

Student Name:

**TASK 1:** In 2015, a school in Oldham was studying the A Level results of its Year 13 students and one fact stood out above all others. They had assumed that those students who succeed at the end of Year 11 would continue this pathway of success and succeed again at the end of Year 13, but looking at the data, there didn't seem to be a direct link between success at the end of Year 11 (at GCSE) and future success at A Level. Instead, something else happened. Some students made giant strides between 16 and 18, leaping up from pretty modest results in Year 11 to outstanding results in Year 13. Others went from great performance at 16 to modest grades at the end of their A Level courses. There were external factors to be considered, of course, but even when they took out those young people who had fought through traumatic times, they still had vast numbers of students who seemed to hit 'ceilings' and others who made sudden 'breakthroughs'. Analysing the 'ceiling' and 'breakthrough' groups, it was clear that natural intelligence, or ability were not the key factor – instead it was the student's habits, routines, approaches and attitudes that were the factors which seemed to contribute to success. Psychologists call these things – personality traits, and the rest of us sometimes think of them as 'character'. However, what if we could share this information with students who are about to start their 6<sup>th</sup> Form journey? What if we could teach these traits to students?

**TASK 2:** You have 5 minutes, working in pairs, based on research, what do you think the 5 most important characteristics which lead to success at A Level in the UK are? (you can circle the 5 that you select):

Clear Vision	Team work skills	Ability to cope with criticism	Concentration
Logical	Lead discussions	Planning	Practising the skill
Presentation Skills	Intellectual	Tolerance of others	Self-Motivated
Punctual	Creative thought	Stamina	Prioritising Effectively (Time Management)
Clear thinking	Critical Thinking	High Effort	Flexibility
Adaptability	Meeting deadlines	Good Attendance to school	Self-regulation
Systems (Organisation)	Working independently	Confidence	Positive Attitude

**TASK 3:** You have 5 minutes – look at the list below - What are the barriers to success at A Level? Select the 3 that you think are the most significant barriers (in order of importance) for students in the UK. Number them 1-3 and be prepared to discuss them:

Barrier	Rank
Not attending school on a regular basis	
Not using free time in school effectively	
Poor mental health	
Socialising too much during the week	
Working too much in paid employment	
Playing / Training too much competitive sport – e.g. going to the gym	
Not arriving on time	
Only completing the work that my teachers set	
A lack of organisation (folders etc)	