

Welcome to Year 11 Success Evening

Achieving Together

“Behind every child who believes in themselves is a Parent/carer who believed first.”

“Matthew Jacobson

Support this year

Achieving Together

Academic

Careers advice

Wellbeing

Academic Support

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Lessons which focus on revision and retrieval practice throughout the year.

Intervention lessons before school, lunch and after school.

Tutor group Interventions in Maths and English

Holiday Revision sessions

Moving on after Ratton

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Options for next year

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All students must stay in Education or Training until 18

This could mean:

- College
- A school with a 6th form
- Apprenticeship
- Traineeship
- Other local post 16 providers

College Assemblies

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Next week we have 5 different college/post 16 providers coming in to talk to students about the opportunities they have to offer

College Assemblies

Monday 2 nd October	Plumpton College
Tuesday 3 rd October	Seaford Head 6 th form
Wednesday 4 th October	East Sussex College Group
Thursday 5 th October	Hailsham 6 th form
Friday 6 th October	Bexhill College

College Open Events

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It is important to get a feel for the colleges that you are interested in. Ensure you talk to subject staff and students for subjects that you are interested in

Students have already received the details of the local open events on a flyer via their tutors

Year 11 Careers Day - Wednesday 11th October

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Students will be off timetable for the day to take part in careers related activities with their tutors:

- Motivational Speaker
- College fair - chance to pick up prospectuses
- Careers East Sussex - starting the college application
- Talk on Apprenticeships
- CV writing
- Interview Skills

WHAT NEXT SUSSEX? - online event

Achieving Together

WHAT NEXT SUSSEX?

SAVE THE DATE!

One of the biggest careers fairs in the region is back and bigger than ever!

Tuesday, 17th October 2023

It's FREE and you can choose your session:
Log on at 1.30pm – 3.00pm, or 6.00pm – 7.30pm

Don't miss out. Register for this free event at
www.getcareerconfident.co.uk/what-next-sussex

PTO

WHAT NEXT SUSSEX? - online event

Thinking about what to do after Year 11 or supporting someone who is? Then **What Next Sussex** is for you.

The free online fair is open to all learners across Sussex and offers unmissable information, guidance and support to help students take their next steps. The event will include the chance to:

- Watch our brand new **What Next Sussex film**, take part in our **live chat** and explore new **interactive tools**, guiding you through your options
- Speak to students and staff from **sixth forms, colleges** and **universities** from across the region
- Talk to a range of **employers** and **apprenticeship** providers
- Speak to our qualified **careers advisors**



Don't miss out - scan the code to take part!

getcareerconfident.org.uk/what-next-sussex

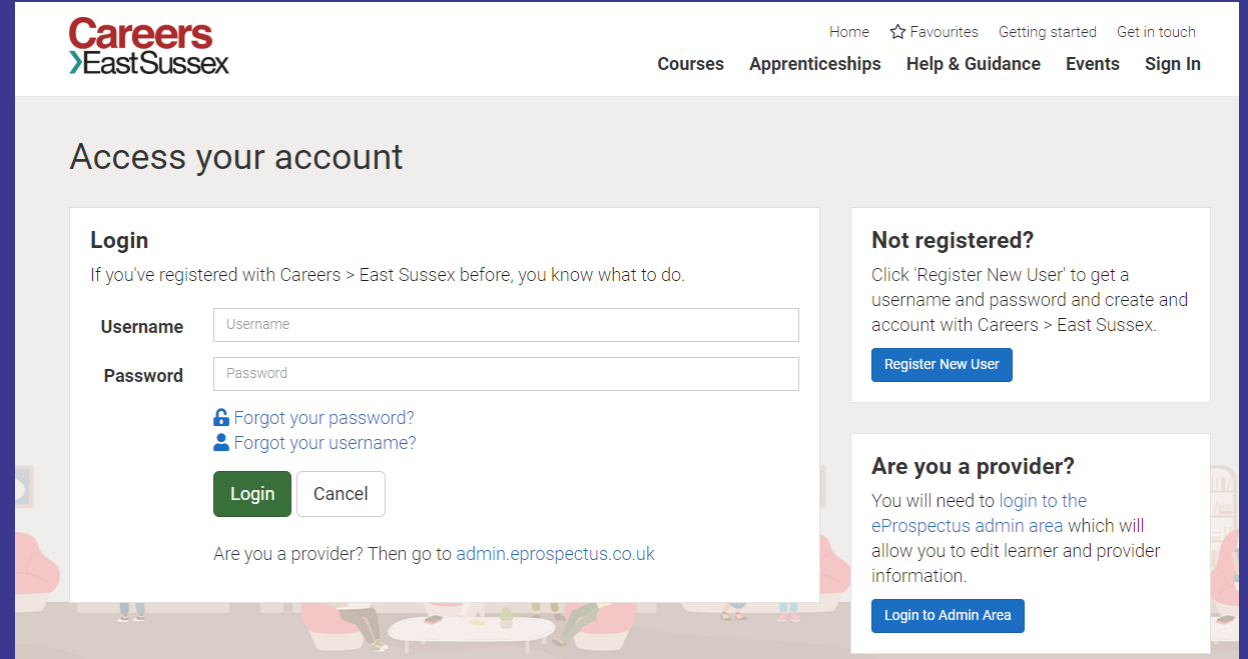


Careers East Sussex Website

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There is a central website for making applications to most of the local colleges. Students have been given their login details.

Any problems with logging in then students should talk to their tutor or they can email me.



The screenshot shows the 'Access your account' section of the Careers East Sussex website. The page has a white background with a blue header. The header includes the 'Careers East Sussex' logo on the left and navigation links for 'Home', 'Favourites', 'Getting started', 'Get in touch', 'Courses', 'Apprenticeships', 'Help & Guidance', 'Events', and 'Sign In' on the right. The main content area is titled 'Access your account' and contains three sections: 'Login', 'Not registered?', and 'Are you a provider?'. The 'Login' section has a heading, a sub-heading 'If you've registered with Careers > East Sussex before, you know what to do.', and two input fields for 'Username' and 'Password'. Below these are links for 'Forgot your password?' and 'Forgot your username?', and 'Login' and 'Cancel' buttons. The 'Not registered?' section has a heading, a sub-heading 'Click 'Register New User' to get a username and password and create and account with Careers > East Sussex.', and a 'Register New User' button. The 'Are you a provider?' section has a heading, a sub-heading 'You will need to login to the eProspectus admin area which will allow you to edit learner and provider information.', and a 'Login to Admin Area' button. At the bottom of the login section, there is a link: 'Are you a provider? Then go to admin.eProspectus.co.uk'.

Careers East Sussex Website

Achieving Together

Students have been working on their profiles and personal statements during tutor times. The profile must be completed **BEFORE** students can make applications.

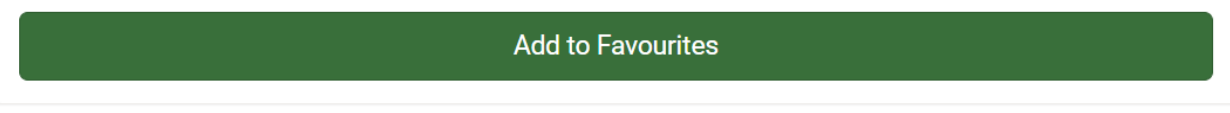
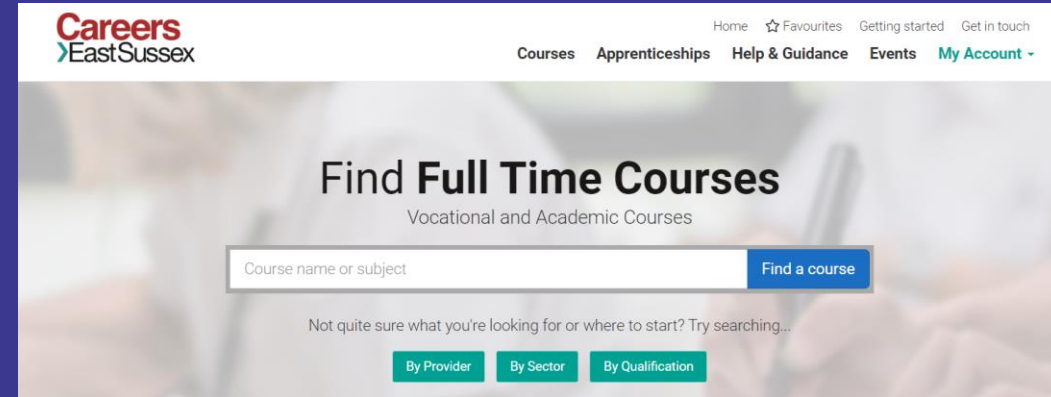
The screenshot displays a grid of eight profile sections, each with a title, a brief description, a status bar, and an 'Update details' link. All sections are marked as 'incomplete'.

