2022 entry.

We're encouraging parents to join the webinar too, to gain an awareness of the challenges that STEP presents, and how to support their children who are sitting these papers - students, please do share information about this webinar with your parents!

Register for "Maximising Your STEP Score" Webinar

[Maximise Your STEP Maths Score: Free Webinar » STEPMaths | Oxbridge Preparation Courses 2021](#)

We can only fit 100 participants on the call and anticipate this session filling up very early.

So if you're interested, please do book on soon

London South Bank University Webinars

Please see these webinar sessions available !! You can book yourselves onto these workshops by following the links provided; these workshops will be listed on the [What's On](#) pages at LSBU.

[What's On | London South Bank University \(lsbu.ac.uk\)](#)

Please see some of the webinars below that you may be interested inthere are several more webinars that may be of interest to you on the link provided so please check it out!!

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Date	Time	Webinar Session
Tuesday 26th January	17:00	Health and Social Care Interview Training
Tuesday 2th February	17:00	Student Finance
Tuesday 9th February	17:00	Health and Social Care Interview Training
Monday 15th February	13:00	Student Finance
Tuesday 16th February	11:00	Why go to University? Talk with Staff and Students
Tuesday 16th February	13:00	Choosing the right university course during lockdown
Wednesday 17th February	13:00	Degree Apprenticeships
Thursday 18th February	11:00	Student Finance
Thursday 18th February	13:00	Budgeting Workshop





Opportunities

Are your students passionate about accounting, business, and technology?

Our Virtual Insight Week applications are opening on Monday 1 February. This programme is for students in Year 12 in England and Wales (Year 13 in Northern Ireland, or S5 in Scotland) and gives students the chance to gain new experiences, skills and confidence, as they take their first steps towards their career. Encourage your students to apply from Monday - applications close on Sunday 14 March.

[Virtual Insight Week \(pwc.co.uk\)](https://pwc.co.uk)

New World. New Skills. Schools series.

We're delighted to be running another cycle of our New World. New Skills - Schools series; our social mobility virtual skills programme, which gives young people aged 11-14 the opportunity to develop their confidence and key transferable skills.

[New World. New Skills - Schools Series - PwC](#)

Are your students in their final year of school and still deciding what to do this autumn?

Our School and College Leaver opportunities give students the chance to earn while they learn, and start their career straight from school. Encourage them to apply now to avoid missing out.

[View great career opportunities at PwC UK](#)



It's National Apprenticeship Week – Monday 8 Feb to Friday 12 Feb! Join UCAS each day to discover something new about what's on offer and what's involved in studying while working.

- Hear from current apprentices about their experiences.
- Meet and speak to employers apprenticeship providers about what opportunities await you.
- Get expert advice on choosing between your options after school or college.
- Join us live to find out how you can land your dream apprenticeship.

To get involved in all of this and more, sign up below.

[Discover apprenticeships week | Virtual and digital, Undergraduate, Apprenticeships | UCAS](#)

There is a full schedule of webinars each day. Tuesday is the main event where there will be a live Q and A session with lots of employers present.

Katie Davies, laboratory science apprentice (biology)

Katie started her apprenticeship at GSK in 2018 and is currently working towards completing her Level 5 qualification – the equivalent of a full degree. She'll be sharing her experience and tips with you on Monday 8 Feb, but for now, here's what Katie has to say about the best thing about being an apprentice:

'For me, it is being around the most knowledgeable people in the field that want to spread and talk about their knowledge as well as being able to learn hands-on rather than reading straight from a textbook as I can see it in action.'

Register for UCAS updates on the link below

[Get updates from UCAS | Undergraduate | UCAS](#)

Register for UCAS parents newsletters on the link below

[Sign up for our parent newsletter | | UCAS](#)

Not sure what career after 6th form?

Use the link below and complete the Careers Quiz but click on the link providing careers advice.

[Careers | Get Careers Advice Here | UCAS](#)



Unifrog Webinars Coming Soon !! Please register at the following link

[Webinars - Student - Unifrog](#)

Skills & Enterprise Week - Communication and Presenting Skills Development

The ability to communicate effectively and present your ideas in a compelling way are key to any successful career. Find out what activities you can be doing now to build these essential skills.

Tuesday 2 February @ 16:30 UK time - [sign up](#)

UK University Series: Study in the South West

Interested in studying at a university in the South West? Come along to an information session to hear from leading institutions and find out which one could be the right choice for you.

