



Achieve Excellence Mentoring

Newsletter

Half Term 3

Summary

We have now reached the middle of this academic year, and this half term we focused on developing resilience and motivation. Students were given the opportunity to discuss various strategies and complete activities in order to reflect on where they are in their learning journey and envision on where they need to be in order to succeed.

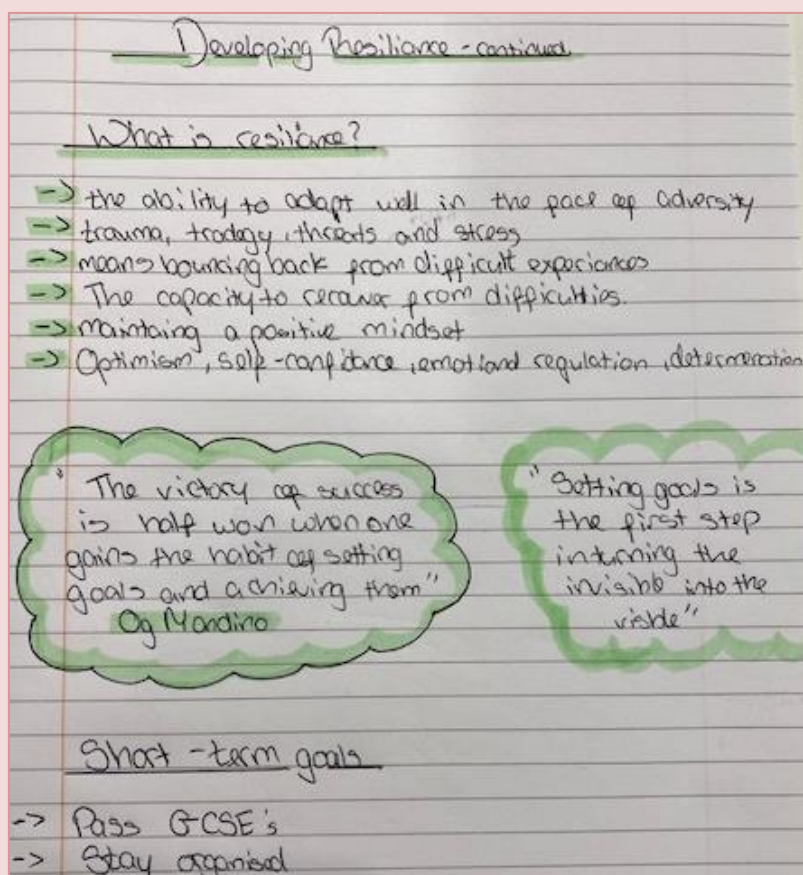
Developing Resilience

We have been working with Year 10 students on supporting them to develop their resilience and the ability to bounce back from setbacks and challenges. Students were discussing extensively the steps they need to take in order to achieve their short term and long-term goals and how to adapt and recover quickly in the face of challenges. They did this by breaking down the journey ahead of them and discussing the targets they need to set.

We looked at three areas of resilience and what the difference is between them. Those were: **Emotional, Psychological and Physical** and then discussed how we can practice being resilient using the ideas below:

Resilience is a choice....

- Finding purpose
- Believing in yourself
- Embracing change
- Being optimistic
- Nurturing yourself
- Developing problem-solving skills
- Establishing goals



Appraisal and Predicted Grade Information

Our Year 9 and 8 students have recently received their appraisal and predicted grade information. We spent time discussing their current performance, celebrate their success but also set 'milestones' for them to improve. We have looked in depth at identifying any areas they need support with and discussed small changes they could make in order to sustain and further improve their progress.

Year 9 Options evening took place on Wednesday 24th January and students in Year 9 also spent time discussing their options and their future plans.

Homework Club

We continue to be impressed with students' high attendance at homework club. Students are also taking the opportunity to use this space and time during their lunch period and after school to revise for upcoming assessments individually and in groups with their peers.

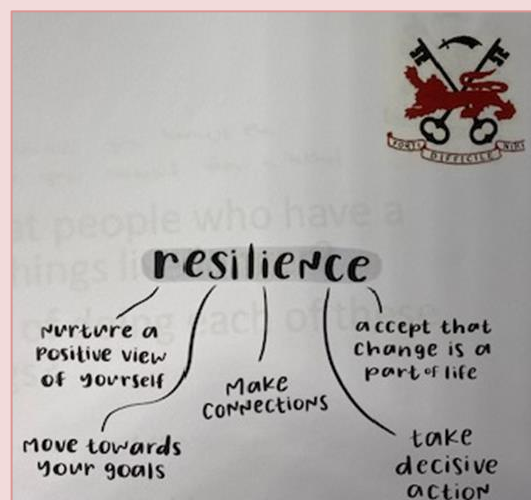
Homework club is a place for students to complete extra study and work in groups in order to develop independent learning habits and routines. Although students have been allocated particular slots, they are more than welcome to attend homework club as often as they would like to.