Personal Details Information about you. Status: incomplete Update details	Address Information about where you live. Status: incomplete Update details	Health Information about your health. Status: incomplete Update details	Parental Information You should be living with this parent, unless special circumstances apply. Status: incomplete Update details
Your qualifications List all your qualifications from secondary education onwards. Status: incomplete Update details	Work Experience This section is all about the work experience you have had, including any part time jobs, and references. Status: incomplete Update details	Your personal statement This personal statement will go on all the applications you send, so make it about you and not the college you wish to attend. Status: incomplete Update details	Equality and Diversity This section is all about who you are and what you believe. Status: incomplete Update details

Careers East Sussex Website

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Once the profile is complete, students can then search for courses that they are interested in and save them to their favourites



Careers East Sussex Website


Achieving Together

Apply




My Profile Template
✓ Complete

Now you need not type the same thing again and again.



My Intended Destination
✓ Complete

What are your plans after you leave Year 11?



My Applications
📁 0 Draft
✉️ 0 Sent

Manage all your current and past application processes.

My Applications

This section displays any pending applications as well as displaying the current status for the application.

[Start a new application](#)

Careers East Sussex Website

Achieving Together



Once all the relevant subjects have been saved to favourites then you can start to do an application.

The screenshot displays an 8-step application process on the Careers East Sussex website. Each step is represented by a numbered icon in a blue shield with a green checkmark (or red X) and a brief description. The steps are:

- 1 Personal Details**: Information about where you live, your nationality and your health.
- 2 Parental Information**: Contact details of your parent, carer or guardian.
- 3 Qualifications**: List all your qualifications from secondary education onwards.
- 4 Work Experience**: This section is all about the work experience you have had, including any part time jobs.
- 5 Personal Statement**: Your chance to describe your ambitions, skills, and experience.
- 6 Equality and Diversity**: This section is all about who you are and what you believe.
- 7 Course Choices**: Select the course(s) you want to include in your application. (Note: 0 selected)
- 8 Send Your Application**: Review and send your completed application.

The background of the screenshot shows a stylized illustration of a library with bookshelves and people reading.

Course Choices

If you haven't chosen any courses or the course you want to apply for is not listed, [search for a course online](#) and add it to your favourites list. Click on the icons  or  next to the course name for more details.

My Favourites

Chemistry A Level 

Bexhill College

Add Course

Biology A Level 


Bexhill College

Add Course

Mathematics With Further Maths A Level 

Bexhill College

Add Course

 Search for a course

Careers East Sussex Website

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My Choices

Use the up and down arrows to order your choices by preference.

Bexhill College

- | | | | | |
|---|--|---|---|----|
| 1 | Biology A Level (Level 3) | ↑ | ↓ | 🗑️ |
| 2 | Chemistry A Level (Level 3) | ↑ | ↓ | 🗑️ |
| 3 | Mathematics With Further Maths A Level (Level 3) | ↑ | ↓ | 🗑️ |









Why have you chosen the course(s)?

For example, they will lead to a type of career, it's an area that you are interested in etc. If you have chosen different types of courses, you should also explain why. Don't feel you have to write too much here.

Careers East Sussex Website

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⊗ You've not sent this application.

 1 Personal Details Information about where you live, your nationality and your health.	 2 Parental Information Contact details of your parent, carer or guardian.	 3 Qualifications List all your qualifications from secondary education onwards.
 4 Work Experience This section is all about the work experience you have had, including any part time jobs.	 5 Personal Statement Your chance to describe your ambitions, skills, and experience.	 6 Equality and Diversity This section is all about who you are and what you believe.
 7 Course Choices 3 selected Select the course(s) you want to include in your application.	 8 Send Your Application Review and send your completed application.	

Careers East Sussex Website

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Review & Send Your Application

Nearly there! Your application to is just about ready to send. Go over all your information below then fill in the final details before it can be sent.

Information About You

- I have read and give my explicit consent for the personal information about me that is saved on this site to be held by East Sussex County Council, and for this information to be shared with my existing and other educational institutions This includes schools/acadamies, colleges and training providers to whom I apply, and for the purposes described in, and processed in accordance with, The General Data Protection Regulation (GDPR) (EU) 2016/679 and the Data Protection Act 2018 [subject to Royal Assent], and outlined in the site's [Privacy Notice](#). The information will only be processed for the purposes of training and education and the provision of grants and benefits.

Please note that if you do not consent your on-line application will not be shared and you will have to apply using a different format. Please contact the provider directly to find out more.

- I have reviewed the application, I'm satisfied with the contents and wish to send it to the provider.

Send application

Cancel

Careers East Sussex Website

Achieving Together

When you have completed an application then please make sure your tutor knows to complete your reference - the application is not SENT until the reference is completed.

My Applications

This section displays any pending applications as well as displaying the current status for the application.

[Start a new application](#)

Sent Pending Reference

Your application will be sent once a reference has been added by your tutor.

✉ ⓘ Bexhill College [PDF](#)

College Applications

- You can apply to more than one college - you just put the order of preference when you review the application
- If you change your mind regarding the courses you have chosen you can discuss that at interview, or when you enroll next August
- Some colleges (eg BHASVIC, private schools) don't use this website so make sure you check their websites for information on how to apply.
- College applications should be completed by Christmas