Monday 1 March @ 16:30 UK time - [sign up](#)

Monday 8 March @ 18:00 UK time - [sign up](#)

UK University Series: Study in the North West

Interested in studying at a university in the North West? Come along to an information session to hear from leading institutions and find out which one could be the right choice for you.

Monday 1 March @ 18:00 UK time - [sign up](#)

Thursday 4 March @ 18:00 UK time - [sign up](#)

UK University Series: Study in the South East

Interested in studying at a university in the South East? Come along to this information session to hear from four leading institutions and find out which one could be the right choice for you.

Tuesday 2 March @ 16:30 UK time - [sign up](#)

UK University Series: Study in London

Interested in studying at a university in London? Come along to an information session to hear from leading institutions and find out which one could be the right choice for you.

Wednesday 3 March @ 16:30 UK time - [sign up](#)

Wednesday 10 March @ 18:00 UK time - [sign up](#)

UK University Series: Study in the East of England

Interested in studying at a university in the East of England? Come along to this session to hear from four leading institutions and find out which one could be the right choice for you.

Thursday 4 March @ 16:30 UK time - [sign up](#)

UK University Series: Study in Birmingham

Interested in studying at a university in Birmingham? Come along to this session to hear from three leading institutions and find out which one could be the right choice for you.

Monday 8 March @ 16:30 UK time - [sign up](#)

UK University Series: Study in Wales

Interested in studying at a university in Wales? Come along to this session to hear from leading institutions and find out which one could be the right choice for you.

Tuesday 9 March @ 16:30 UK time - [sign up](#)

UK University Series: Study in Scotland

Interested in studying at a university in Scotland? Come along to this session to hear from four leading institutions and find out which one could be the right choice for you.

Wednesday 10 March @ 16:30 UK time - [sign up](#)

UK University Series: Study in Yorkshire or the North East

Interested in studying at a university in Yorkshire or the North East? Come along to this session to hear from leading institutions and find out which one could be the right choice for you.

Thursday 11 March @ 16:30 UK time - [sign up](#)

UK University Series: Study in the Midlands

Interested in studying at a university in the Midlands? Come along to this session to hear from four leading institutions and find out which one could be the right choice for you.

Thursday 11 March @ 18:00 UK time - [sign up](#)

How can you improve your study techniques to help you revise and learn?

1. **Break the problem down into parts.** This reduces the problem space and lightens the cognitive load, making learning more effective.
2. **Look at worked examples** to understand how to complete tasks.
3. Take advantage of **auditory and visual channels** in your working memory.
4. Start with **learning simple information** and build on it.

What should you do to help your working memory perform better?

Create an environment with as few distractions as possible so turn off your phone, music or the TV. Distractions add to your working memory.

Avoid overloading your brain with too much information at one time.

Always review information from your lessons as you go along because this will help improve your retention, adding knowledge to your long term memory.

Focus on one task or topic at a time.

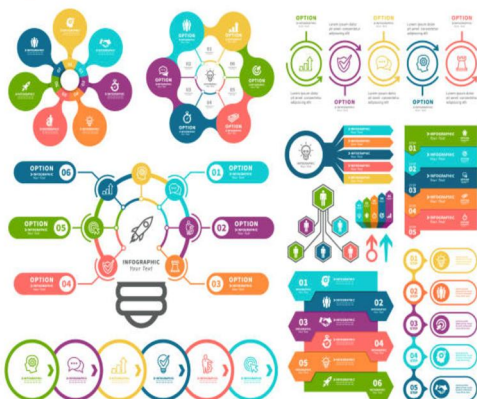
Rehearse the components of a complex task so that it becomes automated, thus freeing up working memory capacity.

Create stories from information to be remembered or group information into more memorable categories or more accessible chunks.

Too much visual and visual text displayed together compete with each other in your mind