Business Studies Exam Revision Sessions

The Mentoring Hub at Gosfield Road has been busy with students who are preparing for their public exams. Students study together and prepare resources, such as flashcards. As preparation for the January Business exam, students supported and encouraged each other, tested each other and discussed subject specific topics in the hopes of achieving their best outcomes. We wish them the best of luck with their results!

Revision sessions with Sixth Form students

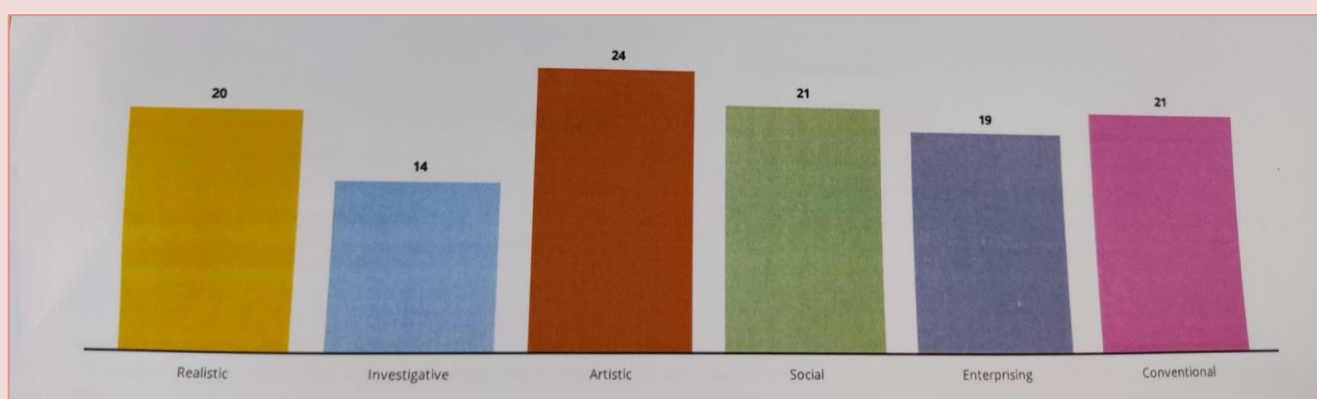
To aid the Year 11 students in the Mentoring Hub, we are delighted to have some of our Robert Clack sixth formers supporting us in the run up to the fast-approaching GCSE examinations. Sixth Form students share their expertise in revision resources, homework completion and discuss effective techniques. Giving support, tips, advice and a friendly working environment is helping Year 11 students to get motivated, complete the right type of practice and encourage them towards success for the future. As they have experienced and benefitted by being mentored themselves, the sixth formers have said that they 'see



this as a way of paying it forward' and are happy to give up their own time to help others. We are so proud of you, Year 12!

Unifrog Workshop

In early February, over the space of two days, we held Unifrog Workshop sessions for 35 students. This online platform allows the students to complete numerous quizzes and supports them to see what career paths they could follow and what steps they can take in order to achieve their desired destination. Upon completion, this provides them with informative and useful knowledge on various topics, such as careers, personality traits, interests and skills set. This, we hope, motivates and inspires the students to think about their future in a more focused and productive way. We are using all of this information to inform our discussions during mentoring sessions with your young people. We have found them to be successful and plan on extending it further. Please ask your child if they have already taken part and what they discovered about themselves! See examples of the report below.



Conventional (C): 21 Great organisers who like working within a clear structure.

People who score highly in this category are efficient, accurate and hard-working, and always do the best job that they can. They like working with others if the relationships are clear and professional, and they are good at shouldering responsibility. They like working with data, computers and processes.

Realistic (R): 20 Doers who like building things and working with their hands.

People who score highly in this category tend to be confident, competitive, and good at getting on with things. They are practical, honest and straightforward. They prefer to approach a problem by trying different, concrete solutions, rather than thinking about it for too long. They enjoy working in mechanical or practical science fields, working outdoors or with animals, using tools and machines, or their own physical strength.

Enterprising (E): 19 Persuasive talkers who enjoy being the centre of attention.

People who score highly in this category are assertive and charismatic, and good at motivating others. They like adventure and have lots of energy. They are ambitious, like to start and lead projects, and to have responsibilities and be in a decision-making position. They enjoy working in fields like business, law or politics.

Investigative (I): 14 Independent thinkers who love working on interesting problems.

People who score highly in this category enjoy theories and ideas. They are confident in their intellect, curious about everything but cautious about action. They like to observe and to make sure they understand a situation completely before they do anything. They enjoy working with data and research, in scientific fields, technology, or academia.

We hope you find this information useful and we hope you have an enjoyable half term break!