College Applications

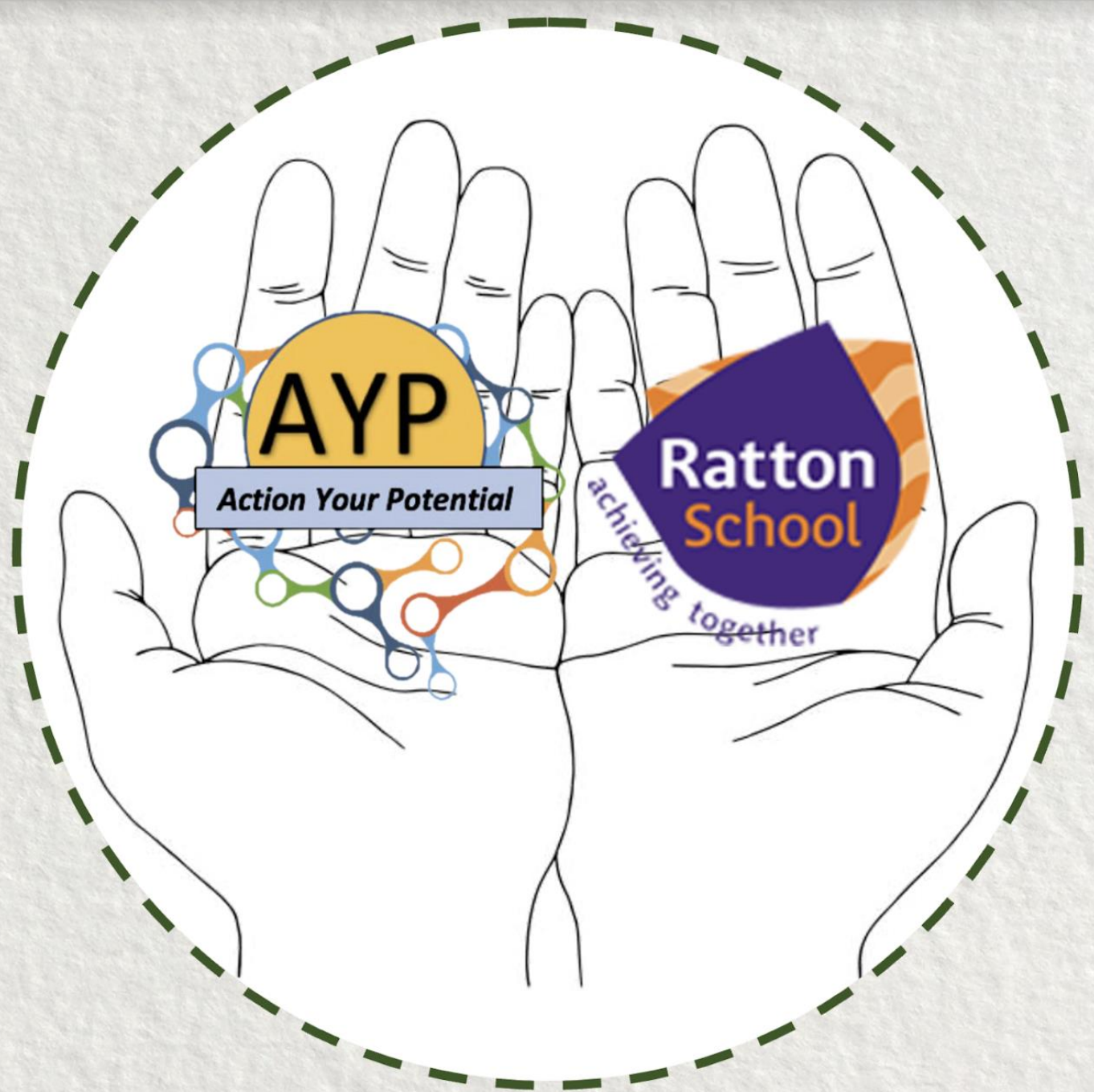
Achieving Together

Any concerns or worries please contact your tutor or email myself or Mrs Hylands

jpeters@ratton.co.uk

lhylands@ratton.co.uk


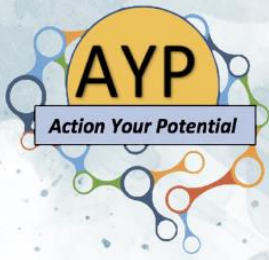
AYP support for
Ratton School students,
parents & carers...





Build a #NeuroNinja
- Secondary



A watercolor illustration on the left side of the page shows a pair of hands, rendered in shades of brown and tan, cupping a small green seedling with dark soil. The background behind the hands is a mix of light green and blue washes. The overall style is artistic and soft.

We're here to help you be the
best you can be...

Become a #NeuroNinja this year &
change your world

Strand 1 - Well-being is a skill

Skill 1 - Do Your Rocks

Skill 2 -

Strand 3 - Unleashing learning

- Skill 7 - Do your leaps
- Skill 8 - Practice makes progress
- Skill 9 - Little & often learning
- Skill 10 - Plan your learning and day

Strand 2 - Mind Management

- Skill 3 - Manage worries
- Skill 4 - Build your calm
- Skill 5 - Choose Growth

Strand 4 - Managing Relationships and Behaviour

- Skill 11 - Build Value and Values
- Skill 12 - Build Empathy For Self & Others
- Skill 13 - Build Positive Connections
- Skill 14 - Respond Not React

AYP

Action Your Potential

AYP

Action Your Potential

AYP

Action Your Potential

AYP

Action Your Potential



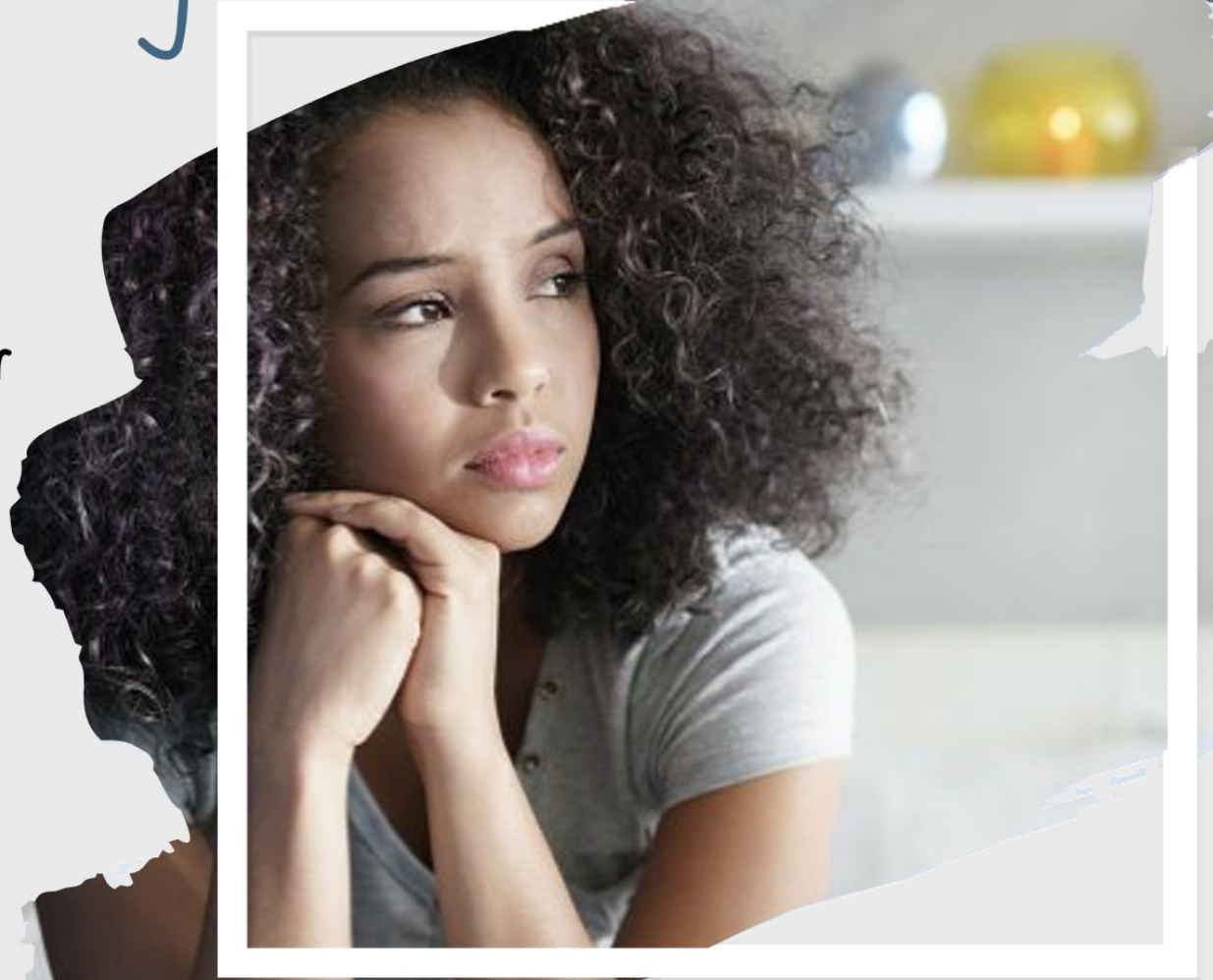


Our mission: To develop insight...



The capacity to gain an accurate and deep understanding of ourselves, our motivations, our emotions, our needs, our behaviours and how to learn, grow and improve in perpetuity.

These are metacognitive skills that transform outcomes.