TOP TIPS

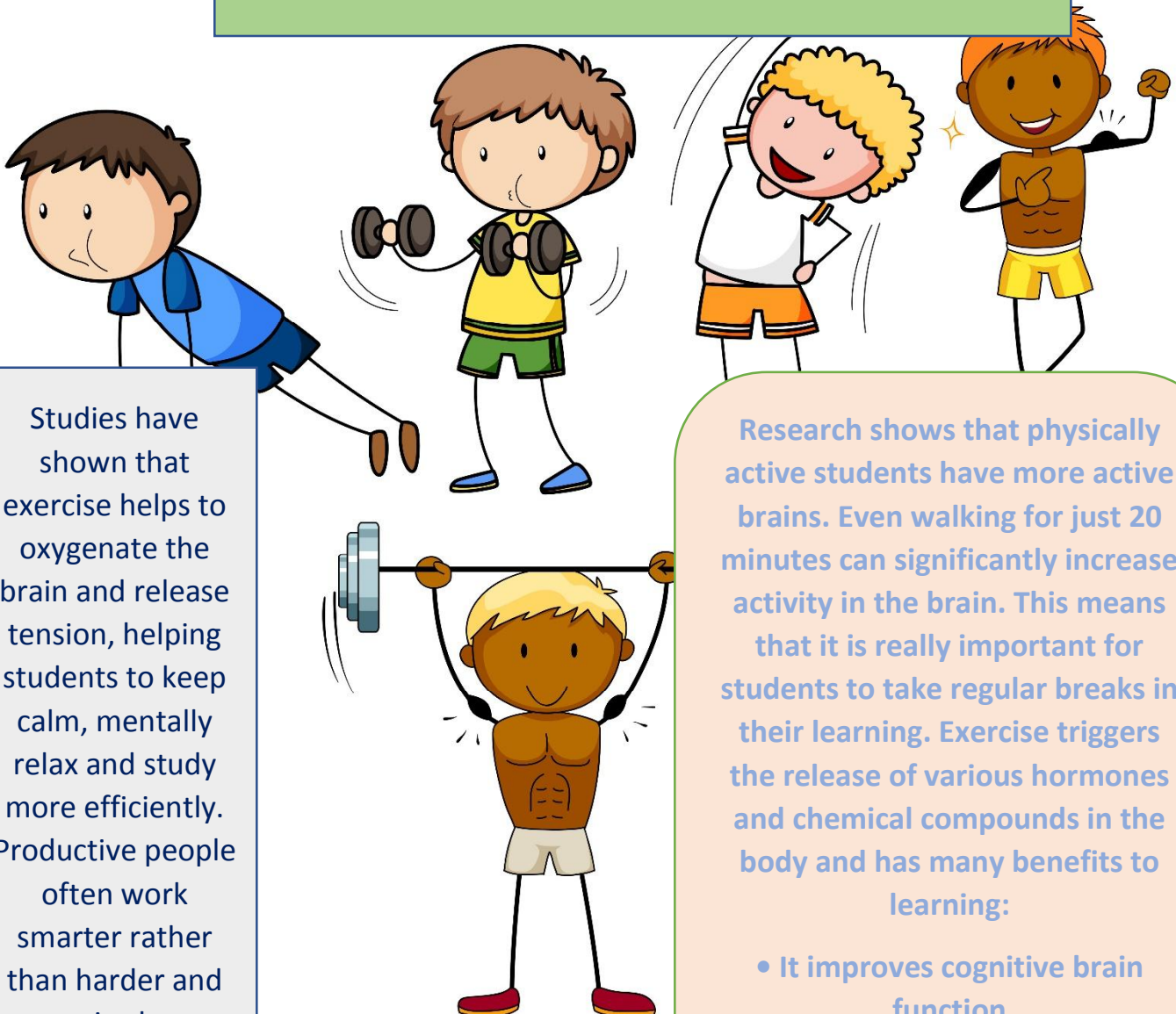
- Incorporate labels into diagrams rather than writing text in separate boxes.
- Use acronyms to help you learn so information can be 'retrieved' easier from your memory.
- Try talking through the problem out loud.
- Watch videos with animation and voiceovers.



Impact of improving your working memory

- Improve your long term memory and knowledge.
- Help learn new skills more easily.
- Remove unnecessary distractions.
- Reduce anxiety and sense of being overwhelmed.

Keeping Active during Revision



Studies have shown that exercise helps to oxygenate the brain and release tension, helping students to keep calm, mentally relax and study more efficiently. Productive people often work smarter rather than harder and exercise has a huge part to play in this.

Research shows that physically active students have more active brains. Even walking for just 20 minutes can significantly increase activity in the brain. This means that it is really important for students to take regular breaks in their learning. Exercise triggers the release of various hormones and chemical compounds in the body and has many benefits to learning:

- It improves cognitive brain function
- It improves students' ability to focus for longer periods of time
 - It can reduce stress levels
 - It can improve memory

**SOMETIMES YOU
FACE DIFFICULTIES
NOT BECAUSE
YOU'RE DOING
SOMETHING WRONG,
BUT BECAUSE YOU'RE
DOING SOMETHING
RIGHT.**
KUSHANDWIZDOM