Change Your Brain



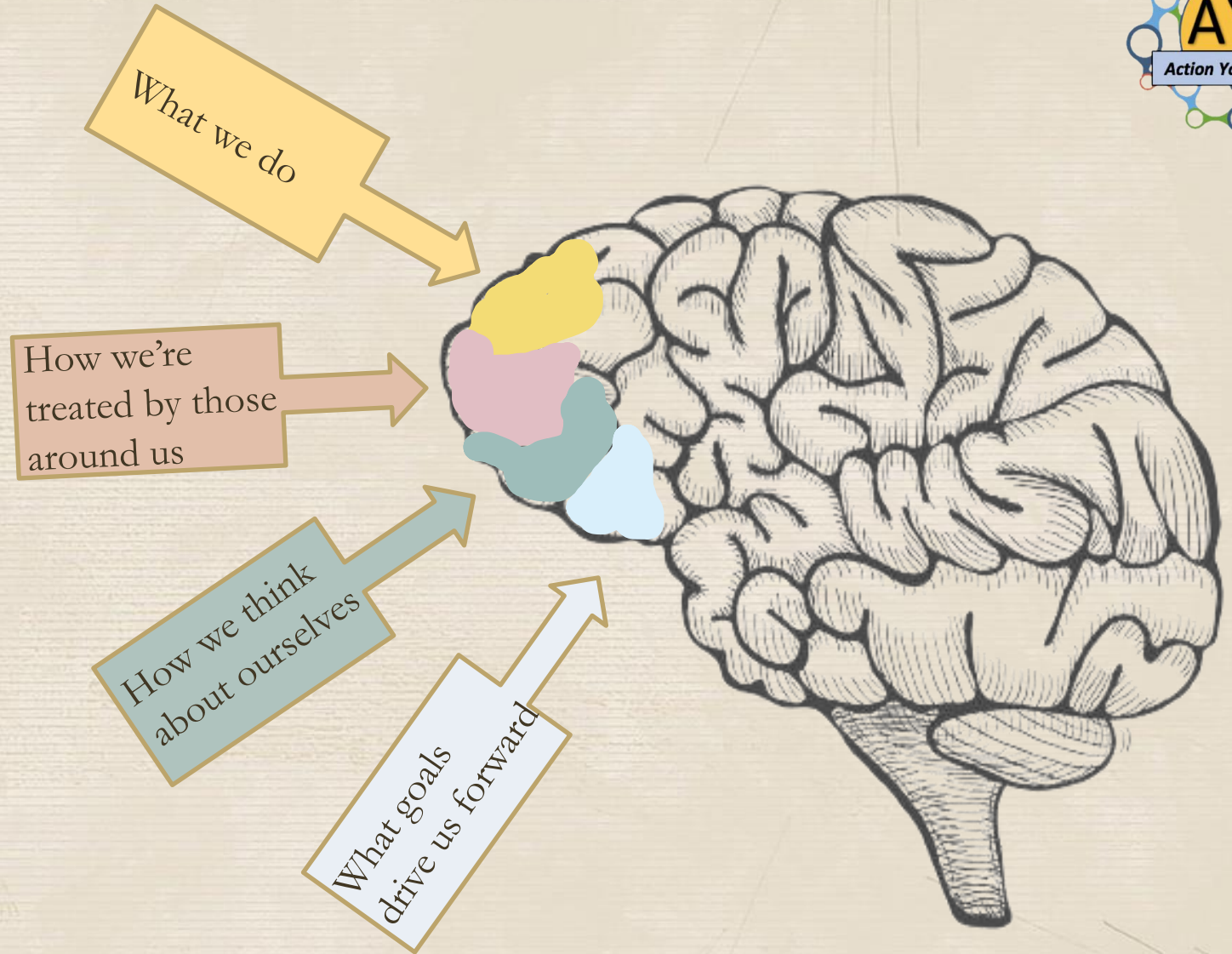
Change Your Mind

Change Your World



We sculpt the prefrontal cortex of our brains, building models of feeling, thinking and behaviours to respond to the world...

We do that on the basis of...



#NeuroNinja's understand that we are all sculptures of our brain's neural architecture

AYP

Action Your Potential

We're here to solve the GCSE problem

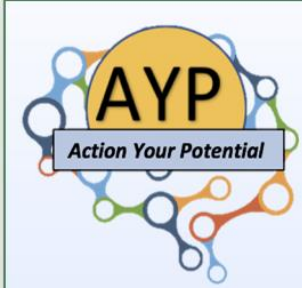
Become a #NeuroNinja this year & change your world

We worked with over 3000 really inspiring young people last year and we listened very carefully to what they told us about the barriers they faced to learning, growing and achieving.



This is what they said:

- Procrastination (wasting time, rather than being productive)
- Low mood, low motivation
- Not knowing how to revise effectively
- Feeling overwhelmed
- Wide ranging anxiety about exams, their futures & the planet's future
- Never feeling good enough



*So how do you rise to
the challenge of
GCSEs, college and
work?*



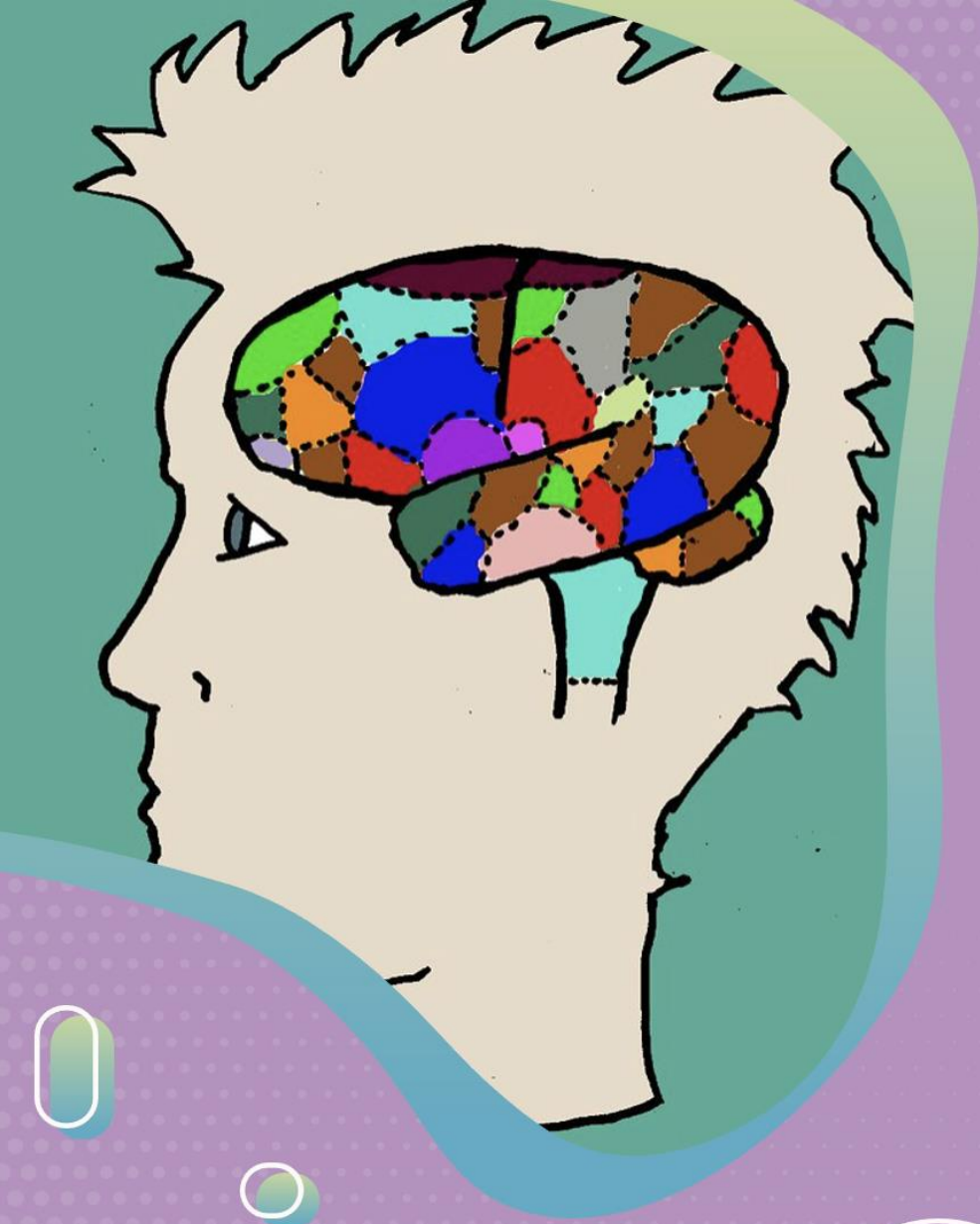
This:

People don't decide their futures, people decide their habits and their habits decide their futures.



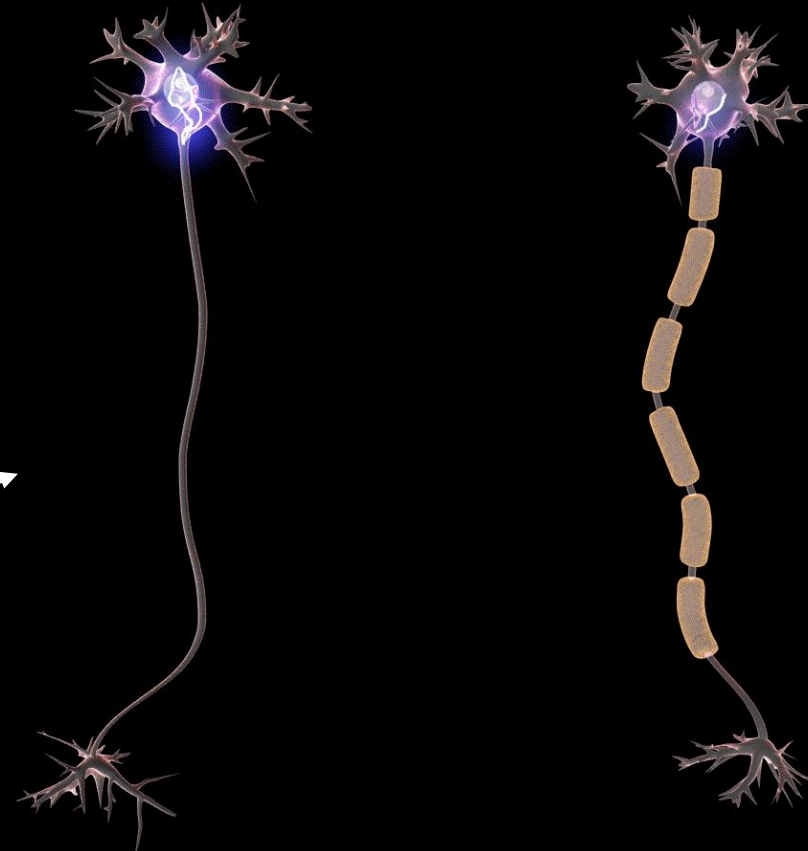
Your brain changes on the basis of what you use it for...

If you repeatedly practice something, your brain and body make it easier for you to do that thing regardless of whether you like that thing, or it is good for you...



Axon

The biological wire,
moves electrical
impulse from one end
of brain cell to the
other





Frazzlement



*Physical and mental health are not
separate...*

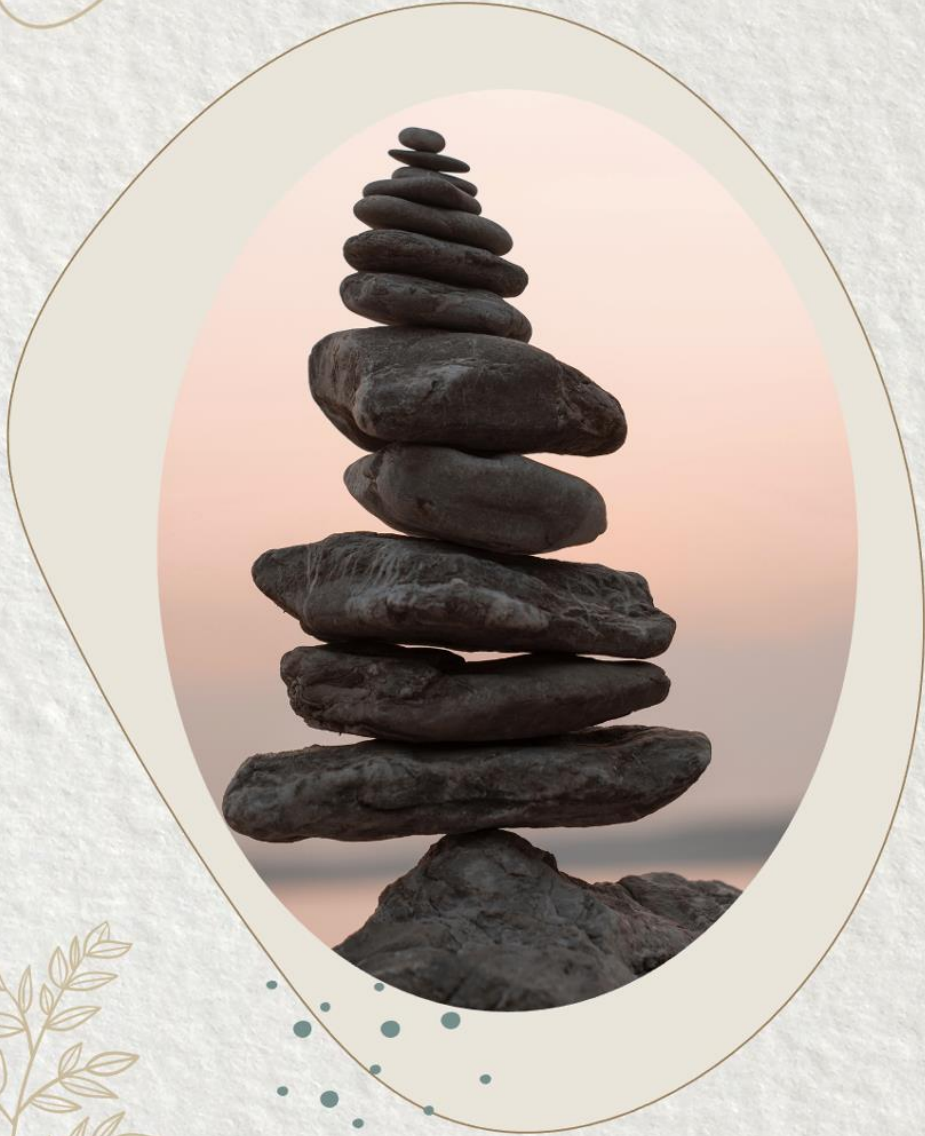
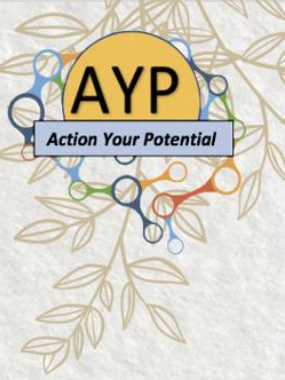


How do we achieve "presence" (focus and attention on what we're doing right now)?

We need mental flexibility



The 12 Rocks of Well-Being



Rock 1 - Sleep: 8-9 Hours a night

Rock 2 - Exercise: 20 minutes per day

Rock 3 - Eat and drink healthily

Rock 4 - Mindfulness: 5-10 mins per day

Rock 5 - Mind wandering: allow your mind to problem solve

Rock 6 - Manage emotions: notice, accept, share

Rock 7 - Walk outside in nature

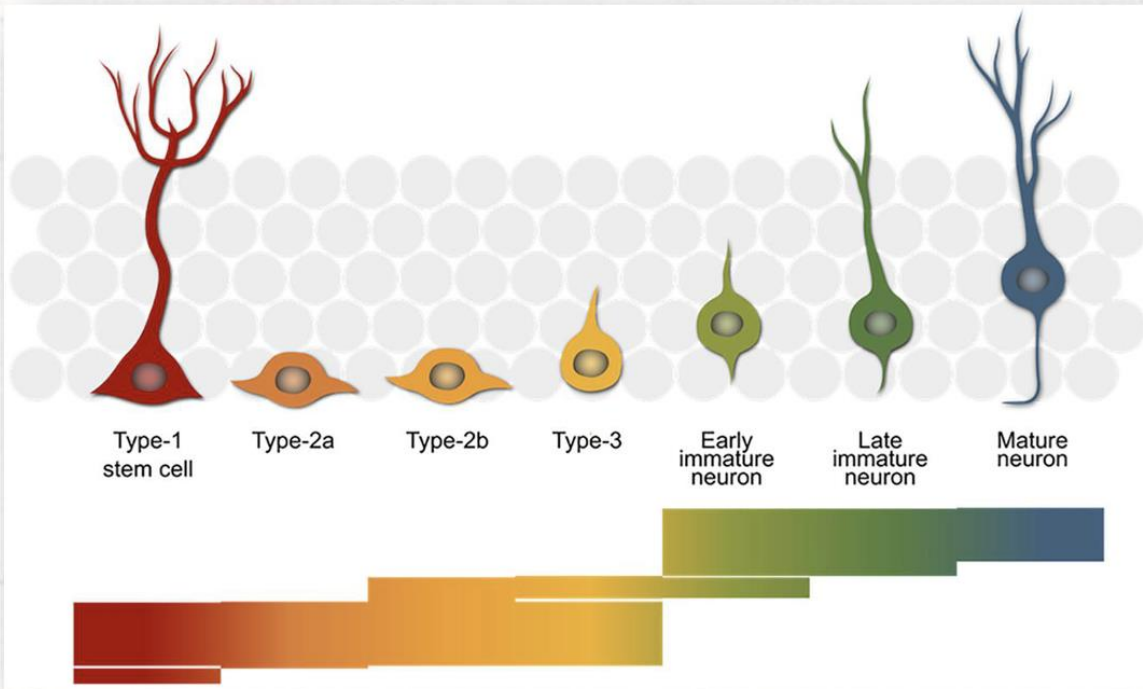
Rock 8 - Listen to music

Rock 9 - Connect with friends and family

Rock 10 - Gratitude and Kindness: express both explicitly

Rock 11 - Flow: do what you love

Rock 12 - Learn, play, create, read



Hippocampal neurogenesis - making brain cells at the rate of up to 700 a day.

This is the site of our mental flexibility.

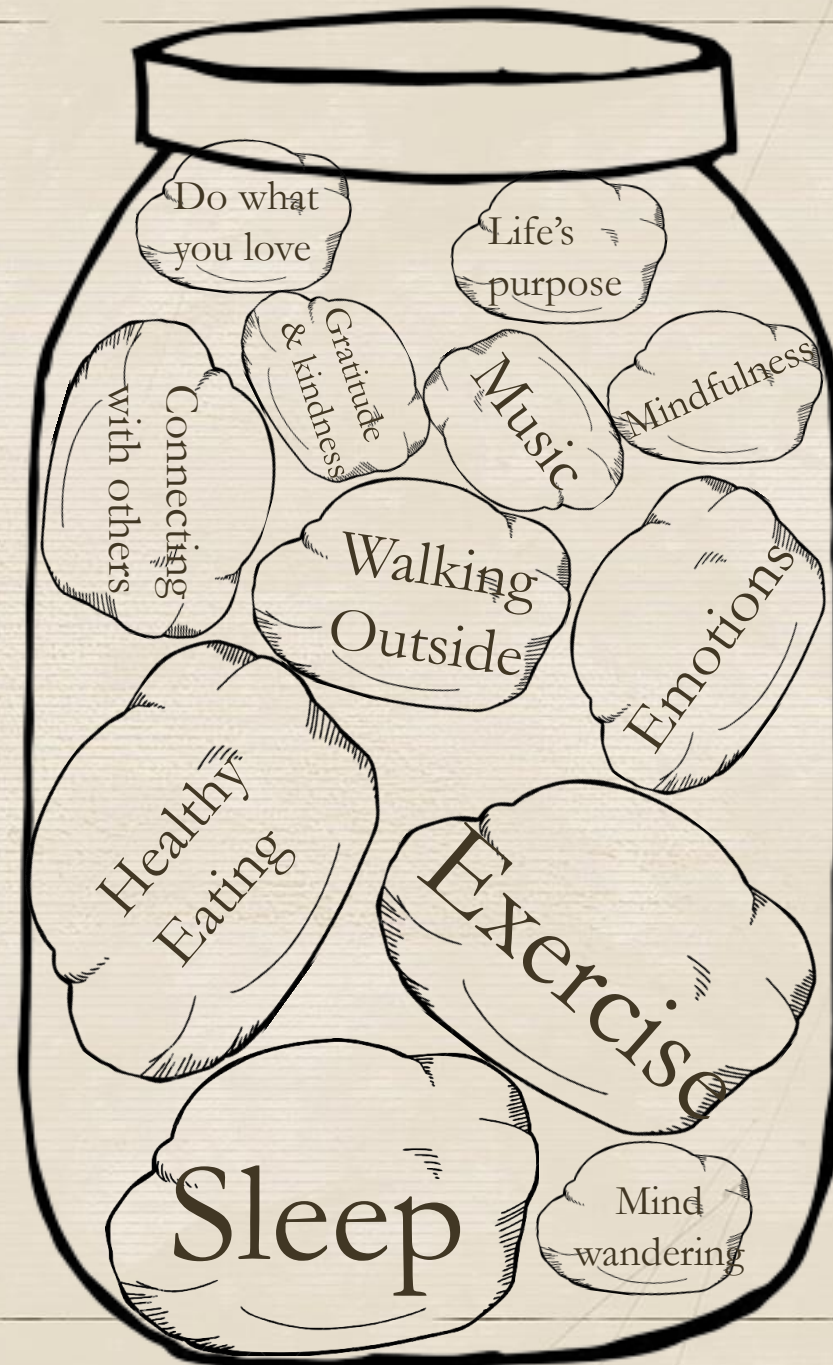
How can my daily
behaviours & habits
help my learning?



Plan your well-being

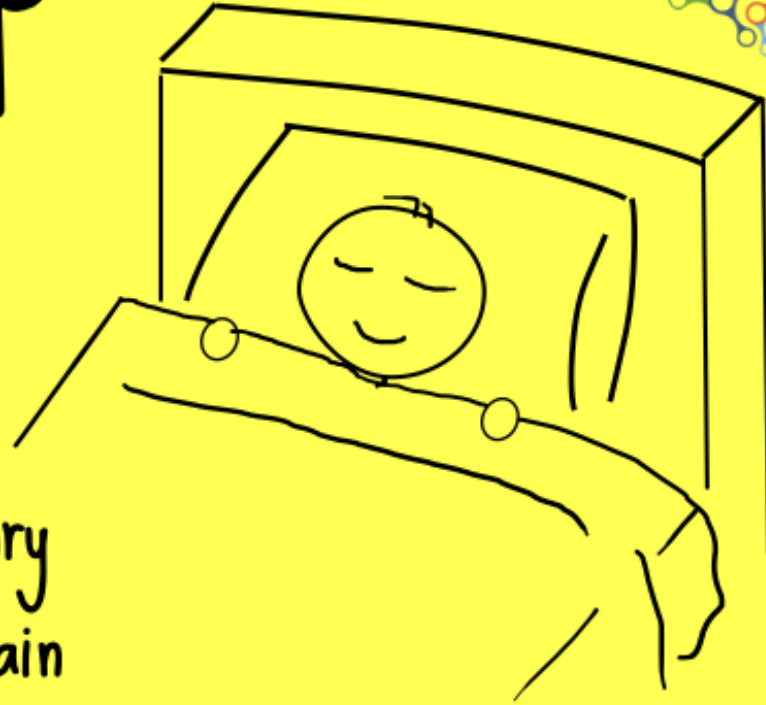
Plan your rocks
everyday in priority
Get the **BIG**
ROCKS in first

Fit in the smaller
rocks alongside the
bigger ones





Sleep



- ✓ Encodes memory
- ✓ Cleans the brain
- ✓ Reduces anxiety
- ✓ Increases willpower
- ✓ Builds resilience



Find out more



KS4 Learning Routines - each day

1. Study Capture (5 mins)
2. Flash Cards (5 mins)
3. Mind Map Build / Review (5mins)
4. Effortful Subjects (10 mins)

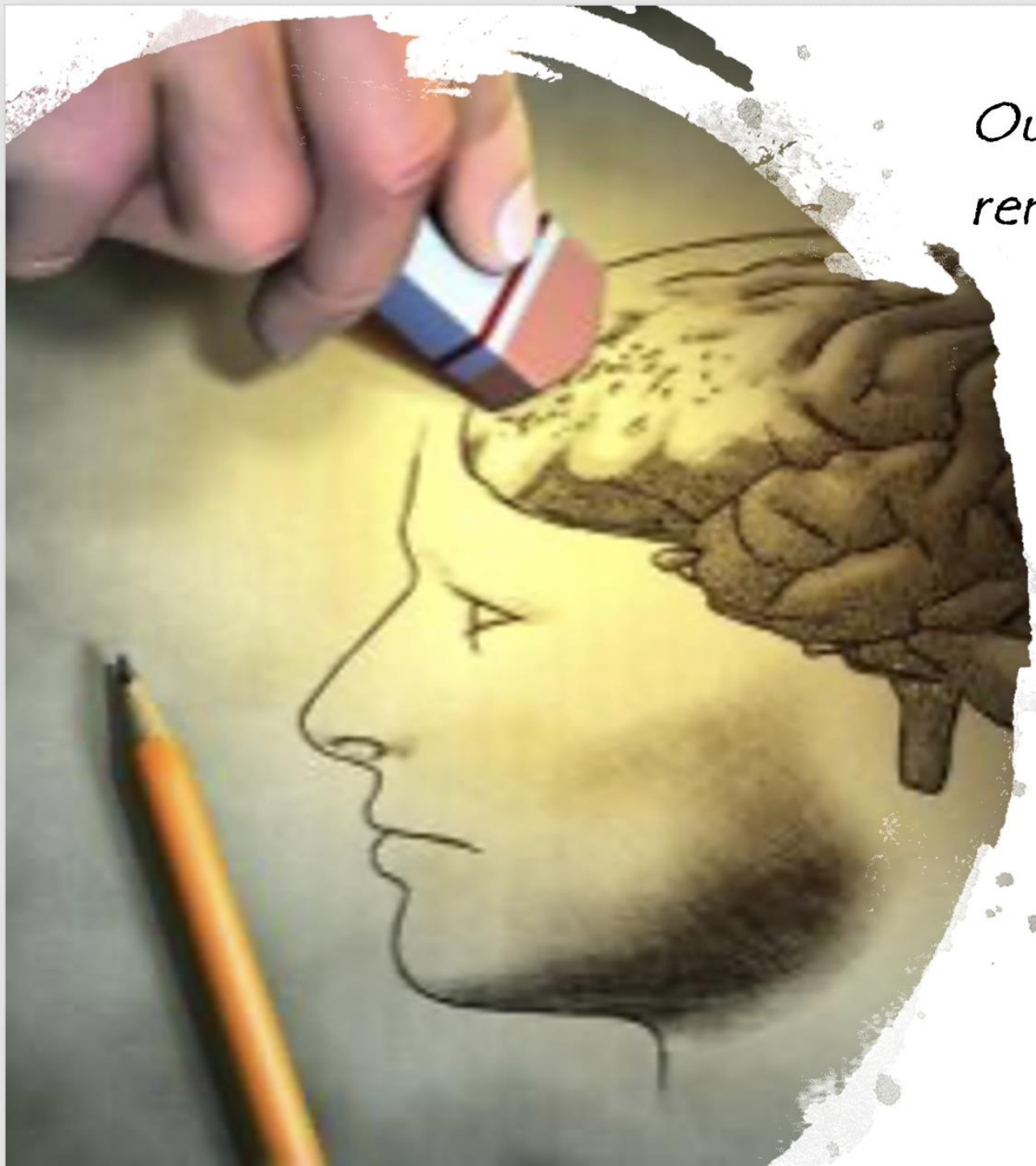


1 - Study Capture

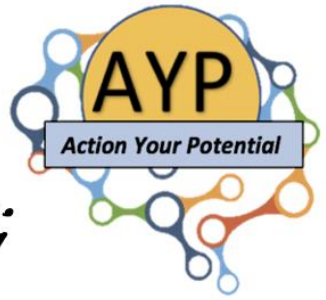


The Study Capture Sheet

Subject	Topic	Key Idea	Key Words	Rating



Our Brain finds it easiest to remember information that is;



- 1. Dangerous to us*
- 2. Salient (Interesting to us)*
- 3. Repeated*

So...If you don't repeat, your brain will delete...

How we think
we Learn...

I've got it - lets
move on

But...

Within 1 Hour - you have forgotten 56% of it

Within 1 day - 67%

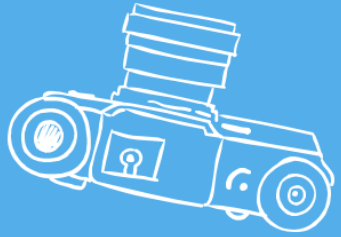
Within a Week - 75%

Ebbinghaus Forgetting Curve





2 - Flash Cards





Science Example

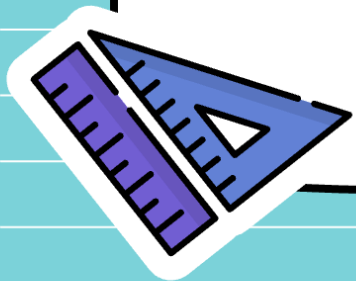


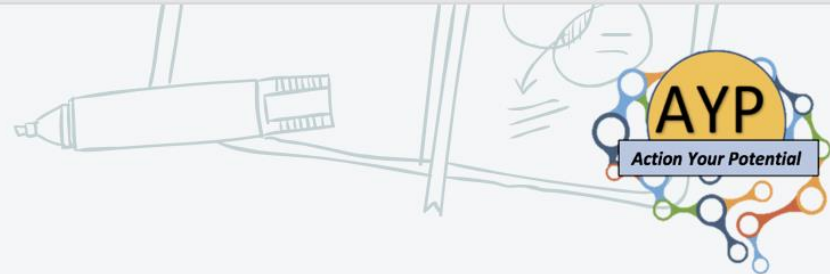
Front

Back

Current is...

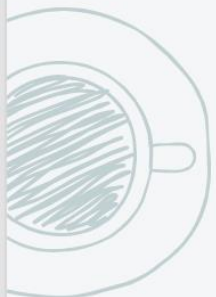
*...a flow of electrons
measured in amps. (A)*





Flashcards

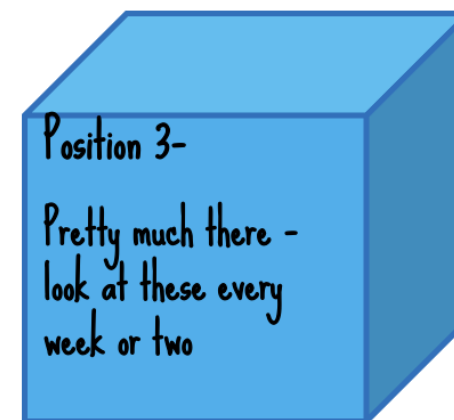
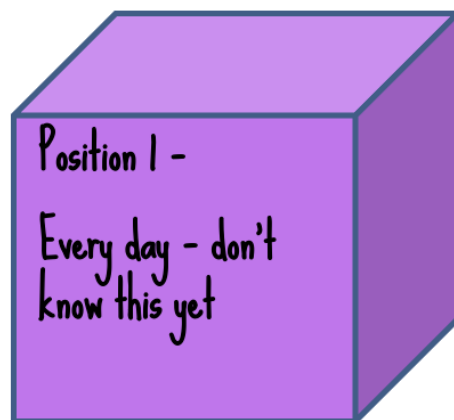
Day	Colour of flashcard	Subject

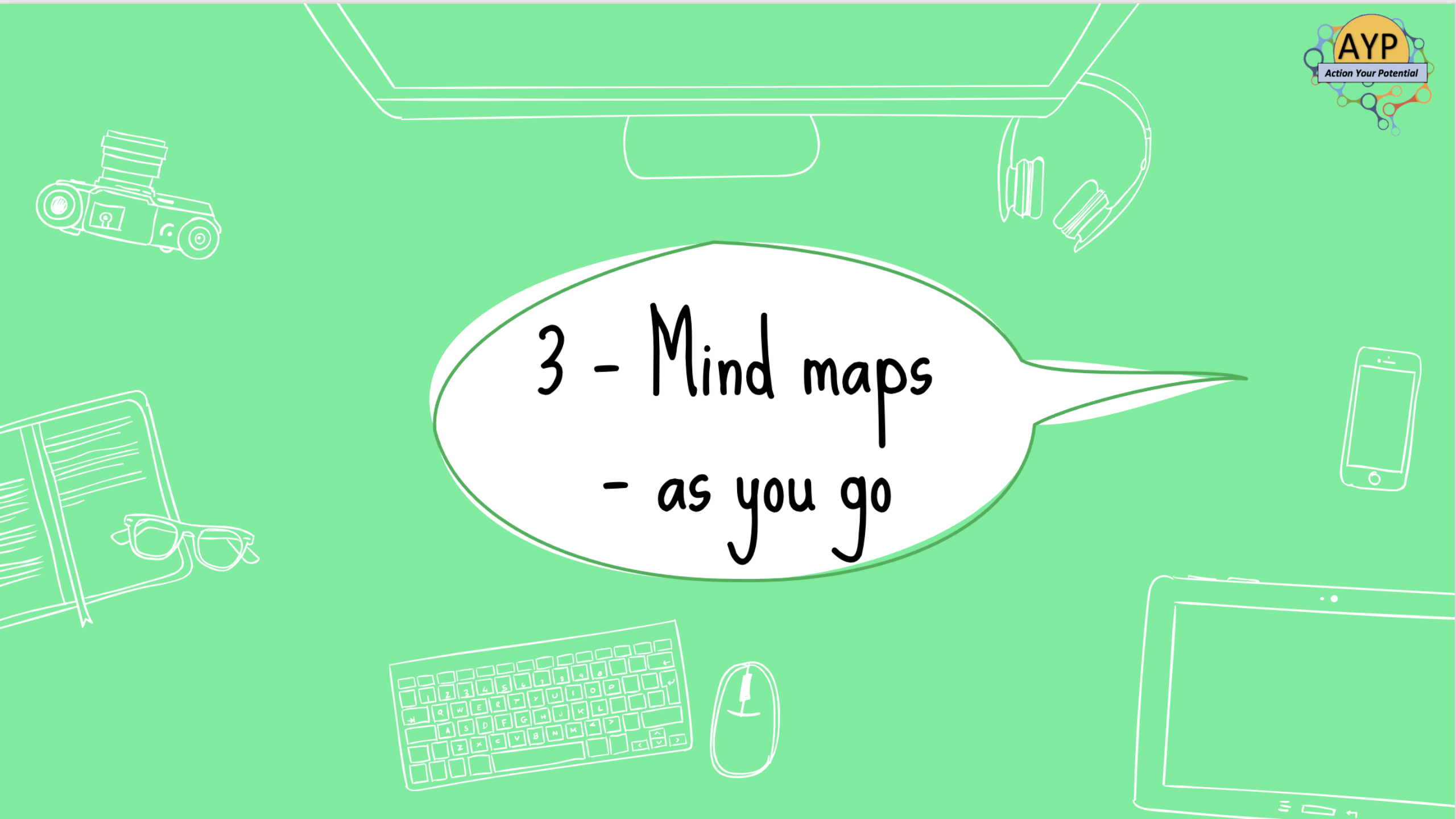


Flashcards –e.g.

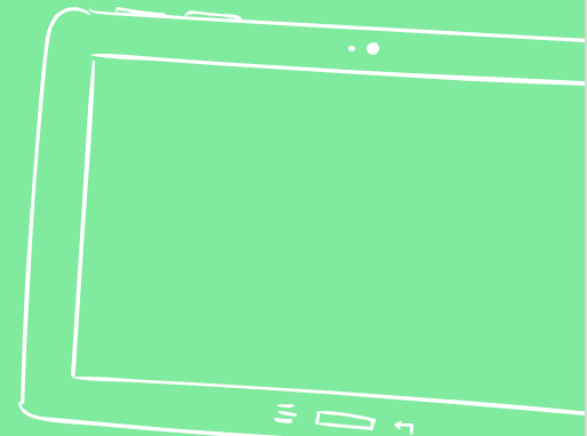
Day	Colour of flashcard	Subject
Monday wk 1	Pink	English
Tuesday wk 1	Green	Maths
Wednesday wk 1	Yellow	French
Thursday wk 1	orange	Geography
Friday wk 1	day off	day off
Saturday wk 1	Blue	Biology
Sunday wk 1	day off	day off
Monday wk 2	Pink	History
Tuesday wk 2	Green	PE
Wednesday wk 2	Yellow	Art
Thursday wk 2	Orange	Chemistry
Friday wk 2	day off	day off
Saturday wk 2	Blue	Physics
Sunday wk 2	day off	day off

The box system



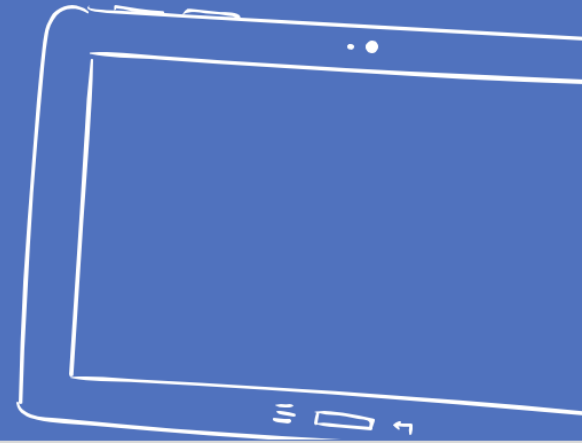
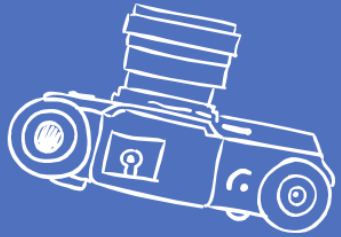


3 - Mind maps
- as you go








4 - Effortful Topics



Your Parent & Carer Support and Challenge Prompts - Well-Being








-  Have you done your 12 Rocks?
-  Have you done GLADEN?
-  Have you done your emotional hygiene today?

yes	no
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>



Your Parent & Carer Support and Challenge Prompts

- Learning & Recall

	yes	no
 Have you done your Learning Routines?	<input type="checkbox"/>	<input type="checkbox"/>
 Have you done your Study Reps?	<input type="checkbox"/>	<input type="checkbox"/>
 Have you done your Flashcards?	<input type="checkbox"/>	<input type="checkbox"/>
 Have you done your Effortful Subjects?	<input type="checkbox"/>	<input type="checkbox"/>
 Have you done your pre & post learning (homework)	<input type="checkbox"/>	<input type="checkbox"/>





You change your brain



You change your mind



You change your world.



Be in no doubt you
can do this...

Key dates for whole Year Group

Careers Day - 11/10 23

Year 11 core mocks - week commencing 20/11/23

Year 11 full mocks - week commencing 29/01/24

Summer GCSE Exams - week commencing 9/05/24
to approx. 21/06/24

Valediction - TBC –

Prom at the Winter Garden -5th July